



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

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Healthy Sunday Topic: Stroke

According to the HealthDay News (2013), more than one-third of people having a stroke don't call 911, even though that's the fastest route to potentially lifesaving treatment, a new study reports. "**Prompt diagnosis and early management is essential to decrease morbidity and mortality after stroke,**" said lead researcher Dr. James Ekundayo, an assistant professor of family and community medicine at Meharry Medical College in Nashville, Tenn.

What are the Signs of Stroke?



The initials 'FAST' stand for: Face; Arms; Speech and Time

Face: A person who is suffering a stroke will likely have also sustained some slackening of the facial muscles. Study the person's face carefully: if you are in doubt, ask them to smile. The smile might be decidedly lopsided. They might also be suffering from a severe headache or blurred vision and dizziness.

Arms: the arms will certainly be sluggish and heavy as a result of suffering a stroke and possible even become suddenly paralyzed.

Speech: Symptoms vary from person to person but when suffering from a stroke, few patients can repeat a sentence without slurring, getting the words jumbled or losing the ability to speak completely. The tongue simply refuses to perform properly and the person might appear a little dumbfounded as they slowly realize they are unable to speak clearly.

Time: time is the most important one as it underlines the absolute urgency of seeking profession medical help as quickly as possible. Call 911 the moment you suspect it is stroke.

What Should I Do?

Bear in mind that a stroke is not a condition that should be monitored over a few hours: time is paramount when dealing with stroke victims. The treatment available for stroke victims relies on how quickly the individual can get treatment. Obviously, the quicker the treatment is received, the more likely the patient is to recover, either in part or in full. A popular phrase is **'the quicker you act, the more of the person you save'**

Health Tip: Help Prevent Stroke

Whether you've ever had a stroke or not, there are things you can do to minimize your risk. The U.S. Centers for Disease Control and Prevention offers these suggestions:

- Keep blood pressure under control with lifestyle changes, and, if necessary, medication.
- Help prevent diabetes by eating a healthy diet, losing extra weight and getting regular exercise.
- Avoid use of any tobacco products, and limit alcohol consumption.
- Get treatment for atrial fibrillation (irregular heartbeat). Left untreated, the condition can cause clots that can lead to stroke.
- Help keep your "bad" cholesterol down by eating a diet that's low in saturated fat and high in fiber.

For more information please check this websites

www.EverydayHealth.com

www.stroke.org

www.strokeassociation.org

www.cdc.org



REMEMBER YOUR ABC's

Act F.A.S.T, **B**e observant of any sign of stroke, and **C**all 9-1-1 IMMEDIATELY

Health Tip is a message from **Community Health Coalition, Inc.** and is written in partnership with Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

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