

# May Newsletter

## *National Stroke Awareness Month*

**5** Transient Ischemic Attack (TIA)

If an artery leading to the brain, or one inside the brain, becomes blocked for a short period of time, the blood flow to an area of the brain slows or stops. This lack of blood and oxygen can cause a transient ischemic attack (TIA), a temporary episode of stroke-like symptoms such as numbness, trouble speaking and loss of balance or coordination. It is common for these symptoms to last a few minutes to 24 hours and then disappear. While TIAs usually cause no permanent brain damage or disability, they are a serious warning sign of stroke and should not be ignored.

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Explaining Stroke

Know your risks:

High Cholesterol, know your numbers and talk to your doctor about getting them right.

Tobacco use doubles your risk of stroke, if you smoke or chew stop now! Yes, you can!!

High Blood Pressure is the number one cause of stroke. They don't call it "The Silent Killer" for nothing. Take your blood pressure serious.

Know your numbers and seek treatment, even mild elevations over the years will weaken vessels

If you are diabetic control your sugar levels, just having the disease puts you at risk but not controlling your numbers increases your risk.

Exercise, it can be fun, if you let it be. Start simple by taking the stairs when you can. How about planning a hike with someone fun! A partner always makes exercising better. Or by yourself and let that be your "You" time. For more info please go to <http://www.stroke.org> to learn more about strokes and prevention.