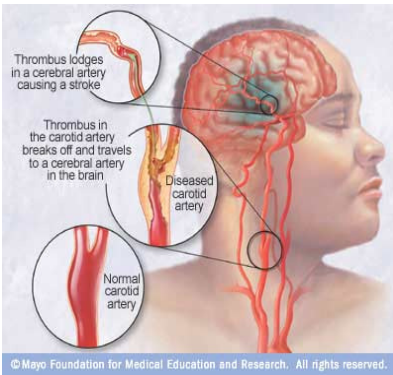


# CEREBRAL VASCULAR ACCIDENT

Volume 4, Issue 11

January, 2011



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## STROKE

### WANT TO LIVE LONGER?

- Stop using tobacco. Smoking remains the leading cause of preventable or premature death in the United States.
- Eat a diet rich in fruits, vegetables, whole grains and dried beans and peas and low fat. These promote a healthy weight and helps reduce the risk of various diseases, including heart disease, stroke, and type 2 diabetes.
- Stay physically active. Physical activity reduces the risk of heart disease, stroke and some types of cancer and also helps prevent obesity.
- Get early detection and screening test. A visit to your doctor should include any medical concerns, a review of your medical history, a physical exam including your blood pressure, weight and appropriate lab work.

Stroke is a disease that affects the arteries leading to and within the brain. Stroke is the number 3 cause of death, and the leading cause of adult disability in the United States.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so it starts to die.

The effects of a stroke depend primarily on the location of the obstruc-

tion and the extent of brain tissue affected. Usually, if a stroke occurs on the right side of the brain, the left side will be affected; if the stroke occurs on the left side of the brain, the right side is affected.

A stroke can cause temporary or permanent disability, depending on the interruption of blood flow and which part of the brain is damaged. Some disabilities may include weakness or paralysis of the face, arm or leg; memory or vision loss; problems with thinking, reasoning, or under-

standing others; and some behavior or emotional problems.

Although a stroke may occur at any age, the risk increases in the senior years. Two-thirds of all strokes occur in people older than age 65. Men have a higher stroke risk than women, but more women die of strokes. Strokes run in families. Other factors that increase the risk of stroke include high blood pressure, smoking, diabetes, high cholesterol, obesity and sedentary lifestyle.

### WARNING SIGNS OF A STROKE

Learn to recognize a stroke, because **time lost is brain lost**. Call 911 immediately if your experience these **warning signs**:

- **Sudden** numbness or weakness of the face, arm or leg, es-

pecially 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