

Wellness Tidbits

May is National Stroke Awareness Month



STROKE

Stroke is a disease that affects the arteries of the brain. When a blood vessel or artery is blocked by a blood clot or ruptures due to pressure from the clot, stroke occurs. These clots can keep needed blood and oxygen from being supplied to parts of the brain causing brain cells to die. Because the brain controls bodily functions, stroke can cause parts of the body to function improperly resulting in disabilities.

U. S. Facts & Stats on Stroke:

- Someone has a stroke every 40 seconds
- Every 4 minutes someone dies of stroke
- Nearly 1 in 4 strokes are the second stroke suffered by an individual
- Stroke is a leading cause of disability in the U.S.
- Risk factors for stroke include high blood pressure, high cholesterol, smoking, obesity and diabetes, and of these, high blood pressure is the leading risk factor
- Early action for a stroke victim is key to their chances of survival and their level of disability



Resources:

1. <https://www.stroke.org/en/about-stroke>
2. <https://www.cdc.gov/stroke/facts.htm>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is the leading risk factor for stroke?

**ANSWER FITBIT®
CHALLENGE HERE!**

