

SUNDAY MORNING Health Corner

Stroke Awareness Month

Someone in the United States has a stroke every 40 seconds. A stroke occurs when blood supply to part of the brain is blocked or when a blood vessel in the brain bursts. A stroke can cause permanent brain damage, long-term disability, or even death.

More than 60 percent of Black Americans have one or more risk factors for a stroke. Obesity, high blood pressure, high cholesterol, diabetes and smoking are some of the risk factors.

If you are with a person who may be having one or more symptoms of a stroke, follow the F.A.S.T. response:

SPOT A STROKE™
F.A.S.T.



FACE
Drooping



ARM
Weakness



SPEECH
Difficulty



TIME
to Call 911

Focus on preventing a stroke:

- Eat a healthy diet
- Reduce salt
- Maintain a healthy weight
- Increase physical activity
- Don't smoke
- Limit alcohol

Signs and symptoms of a stroke can vary. Remember, a stroke is an emergency! Don't hesitate to call 911,



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