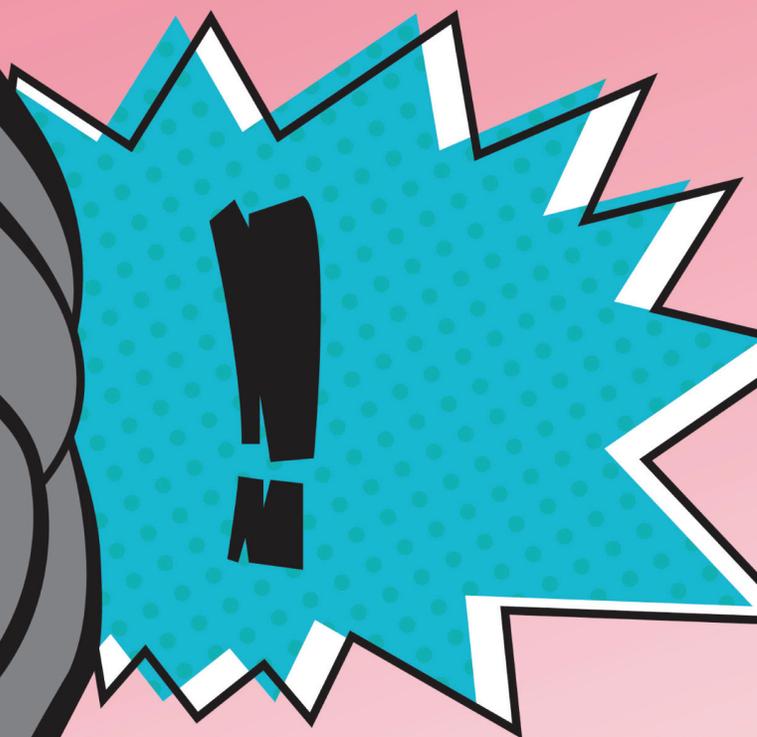


DON'T HAVE A STROKE



A Roman philosopher once stated, "Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it."

Have you ever found yourself driving through a busy intersection during rush hour traffic yelling at the "incompetence" you always seem to encounter out on the road? Or have you ever found yourself losing your patience with a co-worker or a loved one? Anger has become part of our daily routine. While it's a perfectly natural emotion in small doses, excessive anger has the ability to trigger one of the deadliest health conditions affecting our community to date...STROKE!

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Don't Have a Stroke is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

Stroke is classified as a brain disease that affects the arteries leading to and within the brain. It occurs when a blood vessel carrying oxygen and nutrients to the brain is blocked by a clot, or bursts. When this occurs, part of the brain cannot get the blood and/or oxygen necessary and begins to die.

TWO TYPES OF STROKE:

- ⚡ An **ischemic stroke** forms a clot which obstructs the flow of blood to the brain
- ⚡ A **hemorrhagic stroke** causes a rupture of a blood vessel that prevents the blood flow to the brain

WARNING SIGNS:

- ⚡ Sudden numbness of the face, arm or leg, especially on 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

TREATMENT:

- ⚡ Generally there are three treatment stages for stroke: prevention, therapy immediately after the stroke, and post-stroke rehabilitation.
- ⚡ Medication or drug therapy is the most common treatment for stroke. The most popular classes of drugs used to prevent or treat stroke are **antithrombotics** (antiplatelet agents and anticoagulants) and **thrombolytics**.

According to the American Heart Association, stroke is “the third largest cause of death, ranking behind ‘diseases of the heart’ and all forms of cancer. Stroke is a leading cause of serious, long-term disability in the United States.” Anger escalates heart rate, breathing, arterial tension and cortisol levels, increasing chances for an episode of stroke in your life! It is important to recognize and to be aware of some of the most common instigators of anger. Here are a few:

- Traffic jams
- Injustice
- Humiliation
- Grief
- Embarrassment
- Infidelity
- Rude behavior
- Deadlines
- Physical pain
- Being teased
- Financial headaches
- Failure or bullied

As we begin to recognize what makes us angry, we are able to plan ahead and control our feelings in a positive way. Pause for a moment, take a deep breath and use the tips below to guide you back to a state of tranquility, and most importantly, **GOOD HEALTH!**

Tips (<http://www.americanheart.org/presenter.jhtml?identifier=3047867>)

- **Keep an anger journal.** Write down which people and situations make you most angry. Also make note of how you react and what feelings are behind the anger. Learn to recognize when these feelings are triggering an angry reaction.
- **Be understanding.** Put yourself in another person’s place and view the person with care and concern. Use self-talk to help yourself.
- **Call a “time-out.”** Step back from the situation, take several deep breaths and calm yourself down. You may need to move away from the situation before you can handle it.
- **Control how you react physically.** Try not to curse, sigh, speak loudly, shake your fist or point your finger.
- **When you feel angry, use a three-step approach: stop, ask yourself questions, then react.** The first question is: “Would a jury of people think I should be angry?” If the jury says “yes,” ask yourself, “Is this a situation I need to fix, and can I fix it?” If you decide you must fix the situation, wait until you cool off, then take action.

Life is too short to shorten it further with anger. Transform the negative energy that’s expelled through anger - use simple and quick physical outlets such as a 15-minute meditation break or taking a brisk walk to re-center your mind. When you find yourself in an angry situation, remember the simple pleasures in your life, regain control over your emotions and reclaim your **STRENGTH!**

Make a choice for better health. Visit www.stlukes-stl.com for health information and wellness tools to help you manage your health and focus on a stroke-free lifestyle.