

STOP *a* STROKE

Stroke is the fourth leading cause of death in the United States and a leading cause of major disability. According to the American Stroke Association, someone experiences a stroke nearly every 40 seconds. A stroke occurs when the flow of blood and oxygen to the brain is cut off.



If someone is experiencing warning signs of a stroke: **Act FAST.** Time is extremely important. WWGH has a wait-free ER, combining the area's shortest wait times with innovative, life-saving technology to create treatment plans you won't find anywhere else. Through a partnership with Swedish Neuroscience Institute Acute Telestroke Program in Seattle, doctors at SNI work with WWGH Emergency specialists on neurological analysis and evaluations to create the best treatment plan for each Walla Walla patient experiencing a potential or actual acute stroke.

If you think you may be experiencing a stroke

CALL 911

ACT FAST AT THE FIRST SIGN OF STROKE:

- » **F**ACE: Ask the person to smile - Does one side of their face droop?
- » **A** RMS: Ask the person to raise both arms - Does one arm drift downward?
- » **S**PEECH: Ask the person to repeat a simple sentence - Does the speech sound slurred or strange?
- » **T**IME: If you observe any of the signs, independently or together, call 9-1-1 immediately.

STROKE PREVENTION GUIDELINES:

- » **Know Your Blood Pressure** – Have your blood pressure checked at least once a year.
- » **Know Your Cholesterol Levels** – High cholesterol can clog arteries and increase risk of stroke.
- » **Control Diabetes** – People with diabetes can have health problems that are also risk factors for stroke.
- » **Treat Circulation Problems** – Fatty deposits can block the flow of blood to the brain and lead to stroke.

PRACTICE A HEALTHY LIFESTYLE:

- » **Stop Smoking** — Smoking doubles your risk for stroke. If you'd like help to quit smoking, call WWGH Community Health Education at 509-522-2424 for information about classes, or call Washington Tobacco Quit Line at 1-877-270-STOP.
- » **Avoid Alcohol** – Alcohol has been linked to stroke in many studies.
- » **Eat Smart** – Increase your intake of fresh fruits and vegetables, whole grains, and legumes. Stick with lean cuts of meat and avoid saturated fats and cholesterol.
- » **Stay Active** – Participate in regular aerobic activities such as walking, jogging, cycling, cross-country skiing, and swimming. Start slowly, and keep moving for 30-60 minutes every day.

WALLA WALLA GENERAL HOSPITAL

1025 SOUTH SECOND AVENUE
WALLA WALLA, WA 99362

WWGH.COM