**Act FAST!**  
While Preparation is Best, Knowing Stroke Symptoms & Quickly Responding can Reduce Damage

**Valley Medical Center becomes America’s Highest National Recognition for Stroke Treatment & Care**

AAA: Not just an Automobile Club, a Silent Killer


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AAA (Atherosclerotic Aorta Aneurysm) is a serious condition that can lead to a life-threatening event known as a ruptured abdominal aortic aneurysm (AAA). AAA is an aneurysm (blood-filled bulge) occurring in the abdominal aorta, an artery located behind the belly near your abdomen, sometimes including a pulsing sensation similar to a heartbeat.

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AAA is estimated to affect more than 1.5 million people in the United States, and approximately 30,000 AAA-related deaths occur annually. The risk of rupture increases with the size of the aneurysm, with the risk of rupture increasing to 2% per year for an aneurysm 5 cm (2 inches) or larger.

Neuroscience Institute 425.917.6209

Reduce your risk of stroke with these prevention tips

**FAST Test for Stroke**

Primary symptoms include:

- **Face Drooping**
- **Arm Weakness**
- **Speech Difficulty**
- **Time to Call**

That's why it's important for everyone to recognize stroke symptoms and act FAST to get medical help—doing so can save a life.

**Act FAST!**

While Preparation is Best

Knowing Stroke Symptoms & Quickly Responding can Reduce Damage

**Avoid Taking the Fall: 4 Steps to Reducing Your Risk of Falls**

1. **Regular exercise is important**
2. **Make sure you can see**
3. **Be at high risk for falls as assessed by a healthcare provider**
4. **Make your home a safe place**

**4 Strategies to Reduce Your Risk of Falls**

Dr. Sundin.

"Given the potential for serious harm and serious decline in health that can result from a fall, we need to take steps to prevent falls. These injuries can lead to hospitalization, complications that can lead to death, and many other terrible outcomes."

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