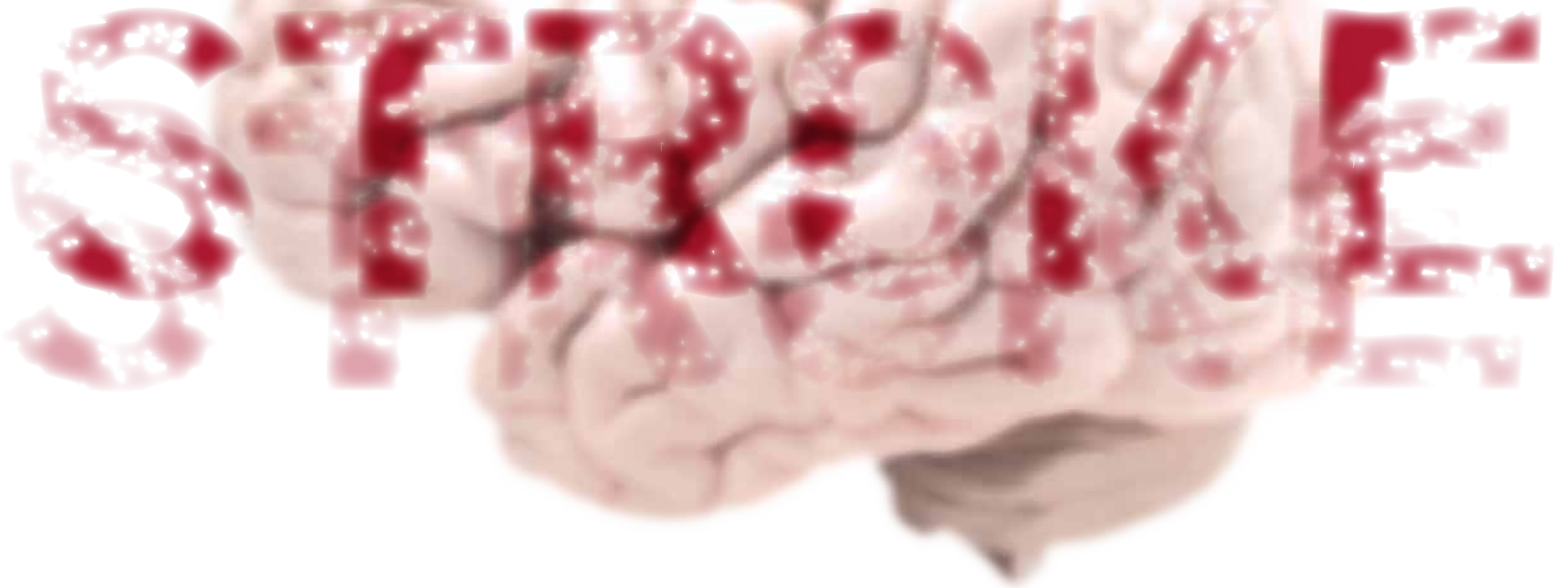


# body MIND

## KNOW THE WARNING SIGNS OF



Stroke is a type of cardiovascular disease that impacts the arteries inside and around the brain. When a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts, a stroke occurs. As a result, part of the brain is deprived of necessary blood and oxygen and begins to die. The effects of stroke vary according to where in the brain the stroke occurs and how much brain tissue is affected, but can include paralysis of one or both sides of the body, vision problems, speech problems, memory loss, and changes in behavioral style. Currently in the United States, someone has a stroke every 40 seconds and someone dies of a stroke every four minutes. Stroke is the number three cause of death in this country.

### WARNING SIGNS WARNING SIGNS WARNING SIGNS WARNING SIGNS

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

### REDUCE RISK REDUCE RISK REDUCE RISK REDUCE RISK REDUCE RISK

Some risk factors for stroke, including age, heredity, and prior stroke or heart attack cannot be changed. Other risk factors, however, can be changed or treated to decrease likelihood of stroke. These include high blood pressure, diabetes, cigarette smoking, high cholesterol, poor diet, obesity, and physical inactivity. Controlling high blood pressure and high cholesterol, quitting smoking, properly managing diabetes, and being physically active are all important ways to minimize risk for stroke.

To identify steps you can take to minimize your risk for stroke, consult a physician.



## SOMEONE DIES OF A STROKE **EVERY FOUR MINUTES**

According to the American Stroke Association, stroke is the number three killer in the United States and is a leading cause of long-term disability. Approximately 795,000 Americans will have a stroke this year.

To find out if you are at risk for stroke and heart disease, go online at [www.trmchealth.org](http://www.trmchealth.org) and take the "Prevent a heart attack" HeartAware risk survey.

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