

Know The Signs Of Stroke

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Happy Aloha Friday... although our population that are getting their vaccine is on the rise, mental health is still also on the rise. We are seeing an increase in the number of strokes in the work place. Do you know how to spot a fellow employee having a stroke? Did you know not reacting immediately to a stroke victim can make a difference in their paralysis? In their recover?

Take a quick moment to review and remember F.A.S.T. Have a great weekend and continue to stay safe. - MJ

Here is an easy way to determine if you or someone is having a stroke. Use the letters in “**F.A.S.T.**” to spot stroke signs and know when to call 9-1-1.

F = Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven or lopsided?

A = Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

T = Time to Call 9-1-1 : If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Additional Signs

- Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

Warning Signs in Posterior Circulation Strokes

This type of stroke can also be caused by a ruptured blood vessel in the back part of the brain. When this type of stroke happens several symptoms occur and they can be very different than the symptoms (listed above) that occur in the blood circulation to the front part of the brain.

Symptoms include:

- Vertigo, like the room, is spinning.
- Imbalance
- One-sided arm or leg weakness.
- Slurred speech or dysarthria
- Double vision or other vision problems
- A headache
- Nausea and or vomiting

Unique Symptoms in Women

Women may report symptoms that are different from the common symptoms:

- Loss of consciousness or fainting
- General weakness
- Difficulty or shortness of breath
- Confusion, unresponsiveness or disorientation
- Sudden behavioral change
- Agitation
- Hallucination
- Nausea or vomiting
- Pain
- Seizures
- Hiccups

Unique symptoms create a problem, because they're often not recognized as a stroke symptom, and treatment is often delayed. The most effective stroke treatments are only helpful if the stroke is recognized and diagnosed within the first three or 4.5 hours of the first symptoms. Regardless, time is always important when reacting to a stroke.

What is Life's Simple 7®?

Life's Simple 7 is defined by the American Heart Association (AHA) as the 7 risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.

1. **Manage Blood Pressure:** High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer. Learn how to [manage your blood pressure with AHA's infographic](#).



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