

How is Stroke Diagnosed?

Your doctor can perform several tests to diagnose stroke, including brain imaging, tests of the brain's electrical activity, and blood flow tests.

Can Stroke be Prevented?

You can take several steps to reduce your risk for stroke:

- Eat a healthy diet rich in fruits and vegetables.
- Decrease the amount of saturated fat in your diet. Saturated fat occurs naturally in many foods, mainly meat and dairy.
- Maintain a healthy weight.
- Be physically active.
- Don't smoke.
- Limit alcohol use.
- Prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

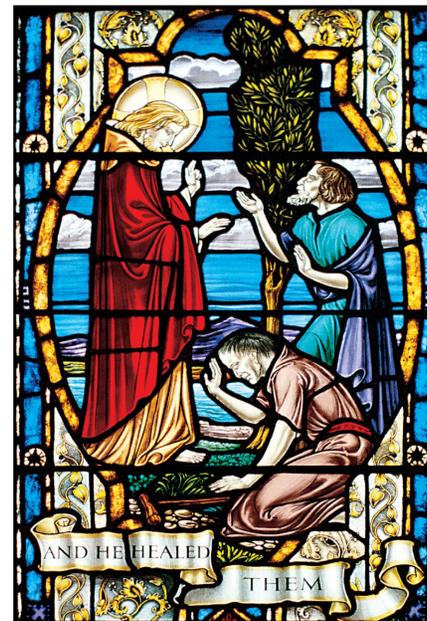
Many Factors Influence Recovery from a Stroke.

Recovery depends on many different factors: where in the brain the stroke occurred, how much of the brain was affected, the patient's motivation, caregiver support, the quantity and quality of rehabilitation, and how healthy the survivor was before the stroke. Because every stroke and stroke survivor is unique, avoid comparisons.



I THINK MY WORK HERE IS DONE.

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Wellness Words

May 2018

National Stroke Awareness
Month

“I have come that you may have life and have it more abundantly.”

John 10:10b

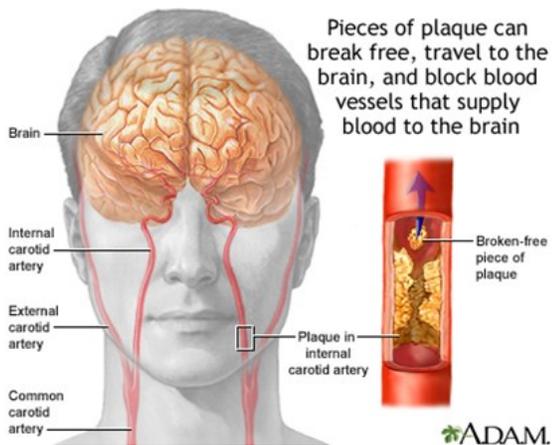
National Stroke Awareness Month

www.cdc.gov/stroke

What is Stroke?

Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that is 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk for stroke through lifestyle changes and, in some cases, medication.



Are you at Risk?

Anyone, including children, can have a stroke. Every year, about 610,000 people in the United States have a new stroke.

Several factors beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change. Examples include smoking, drinking too much alcohol, and not getting enough exercise.

Having high cholesterol, high blood pressure, or diabetes also can increase your risk for stroke. However, treating these conditions can reduce the risk of stroke. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms?

The five most common signs and symptoms of stroke are:

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.

If you think that you or someone you know is having a stroke, call 9-1-1 immediately.



Another tip to help remember the signs and symptoms is to act F.A.S.T.

| | |
|---|---|
|  | F ACE Look for an uneven smile |
|  | A RM Check if one arm is weak |
|  | S P EECH Listen for slurred speech |
|  | T I ME Call 911 at the first sign |