

STRIKE Stroke before it Strikes you

MAY 2021



Stroke strikes faster than a home run. We need to **BE FAST** to recognize and care for stroke. We need to **STRIKE** stroke before it strikes us. We need to **BE FAST** and **STRIKE** out stroke.

The month of May is dedicated to stroke awareness and prevention. We need to do our part to **prevent stroke** and **recognize the signs and symptoms of stroke**. This will help prevent the physical and mental damages stroke may pose to us.

According to the American Stroke Association, "A stroke is when a clot blocks a blood vessel that carries oxygen and nutrients to the brain or the vessel bursts." When a stroke happens, part of the brain cannot get the blood and oxygen it needs. This causes brain cells to die, eventually leading to many disabilities and even death.

Stop smoking 
Treat cholesterol
diabetes, obesity 
Reverse heart
disease 
Initiate healthy eating 
Keeppressures low 
Exercise regularly 

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"Stroke is preventable. We need to **STRIKE** stroke, before it strikes us."

Healthy living is key to preventing stroke. Prevention is crucial in reducing stroke cases. The **STRIKE** method needs to be implemented to prevent stroke.

"Stroke is treatable. We must act fast and **BE FAST.**"

With stroke, time is brain. Millions of neurons are lost with every minute of a stroke (Hassan & Rohatgi, 2011). Early detection and prompt treatment can prevent stroke cases and stroke related deaths. The acronym BE FAST can save your life or the life of a loved one. If you are experiencing any of the BE FAST signs or symptoms, please seek medical attention as fast as you can!

When stroke strikes, there is hope, there is recovery and there are challenges. Prayer will lead the way to recovery and will help the suffering.

"O Eternal God have mercy upon all who have suffered a stroke. Remove the sudden fear that befalls them. Endow them with courage in the struggle to recover what has been lost. Grant them strength and hope to envision new days ahead and a spirit of faith to take the risk of living fully once again."

- Vienna Cobb Anderson

Knowledge is power for better health. Knowledge is key to a better living. Spread your knowledge about stroke. **Save a brain and save a life.**



Wishing you the best of health,
Sireen J.
Alverno Direct Entry MSN Student



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HEALTH PROFESSIONS



Know your facts and **STRIKE** out stroke

- In 2018, **1 in 6 deaths** from heart disease was due to stroke.
- In the United States alone, someone has a stroke **every 40 seconds**. Someone dies of stroke **every 4 minutes**.
- Stroke is a leading cause of serious long-term disability.
- In 2009, **1 in 3** people hospitalized for stroke were **under 65 years old**.
- High blood pressure, high cholesterol, smoking, obesity, and diabetes are leading causes of stroke. (CDC, 2020)

For more information: Please, visit the following links:

- <https://www.cdc.gov/stroke/index.htm>
- <https://www.stroke.org/en/about-stroke>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Preventing-Stroke>

For any questions or comments, please contact us at: AlvernoNursingStudents@alverno.edu