



Transient Ischemic Attack

Mini stroke

WHAT YOU NEED TO KNOW

You just had a transient ischemic attack (TIA), also called a “mini stroke”.

There is no permanent damage to your brain, but it is important to take this event seriously.

The word FAST is an easy way to recognize a TIA or stroke:

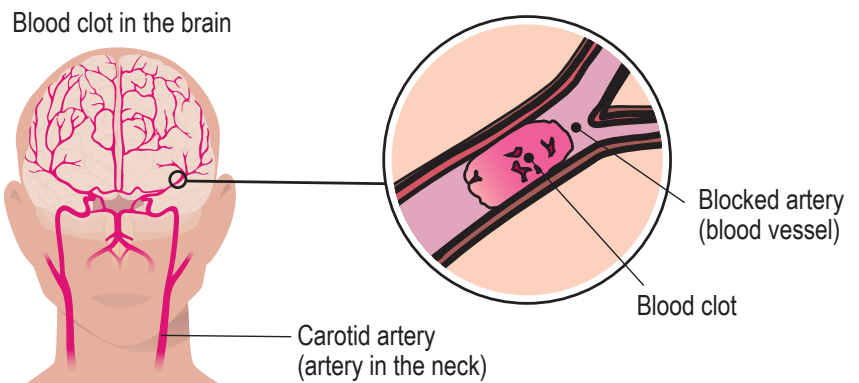
F	Face: Is one side drooping?
A	Arms: Can you lift both arms normally?
S	Speech: Trouble speaking or slurred words?
T	Time: Call 911

Text adapted and translated from the health sheet
L'accident ischémique transitoire ou mini-AVC,
produced by the CHUM Health Literacy Center:
chumontreal.qc.ca/centre-litteratie-sante

What is it?

A transient ischemic attack (TIA) happens when an artery is blocked and blood can't reach the brain properly for a short time.

This blockage can be caused by a **blood clot** or by a buildup of fat and cholesterol (**plaque**) that sticks to the sides of the artery. See the images below:



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What to do

A TIA (mini stroke) is a medical emergency. Call 911.

The symptoms do not last long. They often disappear within 60 minutes and usually go away within 24 hours. A TIA does not cause permanent brain damage.

It is a **warning sign** that a **more serious stroke** could happen in the next few hours or days. A stroke can cause permanent brain damage.



Other signs to watch for

Some signs are less common and can be easy to miss. They can happen suddenly. If you notice any of the following, **call 911. It's an emergency!**

Vision: sudden loss of vision, double vision, or blurred vision in one or both eyes

Headache: sudden, very severe headache with no clear reason

Balance: dizziness, loss of balance, or trouble walking

Numbness or tingling: on one side of the body (face, arm, or leg)

Factors that affect your risk of having a TIA or stroke



You can't change	You can act on these factors	
• Your age (risk increases as you get older) • Your family and medical history (having had a TIA or stroke increases the risk of having another) • Your ethnic background	• Poor or very salty diet • Irregular heartbeat (atrial fibrillation) • Alcohol or drug use • Diabetes	• Lack of physical activity • Stress • Being overweight • Smoking or vaping • High cholesterol • High blood pressure (hypertension)



Useful resources

- Call **811** to speak with a nurse
- **Heart and Stroke Foundation of Canada**
1-800-567-8563
heartandstroke.ca
- **Canada's Food Guide**
food-guide.canada.ca/en/
- **I Quit Now (Tobacco-Free Quebec)**
1-866-JARRETE (527-7383)
quebecsanstabac.ca

What to do to lower your risk

Be more active

- Do at least 30 minutes of physical activity every day
- Walk or play a sport you enjoy

Eat better

- Add more vegetables, fruits, and whole grains
- Choose home-cooked meals and limit highly processed foods

Manage your stress

- Notice what causes you stress
- Find ways to relax

Avoid harmful substances

- Alcohol, cannabis, and stimulant drugs (speed or cocaine)
- Stop smoking or vaping

Follow your care plan

- Take your medications as prescribed
- Monitor your blood sugar if you have diabetes
- Treat sleep apnea if needed

These habits can help to lower your risk of having a TIA or stroke.



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