

STROKE

A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and food. Within minutes, brain cells begin to die.

A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications.

The good news is that strokes can be treated and prevented, and many fewer Americans now die of stroke than was the case even 15 years ago. Better control of major stroke risk factors — high blood pressure, smoking and high cholesterol — is likely responsible for the decline.

Symptoms

Watch for these signs and symptoms if you think you or someone else may be having a stroke. Note when signs and symptoms begin, because the length of time they have been present may guide treatment decisions.

Trouble with walking. You may stumble or experience sudden dizziness, loss of balance or loss of coordination.

Trouble with speaking and understanding. You may experience confusion. You may slur your words or be unable to find the right words to explain what is happening to you (aphasia). Try to repeat a simple sentence. If you can't, you may be having a stroke.

Paralysis or numbness on one side of your body or face. You may develop sudden numbness, weakness or paralysis on one side of your body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Similarly, one side of your mouth may droop when you try to smile.

Trouble with seeing in one or both eyes. You may suddenly have blurred or blackened vision, or you may see double.

Headache. A sudden, severe “bolt out of the blue” headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate you're having a stroke.

Would you like to make changes to IMPROVE your health?

Contact a FirstLine Therapy Representative at Comprehensive Center for Women's Medicine. Take the first step to improving your health and your quality of life.

Comprehensive Center for Women's Medicine

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