

LASTCHANCE FOR OUR BUS TOUR
Wednesday October 10, 2018
REGISTRATION CLOSES
SEPTEMBER 7TH
Treasures of The Northern Neck of
Virginia

A few seats remain. Trip flyer with itinerary details and registration form is available at the SRC or via email request to newbillm@cox.net. The motor coach departs SRC at 7:00 am, West Neck Village Hall at 7:20 am, Quality Suites Lake Wright at 8:00 am, and returns at approximately 7:00 pm. This trip is organized and managed for SRC by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motor coach tours for Sentara. All-inclusive cost is \$116 per person. For questions please contact Mike Newbill, 757-453-6985.

FAST and Stroke Prevention

If you didn't attend our July 17th lecture about stroke awareness and prevention, you missed a great opportunity to learn how to safeguard your health. Sentara Physical Therapist Kayla Waterfield taught us about the acronym FAST, an easy way to remember the main symptoms and warning signs of stroke:

F for Face: Does the face look uneven? Ask the person to smile and see if the mouth and side of the face droops.

A for Arm: Can the person raise both arms or is one arm weak?

S for Speech. Does the person's speech sound garbled or slurred? Ask the person to repeat a short phrase.

T for Time. Every second counts as every second more brain cells die.

Call 911 immediately when there are any signs of stroke.

We learned that there are two major types of stroke: ischemic and hemorrhagic. In an **ischemic stroke**, a blood vessel carrying blood to the brain becomes blocked, usually by a blood clot and a portion of the brain becomes deprived of oxygen and will stop functioning. This kind of stroke accounts for 80% of all strokes and rapid treatment is critical.

A **hemorrhagic stroke** occurs when a blood vessel that carries oxygen and nutrients to the brain burst and spills blood into the brain. When this happens, a portion of the brain becomes deprived of oxygen and will stop functioning. The symptoms of this type of stroke may differ from ischemic strokes so the FAST system may not be as applicable. Hemorrhagic stroke accounts for about 20% of strokes. The most common signs of a hemorrhagic stroke are:

- Sudden severe headache with no known cause, often described as "the worst headache of my life"
- Partial or total loss of consciousness
- Vomiting or severe nausea, when combined with other symptoms
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Transient Ischemic Attacks (TIAs) are often called mini-strokes. The symptoms are the same as for a major stroke.

No matter which stroke symptoms someone may experience, calling 911 right away is always the safest thing to do.

Some risk factors for stroke are not modifiable: age, family history, ethnicity and gender. However, many risk factors are modifiable, and we can lower those risks if we choose to do so: stress, poor diet, high cholesterol, physical inactivity, obesity, diabetes, smoking and high blood pressure. We can lessen those risks by eating healthy food, regularly exercising, and keeping our blood pressure, blood sugar and cholesterol levels under control.