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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



STROKE AWARENESS

May is Stroke Awareness Month. Did you know stroke is a leading cause of death and serious disability nationwide and around the world? Learn how you can prevent and treat stroke with these tips from the Centers for Disease Control and Prevention (CDC).

Don't delay; call 9-1-1 right away if you spot the signs of stroke in yourself or someone else. Here are the 5 symptoms to look for:

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

Every minute counts when a stroke happens. Time lost is brain lost. Getting treatment fast can reduce stroke-related brain damage and increase the chances of survival and recovery. Treatments are most effective when stroke is recognized and diagnosed within 4.5 hours.

Do not drive to the hospital or let someone else drive you. Call 9-1-1 for an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

You can help prevent stroke by controlling any health conditions you may have and making healthy lifestyle choices such as:

- Choose healthy foods and drinks
- Keep a healthy weight
- Get regular physical activity
- Don't smoke
- Limit alcohol
- Control your medical conditions
- Check cholesterol
- Control blood pressure
- Control diabetes
- Treat heart disease
- Take your medicine

Work with your health care provider to prevent or treat the medical conditions that lead to stroke. Learn more at www.cdc.gov/stroke