



May is Stroke Awareness Month

The American Stroke Association wants you to learn the warning signs of stroke:

- Sudden numbness or weakness 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

If you notice one or more of these signs, don't wait. Stroke is a medical emergency. Call 9-1-1 or your emergency medical services. Get to a hospital right away!

A healthy lifestyle plays a big part in decreasing disability and death from stroke and heart attack. Here are the steps to take:

- Don't smoke.
- Improve your eating habits.
- Be physically active.
- Take your medicine as directed.
- Get your blood pressure checked, and control it if it's high.
- Reach and maintain a healthy weight.
- Decrease your stress level.
- Seek emotional support when it's needed.
- Have regular medical checkups

Content source: American Stroke Association

To discuss your risk for a stroke, call the Racine County & City Health Center at 262.687.8640 to schedule an appointment.



Wheaton Franciscan Healthy Connections™