

# Straight Talk About Strokes

Oroville Hospital is fast becoming a leader in the detection of strokes. We've implemented protocols that assure state-of-the-art treatment to increase a stroke patient's likelihood of recovery. With an increasing number of people overweight and under active, heart attacks, diabetes and strokes are all-too-common conditions seen at hospitals.

The results of a stroke can be particularly miserable. Not only can a stroke kill, it can also disable. What's most distressing is that up to 80 percent of strokes could be prevented with healthier lifestyle choices.

## What exactly is a stroke?

A stroke — also known as a “brain attack” — strikes when blood flow to the brain gets interrupted by a clogged or ruptured artery. This denies oxygen and nutrients to brain cells, which soon die, causing brain damage and depriving the body of functions controlled by that area of the brain.

## How common are strokes?

Approximately 700,000 Americans suffer a stroke each year. Of those, 160,000 prove fatal.

Stroke is the third-leading cause of death in the U.S., behind heart disease and cancer. “Twice as many women

die of stroke

than they do of breast

cancer,”

notes Mary

Jarschke, a

Registered

Nurse who

coordinates

stroke care at

Oroville Hospital.

Moreover,

Jarschke says,

“Stroke is the

leading cause

of long-term

disability.” Two-

thirds of the more

than 6 million

stroke survivors in

this country are

disabled.

## What are risk factors for strokes?

- High blood pressure
- High cholesterol
- Diabetes
- Smoking and tobacco use
- Obesity
- Family or personal history of strokes

## How would I recognize a stroke?

Common stroke symptoms include sudden onset of:

- Numbness or weakness in the face or limbs, particularly on just one side of the body
- Confusion or trouble speaking
- Vision impairment
- Dizziness, loss of coordination or trouble walking
- Severe headache

## What should I do about a stroke?

Call 9-1-1 immediately so the possible stroke victim — you or the person you're with — can get rapid treatment.

“Get to the hospital quickly,” Jarschke says, “because there is treatment that can be given within a certain time period. Every minute that treatment is delayed, the patient is losing 1.9 million neurons (brain cells). So the sooner they get here, the better they'll do, and the better the outcome.”

## Reducing your risk factors:

- Talk to your health care provider
- Good nutrition and eating more fresh fruits and vegetables
- Increase physical activity
- Follow your Doctor's orders
- Stop smoking
- Always take your prescribed medications

## Mary's final words of advice:

“Be aware of the signs and symptoms of a stroke, like asymmetrical facial weakness, arm weakness,

If you suspect someone you are with might be suffering from a stroke, think “FAST”:

**FACE** Ask the person to smile; does one side droop?

**ARMS** Ask the person to raise their arms; does one drift downward?

**SPEECH** Ask the person to speak; do the sentence sound slurred or strange?

**TIME** If the person shows any of these signs, act fast!

leg weakness on one side, visual disturbances, dizziness, or a sudden onset of headache. These are things that happen quickly and suddenly. When they happen, call 9-1-1 to contact EMS (emergency medical services) and get to the hospital quickly.”

## Stroke Support

### Sponsored by Oroville Hospital:

Meet the second Tuesday of each month @ the Family Resource Center, 1720 Daryl Porte Way from 2-3:30.

For more information call 534-5519.

For more information about strokes, please call 1-800-STROKES or visit [www.stroke.org](http://www.stroke.org), [www.strokeassociation.org](http://www.strokeassociation.org)

Sources: Oroville Hospital; American Heart & Stroke Association; National Stroke Association.



Oroville Hospital