

# RECOGNIZING THE SIGNS OF A STROKE



What is a stroke? A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done.

**FAST** is an easy way to remember the signs of a stroke. When you see these signs, you will know that you need to call 911 fast. FAST stands for:

**F - Face drooping.** One side of the face is drooping or numb. When the person smiles, the smile is uneven.

**A - Arm weakness.** One arm is weak or numb. When the person lifts both arms at the same time, one arm may drift downward.

**S - Speech difficulty.** You may see slurred speech or difficulty speaking. The person can't repeat a simple sentence correctly when asked.

**T - Time to call 911.** If someone shows any of these symptoms, call 911 right away. Call even if the symptom goes away. Make note of the time the symptoms first appeared.

### THIS ISSUE

#### RECOGNIZING THE SIGNS OF A STROKE

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#### TIPS FOR MANAGING ANXIETY

#### COPING WITH DEPRESSION

References:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/stroke>

<https://www.heartandstroke.ca/>

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935>

# THINGS YOU CAN DO TO IMPROVE YOUR CHOLESTEROL

High cholesterol increases your risk of heart disease, heart attacks and stroke.

## 1. Eat heart-healthy foods

A few changes in your diet can reduce cholesterol and improve your heart health:

- Reduce saturated fats.
- Eliminate trans fats.
- Eat foods rich in omega-3 fatty acids.
- Increase soluble fiber.
- Add whey protein.

## 2. Exercise on most days of the week and increase your physical activity

Exercise can improve cholesterol. With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week.

## 3. Quit smoking



## 4. Lose weight

Carrying even a few extra pounds contributes to high cholesterol.

## 5. Drink alcohol only in moderation

Too much alcohol can lead to serious health problems, including high blood pressure, heart failure and strokes.

## Activity Corner

Out of This World Sudoku Puzzle

		3	9	1		5		8
				8	5	3		
						4		
		4	5	3				7
					9	8		
	1		2	7				4
		1				6		
6	4	9		5	1	7		3
		2		9				



### Healthy Foods Easy Word Search

S U H S Z M E N N J T S S O F  
 D E E C L M G H N N E H E Q Z  
 P C I W A Z G F J I E T G E  
 Q H I R E N S J R H O X N E M  
 W E O H R C I R G M X R A Q R  
 U E B U T E E P A M P U R D K  
 Z S L B C B B T S S K H O T K  
 V E F H W W O E I K X P T N T  
 W X K A F E F T U P V Z T X G  
 C R R I S M D P D L T J W K B  
 S T Q V K J U K V Y B W A Q X  
 S N J W T R U G O Y N A P J S  
 Y S A S R H N C G J V T G C W  
 H V V E F R Q Y S Y R G S P Z  
 V R W B B F V C A S H E W S N

BEANS  
 CASHEWS  
 EGGS  
 SPINACH  
 TOMATOES

BLUEBERRIES  
 CHEESE  
 ORANGES  
 STRAWBERRIES  
 YOGURT

