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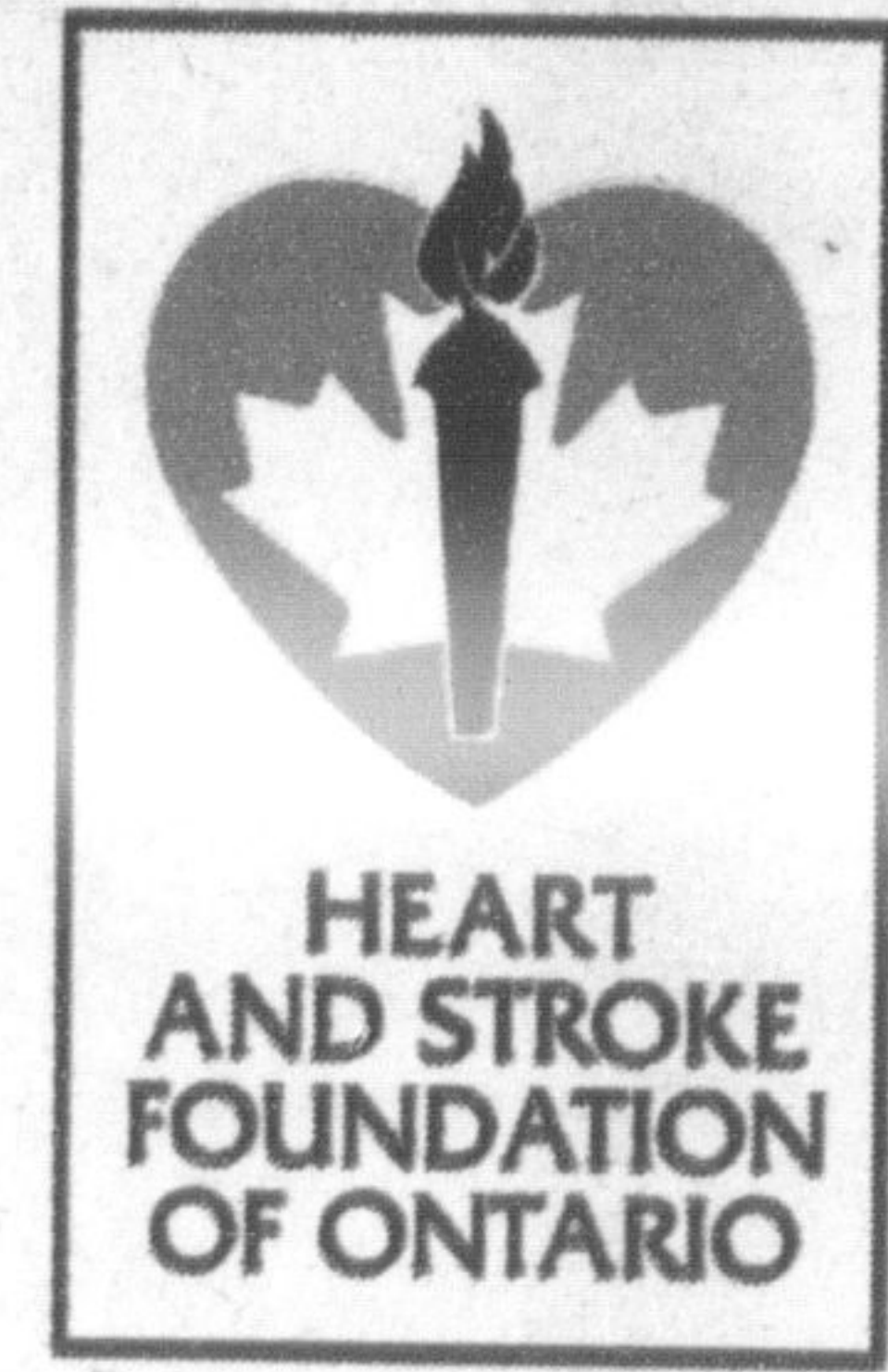
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June is
Stroke Month
Finding answers. For life.



Stroke affects hundreds of thousands of people every year. And the effects can be devastating. But right now thousands of dedicated people - researchers, medical professionals, committed members of the public - are working on prevention, treatment and rehabilitation. And this work is bearing fruit. Today we don't have to look only to the future for hope and help for stroke patients. Every person who's had a stroke has a brighter outlook because of what can be done now - today - by medical science, the family and the patient himself.

What is a stroke?

A stroke occurs when a blood clot travels to the brain, interrupting the supply of blood and oxygen it carries to the nerve cells in that area. As a result, cells may die and the parts of the body they control stop functioning. A rupture and bleeding from a vessel that supplies the blood to the brain may also cause a stroke.

Who is most likely to have a stroke?

A stroke can occur at any age but is more common in older adults. Risk of having a stroke increases a great deal if you have high blood pressure (hypertension), hardening of the arteries (atherosclerosis), heart disease or diabetes. Smoking and a family history of heart problems may also increase the risk of stroke. Anyone with these conditions should see their doctor regularly and follow their recommended treatment very carefully.

In 2001, the Heart and Stroke Foundation found that 57% of Canadians felt frequently overwhelmed by stress.

