LaLa Speaks
FOUNDATION

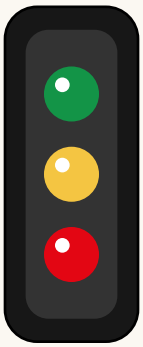
YOUTH BRAIN HEALTH + EARLY ACTION

WHEN SOMETHING DOESN'T FEEL RIGHT

SPEAK UP. GET HELP. YOU ARE NOT OVERREACTING.

What is a brain aneurysm?

A brain aneurysm is a **weakened or bulging area in the wall of a blood vessel in the brain.** Many do not cause symptoms. If one ruptures, it is a life-threatening emergency.



NOTICE • PAUSE • ACT

THREE QUICK FACTS

2%–3%
of people are estimated to have a brain aneurysm

≈30,000
ruptures occur in the U.S. each year

ANY AGE
Brain aneurysms are rare in youth, but can occur

NOTICE

Pay attention to sudden or unusual changes:
- A sudden, extremely severe headache
- Blurred or double vision
- Nausea or vomiting
- Weakness or numbness
- Trouble speaking
- Seizure, confusion, fainting, or loss of consciousness

PAUSE

Do not brush it off or try to handle it alone.

Tell a trusted adult right away:

"Something doesn't feel right, and I need help."

A sudden or severe change deserves attention.

ACT

If symptoms are sudden or severe:
- Get an adult immediately
- Call 911
- Do not wait for symptoms to go away
- Do not drive yourself

Fast action can help save a life.

YOU DID NOT CAUSE IT. YOU CANNOT CATCH IT.

A brain aneurysm is **not anyone's fault** and it is **not contagious.** Most headaches are not caused by brain aneurysms. This fact sheet is about recognizing a sudden, severe, or unusual change and knowing it is okay to speak up.

NOTICE.PAUSE.ACT.

YOUR HEALTH. YOUR VOICE. OUR COMMUNITY.

LIFT • AMPLIFY • LOVE • ADVOCATE

LaLaSpeaksFoundation.org

A Promise That Sparked A Mission

Source notes: National Institute of Neurological Disorders and Stroke (NINDS), "Cerebral Aneurysms"; LaLa Speaks Foundation, Brain Aneurysm Basics. Statistics are approximate and intended for public education. This material does not diagnose, screen, or replace medical care.