

Community Health Coalition, Inc.

407 Crutchfield Street P. O. Box 15176

Durham, NC 27704

Tel: (919) 470-8680

www.chealthc.org healthcoali@gmail.com

www.facebook.com/chealthc www.twitter.com/chealthc

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Healthy People
2020

Improving the health of Durham
& NC communities since 1989

May 2018

Stroke Prevention and Healthy Vision

Stroke

Each year in the United States, at least 140,000 deaths are caused secondary to a stroke. African Americans are twice more likely to suffer a stroke than Caucasian Americans. In addition, African Americans possess the highest death rates due to strokes. Being knowledgeable about the signs and symptoms of a stroke is crucial to the health and longevity of a community. A stroke is a lack of blood supply to the brain, caused by a vessel bursting or a type of blockage. This leads to the suffocation of brain cells due to a lack of oxygen. If the person is having a stroke, ACT FAST! It can affect memory, speech, and movement which can be permanently lost. Symptoms of a stroke can be sudden numbness or weakness in the face, trouble seeing, confusion, loss of coordination, and trouble speaking.

Cedric Bright, MD., Associate Dean of Admissions, Director of the Office of Special Programs at UNC School of Medicine states **"To lower the risk of strokes, it is important to maintain regular scheduled checkups with you doctor. Other diseases related to a stroke such as diabetes, high blood pressure, and elevated cholesterol can contribute to higher incidents of strokes when not properly managed. Maintaining a healthy lifestyle of exercise, no smoking, decreasing stress, and having a balanced diet containing fruits and vegetables lowers the risk of having a stroke"**.



Stroke Detection

F.A.S.T. is an easy way to recognize the signs of stroke

Face: Ask the person to smile. Does one side of the face droop?

Arm: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to say a phrase. Is the speech strange or slurred?

Time: Call 9-1-1 immediately if any of these signs are present

Prevention

- ✓ Keep blood pressure, blood sugar, and cholesterol within normal levels
- ✓ Stop smoking
- ✓ Eat healthy, with diet low in sugar, fats, and salts
- ✓ Stay active and participate in exercises such as walking, running, Zumba, etc.
- ✓ Avoid being overweight or obese, maintain a healthy body weight
- ✓ Avoid stress
- ✓ Take Aspirin (baby) daily or as directed by your physician

Healthy Vision

May is Healthy Vision Month, a national eye health observance established by the National Eye Institute. During this month, it is important to educate your family and friends on the importance of a routine comprehensive exam to maintain eye health and preserve vision.



“Getting your eyes examined is just as important as checking your blood pressure or blood sugar levels,” says Dwight D. Perry, M.D, F.A.C.S., an ophthalmologist at North Carolina Eye, Ear, Nose & Throat. He recommends getting a baseline eye disease screening at age 40. “Your 40s is usually when early signs of disease and changes to your vision start to occur,” says Dr. Perry. But if you have trouble seeing or have a condition that increases your risk of eye disease at any age, schedule an appointment to see an ophthalmologist.”

Remember your ABC’s

Active lifestyle and healthy eating lowers the risk of stroke

Blood pressure, blood sugar, and cholesterol needs to be well managed

Call 9-1-1 immediately if a stroke is suspected

For More Information:

- American Stroke Association at www.strokeassociation.org or 1-800-242-8721
- National Stroke Association at www.stroke.org or 1-800-787-6537
- * National Eye Health Education Program at www.nei.nih.gov or 2020@nei.nih.gov or 301-496-5248 or <https://nei.nih.gov/nehep/programs/visionandaging/watch-listen-and-learn> (video link)

2018 Annual Community Meeting on Health Equity and Health Disparities

Date: May 17, 2018

Theme: "Overcoming Mental Health Challenges in the African American Community"

Address: The Ivy Center - 4222 Fayetteville St. Durham NC Time: 5:30- 8:30PM

Mobile health screening van on site- 3:30 PM-6PM

DINNER PROVIDED-FREE AND OPEN TO THE PUBLIC

For more information on attending, sponsoring, or being a vendor contact CHC at 919-470-8680 or via email at healthcoali@gmail.com

Please Make a Donation to Community Health Coalition through SECC or PayPal: Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.



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Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



Public Health

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!