

## KNOW THE WARNING SIGNS OF



# STROKE

Stroke is a type of cardiovascular disease that impacts the arteries inside and around the brain. When a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts, a stroke occurs. As a result, part of the brain is deprived of necessary blood and oxygen and begins to die. The effects of stroke vary according to where in the brain the stroke occurs and how much brain tissue is affected, but can include paralysis of one or both sides of the body, vision problems, speech problems, memory loss, and changes in behavioral style. Currently in the United States, someone has a stroke every 40 seconds and someone dies of a stroke every four minutes. Stroke is

the number three cause of death in this country.

### WARNING SIGNS

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

### REDUCE RISK

Some risk factors for stroke, including age, heredity, and prior stroke or heart attack cannot be changed. Other risk factors, however, can be

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## ARE you UNDER PRESSURE?

High blood pressure, or hypertension, affects approximately one in three adults in the United States. However, because high blood pressure does not have symptoms, over 20 percent of those affected are unaware of their condition. Untreated, high blood pressure can lead to heart attack, heart disease, stroke, kidney damage, peripheral arterial disease, vision loss, memory loss, and fluid in the lungs. Although there is no cure for high blood pressure, it is usually manageable with lifestyle modifications and in some cases, prescription medication. To avoid the effects of high blood pressure, it is vital to have blood pressure monitored regularly by a medical professional.

### CONTROL BLOOD PRESSURE

Lifestyle modifications can reduce high blood pressure, prevent the development of high blood pressure, increase the effectiveness of high blood pressure medications, and lower one's risk for conditions including heart attack, stroke, heart failure, and kidney disease. Risk for these health problems increase to a greater degree if one has high blood pressure with other risk factors including:

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**Brought to you by:**



Stroke continued from previous page...

changed or treated to decrease likelihood of stroke. These include high blood pressure, diabetes, cigarette smoking, high cholesterol, poor diet, obesity, and physical inactivity. Controlling high blood pressure and high cholesterol, quitting smoking, properly managing diabetes, and being physically active are all important ways to minimize risk for stroke.

**To identify steps you can take to minimize your risk for stroke, consult a physician.**

Blood Pressure continued from previous page...

- ♥ Age
- ♥ Heredity
- ♥ Overweight or obesity
- ♥ Smoking
- ♥ High cholesterol
- ♥ Diabetes
- ♥ Physical inactivity

According to the American Heart Association, the following are the primary ways to control blood pressure.

- ♥ Eat a better diet rich in fruits, vegetables, and whole-grains—and low in saturated fat, trans fat, cholesterol, and added sugars.
- ♥ Cut down on salt intake. Consuming less salt reduces blood pressure in many people.
- ♥ Enjoy regular physical activity. Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity each week.
- ♥ Maintain a healthy weight. If you are overweight, talk to your physician about losing weight.

- ♥ Manage stress in healthy ways, such as engaging in physical activity, rather than indulging in overeating, smoking, and drinking alcohol.
- ♥ Avoid tobacco smoke. Quitting smoking reduces risk for both heart attack and stroke.
- ♥ If you drink, limit alcohol to no more than one drink per day for women and no more than two drinks per day for men.

***Have your blood pressure checked regularly, and if necessary, work with a physician to control your high blood pressure.***



### **Girl Talk**

*Saturday, January 21 • 1 to 4 p.m.*

*St. Luke's Hospital*

A free event for mothers and daughters ages 11 and older. Experience a fun and inspiring afternoon connecting with your daughter while she learns to connect the pieces of good health – from her physical health and body image to her social/emotional health and self-esteem. Call 314-542-4848 to register or for more information.

### **Wellness College – Personal Pathway to Weight Loss**

*January 31 through March 6*

*6:30 to 8 p.m.*

Looking for a setting to really focus on your weight loss goals? Topics include assessing lifestyle risks for disease, stress and weight management, nutrition and meal planning, exercising for results and making changes that last. Pre-registration required. Call 314-542-4848 to register or for more information.

### **St. Luke's Hospital Day of Dance for Your Health**

*Saturday, February 25*

*9 a.m. to 12:30 p.m.*

*Ritz-Carlton, St. Louis*

*100 Carondelet Plaza*

Bring your family and friends to dance, participate in free health screenings, learn easy ways to stay healthy, enjoy music and win exciting prizes! For more information and to register, visit [stlukes-stl.com](http://stlukes-stl.com).



Our specialty is you.

232 S. Woods Mill Road  
Chesterfield, MO 63017  
[stlukes-stl.com](http://stlukes-stl.com)