

PREVENTING STROKE



Broward County Government Newsletter

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Community Care Plan, “the health plan with a heart”

May is Stroke Awareness Month

According to the Center for Disease Control and Prevention, strokes cause 1 out of every 20 deaths in the United States each year. Every 40 seconds someone in the US has a stroke. Every 4 minutes someone in the US dies from a stroke.

What increases my risk of having a stroke?

High Cholesterol: Your doctor should check your cholesterol levels. If you have high cholesterol, your doctor can give you medicine or changes in lifestyle to help lower your risk for stroke.

High Blood Pressure: Your blood pressure should be checked on a regular basis, on a schedule your doctor recommends. If you have high blood pressure your doctor could give you lifestyle changes, such as choosing low sodium foods, and give you medicine to lower your risk of stroke.

Diabetes: If you have diabetes, you should regularly check your blood sugar. Your doctor may give you tips on healthy food and exercises. These tips can help keep your blood sugar under control and lower your risk for a stroke.

Heart Disease: Medical treatment or surgery for heart disease can help lower your risk for a stroke.

*Always take your medicine as your doctor prescribed. If you have questions about your medication, contact your doctor or pharmacists.

Sources: www.cdc.gov/dhdspl/data_statistics/fact_sheets/fs_stroke.htm
www.cdc.gov/stroke/medical_conditions.htm

What are the warning signs of a stroke?

Remember to think “F.A.S.T.” to see the warning signs and help someone who is having a stroke.

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 9-1-1

F.A.S.T.

Source: https://www.heart.org/idc/groups/heart_public/@wcm/@fdr/documents/downloadable/ucm_467905.pdf

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.