



Did you know that stroke is the third-leading cause of death in San Luis Obispo County?

We can change this statistic, as **80 percent of strokes are preventable**. You can reduce your risk of a stroke by working with your physician to manage key risk factors including high blood pressure, physical inactivity, atrial fibrillation (fluttering heart), and smoking cessation.

Know the FAST warning signs of a stroke and seek medical treatment immediately if these symptoms are present:

FACE: Smile - one side of the face droops.

ARMS: Raise both arms and one side is higher or cannot lift one side.

SPEECH: Simple sentences are slurred or difficult to understand.

TIME: If yes to any of the above, call 911 and get to the nearest Emergency Department.

Arroyo Grande Community Hospital has been a Primary Stroke Center since 2015.

Our Joint Commission stroke-certified hospital offers specialized services for stroke patients starting in the Emergency Department and can include rehabilitation at the Acute Rehabilitation Center. If you or a loved one has suffered from a stroke, you are invited to our free monthly **Stroke Support Group** at Arroyo Grande Community Hospital, which is available to the public for stroke survivors and their care partners ([click here for details](#)).



[Click here](#) to learn more about the specialized care provided at the Acute Rehabilitation Center.

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