**10 ‘Eerie’ Symptoms Which Indicate That You Had A Silent Stroke And That Another One Will Soon Follow**

Many people believe that only the elderly are prone to stroke, but the reality is that strokes might affect people from all ages.

Therefore, it is of high importance to learn to recognize the early symptoms of strokes, in order to seek medical help on time.

These are the 10 early signs you should know:

**Pain in (one side of) the face**

Strokes are not always painful, but in some cases, sudden pain stabs in the extremities or one side of the face might predict a stroke.

**Inability to catch breath/Tremors**

Strokes are often preceded by sudden loss of breath and difficulty breathing, as the lack of oxygen causes heart arrhythmia.

**Blurry vision/Loss of vision**

The whole process begins in the eye(s), and even 44% of stroke sufferers have experienced loss of vision in one or both eyes before the stroke.

**Loss of balance/Trouble walking**

Another early sign of stroke is the sudden feeling of general weakness and sluggishness in upper and lower limbs. Numerous sufferers also experience paralysis and collapse. To test if your body gets paralyzed before a stroke, you should open the arms wide with the palms up, and hold them thus for 10 seconds. If one of the arms drops, your muscles are weak.

**Facial paralysis**

In most cases, only one side of the face is paralyzed, and this is one of the most common stroke signs.

**Sudden headache/Vertigo**

In almost all cases, vertigo occurs in women younger than 45, and it is a sign that you must visit your doctor as soon as possible.

**Trouble speaking and understanding speech**

Sometimes, the tiny confusions are unnoticed, but they result from feeling delirious and inability to speak.

**Fatigue**

Studies have shown that women often feel confused, disoriented, and exhausted before a stroke.

**Headaches and migraine**

Studies have also found that headaches are common signs of strokes, and they are more common in women. Another study has also shown that 588 of their volunteers, stroke sufferers, with a sharp headache, were young people who often deal with migraines.

Yet, we all know that prevention is the best cure, so make sure you are physically active, eat a healthy diet, sleep well, regulate your body weight, and give up or cut down on the cigarettes and alcohol.

Source: [intellectunchained.com](http://intellectunchained.com/10-eerie-symptoms-indicate-silent-stroke-another-one-will-soon-follow/)

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