FAST: Face, Arms, Speech, Time to Call 911 — What Exactly Does Speech Difficulty Mean?

Speech Difficulty

Arm Weakness

Time to Call 911 — What Exactly Does Speech Difficulty Mean?

You might be eligible to participate in this study if you:

• can identify arterial plaques which are a high risk factor for stroke.
• Lab in enrolling volunteers in a study to determine whether MRI
• Some studies show that Mediterranean diets can reduce the risk of stroke.

Eight tips for eating Mediterranean Diet

1. Eat fish and seafood at least twice a week.
2. Include nuts, including walnuts, almonds, and hazelnuts.
3. Enjoy some dairy products (yogurt, small amounts of cheese).
4. Seafood twice a week (tuna, herring, salmon, mussels, oysters, clams).
5. Use olive oil for cooking and salads.
7. Incorporate legumes (beans, lentils, chickpeas) into your diet.
8. For dessert, eat fresh fruit (any fruit, any way).

Benefits of the Mediterranean diet. If you're interested in another way to make speaking more difficult.

The first is called dysarthria. The second is dysphasia.