People who feel frequent or severe stress tend to make poor lifestyle choices, increasing their risk of heart disease and stroke. Canadians who report frequent stress are more likely to be smokers (36% vs. 27%) and to report eating fast foods three or more times a week (16% vs. 8%)

Over the past 30 years, deaths from stroke have dropped by 50%. In the last year alone, important new treatments to prevent stroke have become available. Anyone who experiences the warning signs of a stroke must go to the hospital immediately to receive the full benefits from these new treatments.

Twens on path to poor heart health

The current lifestyle of "twens" - kids aged 9 to 12 - could put them in the fast lane for developing heart disease and stroke as early as their 30's according to the most recent Heart and Stroke Foundation Report Card on Canadians' Health, released in 2002. Five hundred twens and their parents were interviewed and although children are surprisingly well-informed about healthy lifestyles, they find it difficult to put that information to use.

How can I prevent a stroke?

- Have your blood pressure checked regularly.
- Don't smoke.
- Learn the warning signs of a stroke and get emergency medical attention immediately if they occur.
- Follow a healthy lifestyle:
 - eat a high fibre, low fat diet
 - keep physically active
 - avoid tobacco smoke
 - maintain a healthy weight
 - take time to relax

**Stroke and Heart Disease:
Are they Linked?**

Wed. June 16, 2004

**Oakville Trafalgar
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6:30 pm Displays
7:00 pm Program - Dr. A. Douen, MD,
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**Do You Know The Five Main
Warning Signs Of A Stroke?**

If you or anyone else you know ever experience any of these problems, get medical attention immediately. Your quick action could help avoid a stroke!

The five main warning signs of a stroke:

- 1 Sudden weakness, numbness or tingling in the face, arm or leg.
- 2 Sudden temporary loss of speech or trouble understanding speech.
- 3 Sudden loss of vision, particularly in one eye, or double vision.
- 4 Sudden severe and unusual headache.
- 5 Sudden loss of balance, especially with any of the above signs

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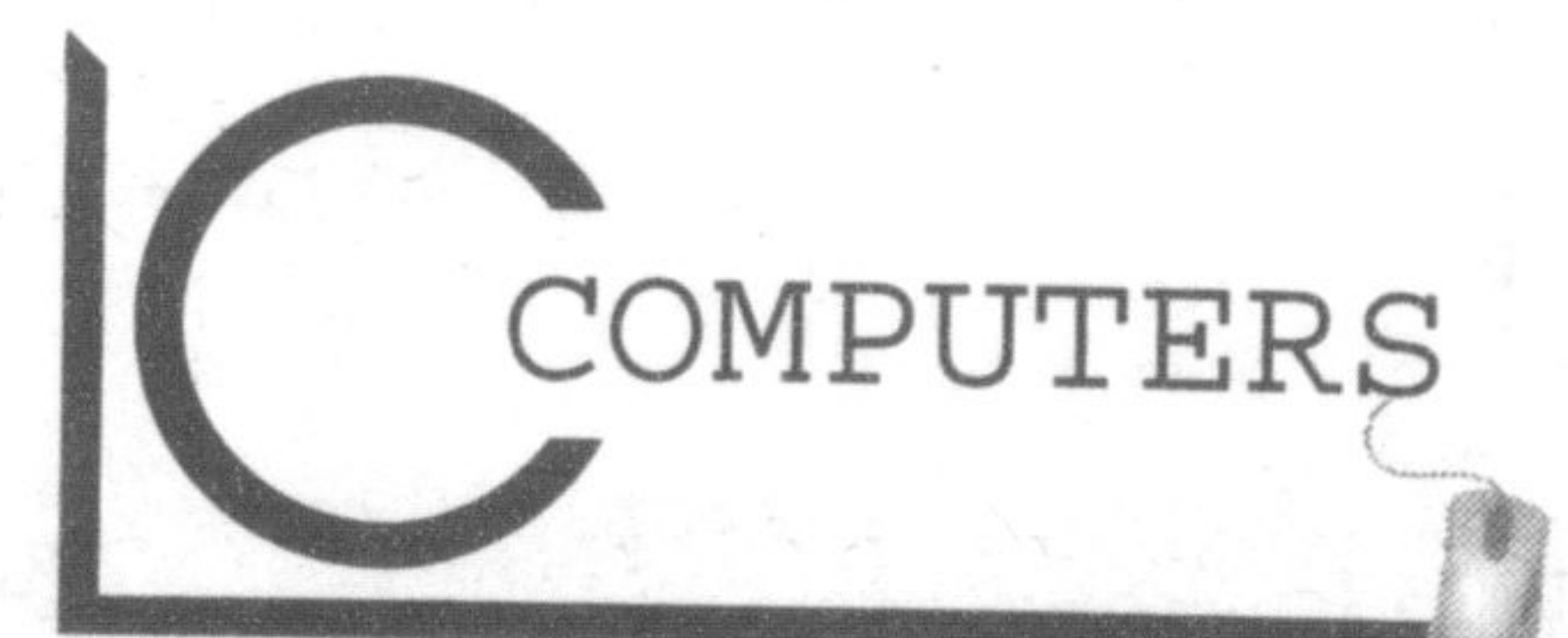
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