

World Stroke Day 2026

Strokes can happen to anyone, at any age. Most adults don't know the stroke warning signs, and that stroke is largely treatable if you call emergency services as soon as you recognize the symptoms.

World Stroke Day is celebrated globally on 29 October every year. This year the American Stroke Association, a division of the American Heart Association, is highlighting the B.E.F.A.S.T. stroke warning signs.

KEY MESSAGES

- Stroke is the No. 2 cause of death and a leading cause of disability in the world, affecting one in four adults, [according to the World Health Organization](#). Deaths in the Middle East and North Africa caused by stroke increased more than 60% since 1990, according to the American Heart Association's [2026 Heart Disease and Stroke Statistics Report](#).
- A stroke happens when normal blood flow in the brain is interrupted. When parts of the brain don't get the oxygen-rich blood they need, those cells die.
- High blood pressure is the leading risk factor for stroke, according to the [2025 Guideline for the Management of High Blood Pressure in Adults](#).
- According to the American Heart Association and the American Stroke Association, approximately 80% of strokes are preventable.
 - Healthy lifestyle behaviors, such as good nutrition, quitting smoking and being physically active, along with routine health screening and managing risk factors for cardiovascular disease and stroke with medication, can help prevent a first stroke, according to a new [clinical guideline](#) from the American Stroke Association.
- Lowering your blood pressure cuts your risk of stroke. People are encouraged to have their blood pressure checked regularly. This includes people in all age groups: children, young adults, adults and older adults.
- To get the best blood pressure reading, sit in a chair with support for your back, both feet flat on the ground, arm extended and supported at heart level, stay quiet and still. [Find out how to check your blood pressure](#) the right way.
- Stroke recovery is within reach. Visiting a Stroke Center recognized by the American Heart Association and Middle East and North Africa Stroke Organization can help. Learn more at heart.org.

Stroke Warning Signs | B.E.F.A.S.T.

- Some people have a higher stroke risk, like survivors of stroke and people who have AFib or high blood pressure, but a stroke can happen to anyone at any point in their lifetime.
- If someone is having a stroke, they must get medical attention right away. Immediate treatment may minimize the long-term effects of a stroke and even prevent death.
- Learn how to spot a stroke and B.E.F.A.S.T.:
 - ✓ **B - Balance Loss** – Is there a sudden loss of balance or coordination? Is the person having trouble walking or experiencing dizziness?

- ✓ **E - Eye (Vision Changes)** - Are there sudden changes in vision? Ask the person if they are experiencing blurred vision, double vision, or loss of sight in one or both eyes.
- ✓ **F - Face Drooping** - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- ✓ **A - Arm Weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- ✓ **S - Speech Difficulty** - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."
- ✓ **T - Time to Call Emergency Services** - If someone shows any of these symptoms, even if the symptoms go away, call emergency services and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.
- Other stroke warning signs include sudden:
 - Confusion or trouble understanding speech
 - Trouble walking, dizziness or coordination
 - Severe headache with no known cause

Template Social Media & Newsletter Content

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- Strokes can happen to anyone, at any age. Recognize the signs and B.E.F.A.S.T. this #WorldStrokeDay 
 - ✓ Balance loss
 - ✓ Eye (vision) changes
 - ✓ Face drooping
 - ✓ Arm weakness
 - ✓ Speech difficulty
 -  Time to call emergency services

#StrokeAwareness #BEFAST @American_Stroke

- Stroke deaths in the Middle East and North Africa have risen more than 60% since 1990. Know your numbers. Control your blood pressure. Prevent stroke.

This #WorldStrokeDay, [Hospital Name] joins @American_Stroke in raising awareness of stroke warning signs. #BEFAST #StrokeAwareness

LinkedIn

- Stroke is the No. 2 cause of death and a leading cause of disability in the world, affecting one in four people. Deaths in the Middle East and North Africa caused by stroke increased more than 60% from 1990 to 2021.

Strokes can happen to anyone, at any age. Recognize the signs and B.E.F.A.S.T. this #WorldStrokeDay!

Stroke recovery is within reach. Visiting a Stroke Center, like [Hospital Name], recognized by @american-heart-association-international and @MENASO can help 🙌
<https://www.heart.org/en/professional/quality-improvement/international/stroke-certification>

- This #WorldStrokeDay (29 Oct), [Hospital Name] stands with the @american-heart-association-international in raising awareness of stroke prevention and treatment.

🧠 Stroke is the No. 2 cause of death and a leading cause of disability globally — and deaths in the MENA region have increased by more than 60% since 1990.

- ✅ 80% of strokes are preventable through lifestyle changes and blood pressure control.
- ✅ Early recognition and immediate emergency care can save lives and improve recovery.

Learn the B.E.F.A.S.T. stroke warning signs and help protect your loved ones:

Balance loss • Eye (vision) changes • Face drooping • Arm weakness • Speech difficulty • Time to call emergency services.

#BEFAST #StrokeAwareness

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- Strokes can happen to anyone — at any age — but 80% of strokes are preventable.

This #WorldStrokeDay (29 Oct), learn to spot a stroke and B.E.F.A.S.T.:

- 🧎 B – Balance loss
- 👁 E – Eye (vision) changes
- 🧠 F – Face drooping
- 💪 A – Arm weakness
- 🗣 S – Speech difficulty
- 📞 T – Time to call emergency services

If you or a loved one has a stroke, a Stroke Center, like [Hospital Name], recognized by @AmericanHeartAssociationInternational and Middle East and North Africa Stroke Organization can help 🙌 <https://www.heart.org/en/professional/quality-improvement/international/stroke-certification>



World Stroke Day
October 29