

# Stroke and Stroke Prevention Video Library

HealthClips™ Video Library: [allinahealth.healthclips.com](http://allinahealth.healthclips.com)



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

Use the QR code at left to access the entire video library.

**A stroke is a medical emergency!  
Call 911 if you or someone you  
are with has any signs of a stroke.**

## Stroke Care: Every Minute Counts



Watch this [video](#) to learn why you need to call 911 right away.

## Recognizing Stroke Symptoms



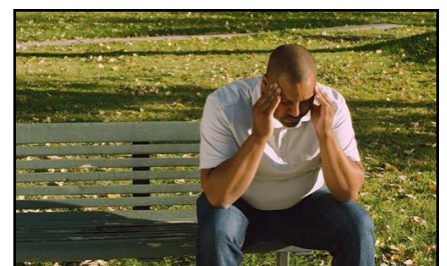
Watch this [video](#) to learn the signs and symptoms of a stroke.

## Know Your Risk Factors for Stroke



Watch this [video](#) to learn about risk factors for having a stroke.

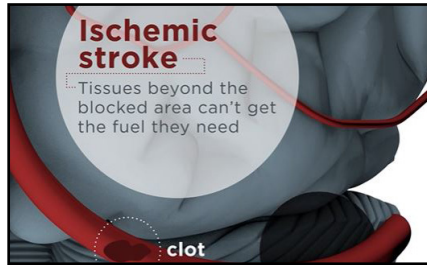
## Transient Ischemic Attack



Watch this [video](#) to learn what a transient ischemic attack (TIA) is and why it's an emergency.

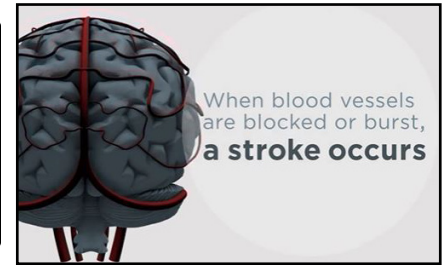
*(over)*

## ❑ What is an Ischemic Stroke?



Watch this [video](#) to learn about an ischemic stroke, which is caused by a blood clot.

## ❑ What is a Hemorrhagic Stroke?



Watch this [video](#) to learn about a hemorrhagic stroke, which is caused by a burst or bleeding blood vessel.

## ❑ Common Effects of Stroke



Watch this [video](#) to learn about the common effects of a stroke.

## ❑ The Impact of Exercise on Stroke Prevention and Recovery



Watch this [video](#) to learn how exercise can help you recover from a stroke or help prevent a future stroke.