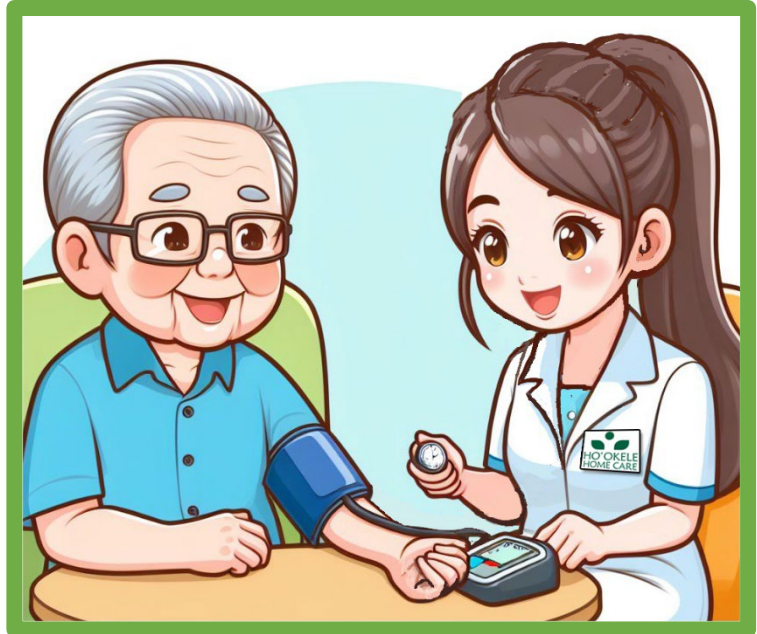


# STROKE AWARENESS

Stroke is currently the **second largest cause of death** and the **largest cause of long-term disability worldwide**. Globally about one in four adults over the age of twenty-five will have a stroke in their lifetime.

Younger adults are increasingly affected as well, as risk factors commonly associated with older adults, such as hypertension, diabetes, tobacco use and obesity are now on the rise in younger stroke patients, according to the CDC.



When someone is experiencing a stroke, every second that goes by is crucial. It is extremely important to **get treatment as soon as you suspect stroke symptoms**.

## What Can You Do to Prevent Stroke?

- 1. Manage your blood pressure.** A leading cause of stroke is high blood pressure.
- 2. Stop smoking.** Smoking doubles the risk of a stroke as nicotine in cigarettes raises blood pressure, and carbon monoxide in smoke lowers the amount of oxygen your blood can carry.
- 3. Exercise.** Lack of exercise can lead to obesity, high cholesterol, diabetes, and high blood pressure.
- 4. Eat healthily.** Cutting down on foods high in saturated fats and salt and consuming more fruits and vegetables can lower your stroke risk.

# RECOGNIZE THE SIGNS OF STROKE

Learn the **FAST** acronym to recognize the signs of stroke



# F

**FACE  
DROOPS**  
on one side.

# A

**ARM  
WEAKNESS**  
When the person  
lifts both arms,  
one arm  
drifts down.

# S

**SPEECH  
DIFFICULTY**  
The person has  
trouble speaking,  
or is not making  
sense.

# T

**TIME IS  
CRITICAL**  
Call 911  
immediately.

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For more information about warning signs, treatment, and prevention, visit the **American Stroke Association** website.

**Ho'okele Home Care** can help to support clients who are recovering from a stroke. We can assist with bathing, dressing, toileting, meal preparation and medication management and provide a full range of in-home care assistance. Contact us to see how we can help! Call us at: **808-457-1655 (Oahu)** or **808- 877-6688 (Maui)**.



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