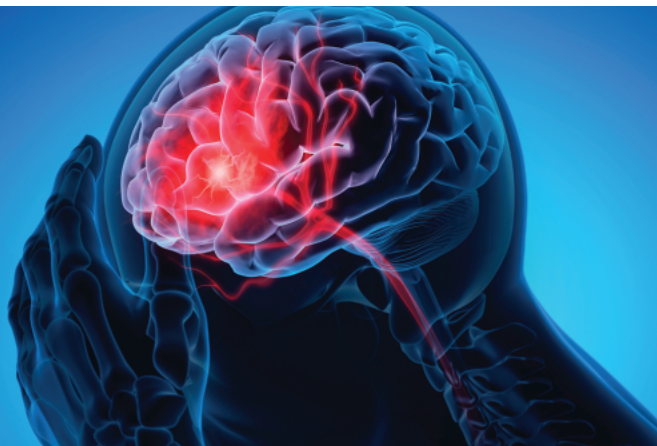


MAY: STROKE PREVENTION MONTH



May is the month we dedicate to the prevention of stroke or "stroke". For educational purposes, it is important to mention that the 3 most common types of strokes are:

- **Hemorrhagic stroke** - occurs when a blood vessel in the brain area ruptures; this prevents the brain from receiving oxygen.
- **Ischemic stroke** - is the most common type of attack or stroke; it occurs when a clot obstructs a vessel that supplies blood to the brain.
- **Transient ischemic attack** - is a temporary blockage of blood flow to the brain. The clot usually dissolves on its own or breaks off, but it does produce the same symptoms as a stroke.

Data of interest:

- Most common after age 55 (can occur at any age)
- Some people can fully recover, while many remain disabled.
- At least 80% of strokes can be prevented with lifestyle changes.

Your actions can save lives and prevent disabilities

Note possible warning signs:

1. **Face down:** Is there facial paralysis or numbness on one side of the face? Ask the person to smile. Is the person's smile uneven or crooked?
2. **Loss of arm strength:** Does one arm feel weak or numb? Ask the person to raise their arms. One of your arms falls off?
3. **Difficulty speaking:** Ask the person to repeat a simple sentence. Does the person drag words or speak in strange ways?

Ask for Help! Call 9-1-1: Report everything you have observed; tell us the time when you identified the first warning signs.

Lead a healthy lifestyle, exercise, and manage stress. Avoid overeating saturated fats and sugars. Avoid the use of alcohol, drugs or tobacco.