

# 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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- A decorative red ECG (heart rate) line graphic that runs horizontally across the top of the page, starting from the left edge and ending at the right edge, with a vertical spike on the right side.
2. **Control Cholesterol:** High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Learn how to [control your cholesterol with AHA's infographic](#).
  3. **Reduce Blood Sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. Learn how to [reduce your blood sugar with AHA's infographic](#).
  4. **Get Active:** Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life. Learn how to [get active and move more with AHA's infographic](#).
  5. **Eat Better:** A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life! Learn how to [eat better with AHA's infographic](#).
  6. **Lose Weight:** When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too. Learn how to [lose or manage weight with AHA's infographic](#).
  7. **Stop Smoking:** Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Learn how to [stop smoking with AHA's infographic](#).

These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have—to live a long, productive healthy life.

Remember, dehydration can be one of the causes of stroke. So hydrate well every day, especially when you exercise in the coming warmer weather. Also, acupuncture treatments within 3 months post stroke are very beneficial for recovery.

From [Dr. Chady F. Wonson](#)



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