

Wish You Well



May 2012

May is National Stroke Awareness Month

Stroke 101 Fact Sheet

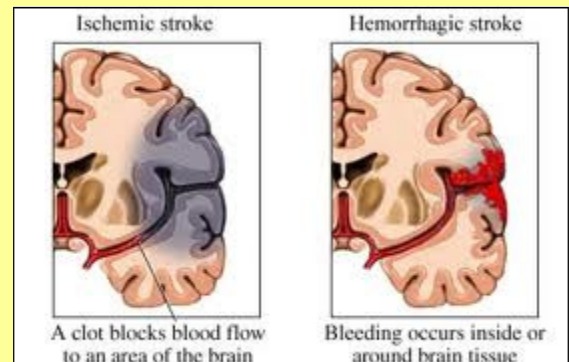
- Stroke is an emergency and a brain attack, cutting off vital blood flow and oxygen to the brain.
- In the United States, stroke is the fourth leading cause of death, killing over 133,000 people each year, and a leading cause of serious, long-term adult disability.
- There are an estimated 7,000,000 stroke survivors in the U.S. over age 20.
- Approximately 795,000 strokes will occur this year, one occurring every 40 seconds, and taking a life approximately every four (4) minutes.
- Stroke can happen to anyone at any time, regardless of race, sex or age.
- Approximately 55,000 more women than men have a stroke each year.
- African Americans have almost twice the risk of first-ever stroke compared with Caucasians.

Types of Stroke:

Ischemic stroke occurs when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. About 87% of all strokes are ischemic.

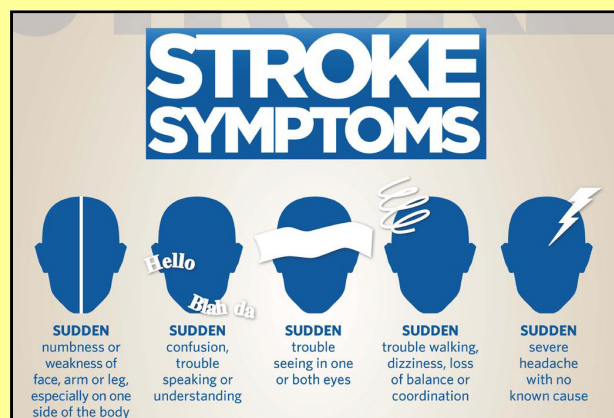
Hemorrhagic stroke occurs when a blood vessel in the brain breaks leaking blood into the brain. Hemorrhagic strokes account for 13% of all strokes, yet are responsible for more than 30% of all stroke deaths.

- Two (2) million brain cells die every minute during stroke, increasing risk of permanent brain damage, disability or death. Recognizing symptoms and acting FAST to get medical attention can save a life and limit disabilities.
- The prevalence of transient ischemic attacks (TIA – “mini strokes”) increases with age. Up to 40 % of all people who suffer a TIA will go on to experience a stroke.
- Women are twice as likely to die from stroke than breast cancer annually.



Source: www.stroke.org

STROKE SYMPTOMS



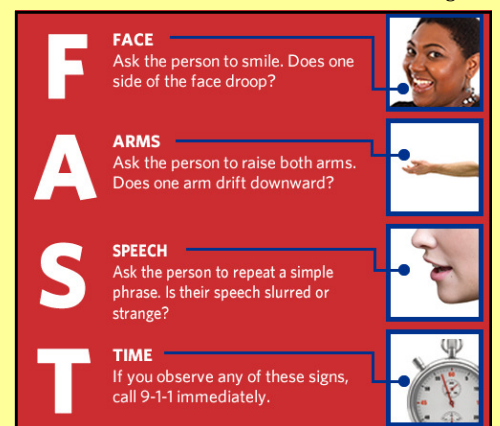
- SUDDEN** numbness or weakness of face, arm or leg, especially on one side of the body
- SUDDEN** confusion, trouble speaking or understanding
- SUDDEN** trouble seeing in one or both eyes
- SUDDEN** trouble walking, dizziness, loss of balance or coordination
- SUDDEN** severe headache with no known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

Educate yourself. Know the stroke symptoms and remember FAST!

Dial 911 as soon as possible if you see ANY of these signs or symptoms.

FAST

- F** **FACE** Ask the person to smile. Does one side of the face droop?
- A** **ARMS** Ask the person to raise both arms. Does one arm drift downward?
- S** **SPEECH** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T** **TIME** If you observe any of these signs, call 9-1-1 immediately.



May is National High Blood Pressure Education Month

What does your blood pressure usually run?

According to the American Heart Association, any blood pressure that is 140 over 90 or higher is considered high and puts you at more risk of stroke or heart attack.

Source: www.aha.org



Who can find a virtuous woman?

She is far more precious than jewels...

Strength and honor are her clothing, and she can laugh at the time to come.

She opens her mouth with wisdom, and loving instruction is on her tongue.

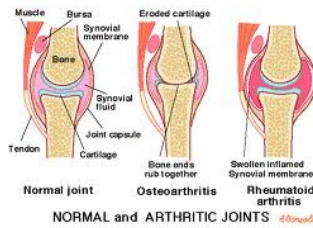
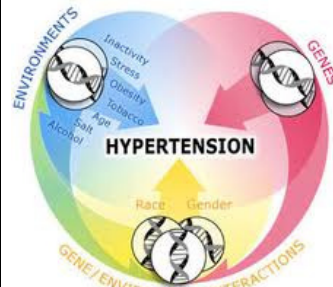
She watches over the activities of her household and is never idle.

Her sons rise up and call her blessed.

Her husband also praises her: Many women are capable, but you surpass them all!

Charm is deceptive and beauty is fleeting, but a woman who fears the Lord will be praised.

~Proverbs 31:10, 25-30



National Arthritis Awareness Month

Arthritis literally means joint inflammation. But the term is often used to refer to any of the more than 100 diseases that affect the joints where two or more bones meet to allow movement. Currently, there are 46 million people diagnosed with arthritis in the United States. The most common types of arthritis are:

Osteoarthritis – a condition in which the joint cartilage – the tough, smooth, shock-absorbing tissue that covers the ends of the bones where they meet – breaks down, causing pain and stiffness.

Rheumatoid arthritis – a condition in which the body's immune system attacks the thin membrane (synovium) that lines the joints, causing pain, swelling, inflammation, redness, heat and, if not stopped, joint destruction.

Please contact Twin County Rheumatology at (276) 238-2535 for all your Arthritis needs.

Source: www.arthritis.org

The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Healthcare. The Faith Community Nurse program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community.

For more information on the Faith Community Nursing program, please call (276) 236-5433

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org, find TCRH on Facebook or call (276) 236-1654