

Focusing on You: UHealth Doctor Reveals Life-Saving Acronym

Knowing risk factors can prevent 80% of strokes.

Gillian Gordon Perue, M.D., Assistant Professor of Neurology and Vascular Neurologist at the University of Miami Health System, discusses stroke awareness and the acronym we all need to know to save lives. Crystal Williams, a young mom and stroke survivor, shares her story.

When Crystal Williams' right side of her body went numb, she knew something wasn't right.

"It felt like I was maybe stuck with Novocain or something like that," says Crystal.

Her mom rushed her to UHealth Tower where she was diagnosed with a stroke. UM Assistant Professor of Neurology and Vascular Neurologist Gillian Gordon Perue, M.D., says stroke can happen to anyone.

"People don't understand the face of stroke, and we think it's going to happen to

somebody else. One common myth is that a stroke should be painful, and very often strokes are painless, so people don't seek medical attention early because they have no pain," Dr. Gordon Perue says.

"Doctor, what's the acronym we need to remember when it comes to strokes?" asks anchor Pam Giganti.

"B.E. F.A.S.T.

B, loss of balance.

E, eye symptoms, either eye deviation or loss of vision.

F is for face drooping.

A is for arm weakness.

S is for slurred speech.

T is for time, time to call 911," says Dr. Gordon Perue.

UHealth's multidisciplinary approach takes patients from acute stroke care through rehab and recovery.

"We really have an integrated team that uses occupational, speech therapy, and physical therapy to give the patients the best chance of recovery post-stroke," says Dr. Gordon Perue.

Crystal is back to work, watching her diet and exercising! She says the UHealth team saved her life.

"The U, you all rock. Woo! Thank you," Crystal says.

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