

It is the mission of Compassionate Care Home Health Services, Inc. to promote recovery and independence to those in need by providing the highest quality of compassionate care for our clients in the comfort of their own home. We recognize the value of coordinating services with other community organizations in order to most effectively meet a client's individual care needs.

The National Stroke Association reports that every 45 seconds someone in America will experience a stroke. In fact, stroke is the third leading cause of death and the leading cause of adult disability in this country. A stroke, sometimes called a Cerebral Vascular Accident (CVA) or "brain attack," happens when the blood and oxygen flow to the brain are interrupted.

It is extremely important to be able to recognize the symptoms of a stroke because treatment is most effective when given right away. The risk of brain damage increases with every minute that brain cells are deprived of oxygen during a stroke. Damage to the affected areas of the brain may cause physical disability, emotional instability, speech problems, memory loss, and paralysis.

Stroke happens suddenly and may cause the victim to experience:

- Sudden numbness – often on just one side of the body
- Sudden weakness – often on just one side of the body
- Sudden confusion. Difficulty speaking or understanding speech
- Sudden trouble with vision
- Sudden dizziness or loss of balance
- Sudden severe headache with no known cause

The National Stroke Association encourages Americans to become familiar with stroke symptoms by learning to Act F.A.S.T.

F = Face	Ask the person to smile. Does one side of the face droop?
A = Arm	Ask the person to raise both arms. Does one arm drift downward?
S = Speech	Ask the person to repeat a simple phrase. Is the speech slurred or strange?
T = Time	If you observe any of these signs, then it's time to call 9-1-1.

There are steps one can take to lower the chances of having a stroke.

1. Control blood pressure. 60 million Americans have high blood pressure and many don't even know it.
2. Manage cholesterol. The gradual build-up of cholesterol (plaque) in arteries may lead to blockage, resulting in a stroke.
3. Manage diabetes. Stroke risk is two and a half times greater in people with diabetes as compared to those without diabetes. Work with your doctor to control your blood sugar levels.
4. Make lifestyle changes.
 - Get moving
 - Avoid smoking
 - Eat a well-balanced diet
 - Drink alcohol only in moderation

Visit the National Stroke Association website for more information, www.stroke.org.



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