

May

BACKDOOR READING FROM YOUR PARISH NURSE

Is National Stroke Month

Warning Signs of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, lost of balance or coordination.



ARE YOU AT RISK FOR

Age—You are a man over 45 or a woman over 55 years old

Family History—Your father or brother had a heart attack before age 55 or you mother or sister had one before age 65

Medical History - You have coronary artery disease, or you have had a heart attack or you have had a stroke ; You have an abnormal heart beat.

Tobacco Smoke - You smoke, or live or work with people who smoke every day.

Total Cholesterol and HDL cholesterol - Your total cholesterol is 240 or higher; Your HDL (“good”) cholesterol level is less than 40 if you’re a man or less than 50 if you’re a woman; You don’t know your total cholesterol or HDL levels.

Blood Pressure - Your blood pressure is 140/90 or higher, or you’ve been told that your blood pressure is too high; You don’t know what your blood pressure is.

Physical Inactivity - You don't accumulate at least 30 minutes of physical activity on most days of the week.

Excess Body Weight— You are 20 pounds or more overweight.

Diabetes - You have diabetes or take medicine to control your blood

Recognize and Respond

In the past, doctors couldn't do much to help stroke victims. That's not true today. You must recognize a stroke and get to the hospital immediately. The clot-dissolving drug TPA can reduce disability if it's given within 3 hours after the ischemic stroke starts. Don't make the mistake of not seeking care quickly. If you have symptoms call 911. And remember stroke is not just a geriatric disease.