



# Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program  
Jackson County Health Department

## Are You at Risk for Stroke? May is American Stroke Month

You may think you're in better health than you really are. In a recent survey, nearly 40% of people thought they were in ideal heart health, when in reality less than 1% of Americans have an ideal profile.

According to the American Stroke Association a stroke occurs when a blood vessel bringing blood and oxygen to the brain gets blocked or ruptures and brain cells don't get the flow of blood that they need. Deprived of oxygen, nerve cells can't function and die within minutes. And when nerve cells don't function, the part of the body they control can't function either. The devastating effects of stroke are often permanent because dead brain cells can't be replaced.

Are you at risk for stroke? Check all that applies to you. If you check two or more, please see a healthcare professional and determine what you can do to lower your risk.

### AGE

You are a man over 45 or a woman over 55 years



*Stroke occurs when a blood vessel bringing blood & oxygen to the brain gets blocked or ruptures.*

old.

### FAMILY HISTORY

Your father or brother had a heart attack before age 55 or your mother or sister had one before age 65.

### MEDICAL HISTORY

You have coronary artery disease, or you have had a heart attack.

You have had a stroke.

You have an abnormal heartbeat.

### TOBACCO SMOKE

You smoke, or live or work with people who

smoke every day.

### TOTAL CHOLESTEROL AND HDL CHOLESTEROL

Your total cholesterol level is 240 mg/dL or higher.

Your HDL ("good") cholesterol level is less than 40 mg/dL if you're a man or less than 50 mg/dL if you're a woman.

You don't know your total cholesterol or HDL levels.

### BLOOD PRESSURE

Your blood pressure is 140/90 mm Hg or higher, or you've been told that your blood pressure is too high.

You don't know what your blood pressure is.

### PHYSICAL INACTIVITY

You don't accumulate at least 30 minutes of physical activity on most days of the week.

### EXCESS BODY WEIGHT

You are 20 pounds or more overweight.

### DIABETES

You have diabetes or take medicine to control your blood sugar.

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### Special points of interest:

**Call 9-1-1 at the first sign of stroke.**

**TIME LOST IS BRAIN LOST.**

Your area responders are trained to get you the best and fastest care possible.

Calling 9-1-1 connects you to a stroke team that can get the treatment you need. It's a no-brainer!



### Contact Information

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