STROKE

MINUTES MATTER - TIME IS NEURONS





SPEECH

TIME TO CALL 911

Simple ways to the magic number:



Use myplate.gov to work on your diet! Reduce salt intake, stop smoking, increase daily exercise, and manage stress.

Did you know 80% of strokes are preventable?

What is a stroke?

Stroke occurs when blood flow to the brain is interrupted, without oxygen rich blood, brain cells die. This is why MINUTES MATTER. 87% of strokes are classified as Ischemic (a clot blocks a blood vessel, thus cutting off blood flow to the brain). A Hemorrhagic stroke occurs when a weakened blood vessel or cerebral aneurism ruptures, spilling blood flow into the brain. A TIA (transient ischemic attack) is a temporary blockage, also called a "warning stroke"









Stroke risk 2-4x higher among smokers. Secondhand smoke is a risk factor!!



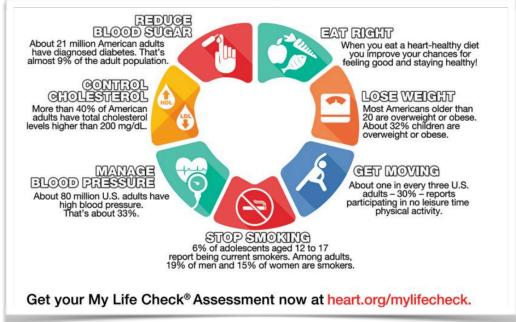
Stroke is treatable!

The faster you are treated, the more likely you will recover without permanent disability

In the U.S. stroke occurs every 40 seconds, and every 4 minutes someone dies.

Stroke is the leading **preventable** cause of Long term disability

What's good for the heart is good for your brain. The American Heart Association recommends following "Life's Simple 7" to achieve ideal health: don't smoke, be physically active, eat a healthy diet, maintain a healthy body weight, and control cholesterol, blood pressure and blood sugar



1.	What is the most important change I can make?
2.	What kind of physical activity can I do safely?
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4.	where we will not the constraint of the constr
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6.	

EVENTS:

- Fight Stroke Walk, San Jose-MAY 6 https://www.strokeinfo.org/walk
- Mercy's 5k Stroke Awareness Run, MAY 5 https://runsignup.com/Race/CA/Merced/Mercys5KStrokeAwarenessRun
- CV-RAPS, Stockton, MAY 22nd
 https://www.eventbrite.com/e/central-valley-recovery-awareness-preventing-strokes-cv-raps-2018-tickets-39361037924
- PSA STROKE CONFERENCE, May 9 Millbrae, May 10/11 Palo Alto http://pacificstrokeassociation.org/stroke-conference/

RESOURCES:

1-888-4-STROKE <u>WWW.CDC.GOV/STROKE</u> STROKEASSOCIATION.ORG FOR LOCAL SUPPORT GROUPS WWW.CDC.GOV/HEALTHYWEIGHT

WWW.CDC.GOV/TOBACCO





