

Healthy Hints

Kings Point May 2010

Stroke Awareness Month

Stroke is the 3rd leading cause of death and a leading cause of serious, long term disability in the U.S. Learn to recognize the warning signs of stroke, because time lost is brain lost!

What are the warning signs of stroke?

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.



If you or someone with you is having these symptoms, immediately call 9-1-1.

Note the time when the symptoms first occurred.



What are the risk factors that you cannot control?

Family History. Having a family history of stroke increases the chance of having a stroke.

Age & Gender. The older you are, the more likely you are to have a stroke. Men are at greater risk than women to have a stroke.

Race and Ethnicity. Blacks, Hispanics, and American Indian/Alaska Natives have a greater chance of having a stroke than do Non-Hispanic Whites and Asians.

Some risk factors can be controlled by living a healthy lifestyle:



- *Control high blood pressure.
- *Recognize and treat TIAs (mini strokes.)
- *Eat a low-fat, low-cholesterol diet.
- *Maintain a healthy body weight.
- *Drink moderately or not at all.



- *Don't Smoke
- *Be physically active.
- *Manage diabetes.
- *Reduce the stress in your life.



For more information about stroke call the American Stroke Association's "Warmline" at (1-888-478-7653) or go online to www.StrokeAssociation.org. Stroke Connection Magazine has a wealth of information and individual subscriptions are free.

Source: www.cdc.org; www.strokeassociation.org



Brain Exercise

Answers on the back– NO PEEKING!

1. What has three feet and no toes?
2. Why can't you take a picture of a man with a wooden leg?
3. How many sides does a circle have?

Monday, 5/31, Memorial Day, Group Exercise Class Schedule is Normal.

Adopt a Brain-Healthy Diet

A brain-healthy diet can help reduce the risk of heart disease and other conditions that affect the brain and lead to Alzheimer's disease. The diet is rich in antioxidants, fiber, and healthy fats. It also includes plenty of fruits, vegetables, and whole grains.

Manage your weight for overall good health

A study from the University of Michigan found that people who are overweight or obese have a higher risk of developing Alzheimer's disease. This is because excess weight can lead to insulin resistance, which is a risk factor for the disease.

Get regular exercise to improve brain and cholesterol

Regular exercise can help improve brain function and lower cholesterol levels. This is because exercise increases blood flow to the brain and helps to reduce inflammation.

Reduce your intake of processed meats

Processed meats, such as hot dogs, salami, and ham, are high in sodium and fat. Eating too much of these meats can increase the risk of heart disease and other health problems.

Limit your alcohol intake

Drinking too much alcohol can damage the brain and lead to cognitive decline. It is best to limit alcohol consumption to one or two drinks per week.

Brain Health Matters is a national nonprofit organization that provides information and resources to help people improve their brain health.

For more information, visit www.brainhealthmatters.org.