

SPECIAL POINTS OF INTEREST:

- Stroke
- Medicines
- Pork Kabobs
- Cool Heart Facts

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What is a Stroke?

May is National Stroke Awareness month. Each year, according to the American Heart Association, roughly 795,000 people have a stroke (1). About 185,000 of those are recurring strokes (1). Strokes account for 1 out of every 20 deaths in the United States (1). Because of this, it is important to understand what a stroke is, what the symptoms are, and how to prevent one. A stroke is a "brain attack" in simple terms. It is defined as a lack of blood flow to the brain which causes death of brain cells. There has been controversy over the years as to the definition of a stroke versus a transient ischemic attack or a TIA. A stroke is diagnosed if symptoms last longer than 24 hours or if an acute stroke is detected on brain imaging. In many cases, if the symptoms resolve in a short period of time and there is no sign of



stroke on brain imaging, a TIA is diagnosed. (2). There are two major types of strokes, ischemic and hemorrhagic. An ischemic stroke is when a blood clot or plaque blocks an artery that is supplying blood to the brain. A hemorrhagic stroke is when a blood vessel in the brain starts bleeding. There are several different reasons that either of these may happen. For now we will stick with the main risk

factors for a stroke. Risk factors that you can control include not exercising, being overweight, smoking, drinking excess alcohol, and not taking medications properly (such as blood pressure medications and blood thinners). Risk factors that can be treated by your medical provider include high blood pressure, atrial fibrillation, diabetes, high cholesterol, and blockages in the arteries. It is just as important to know what the signs and symptoms are of a stroke as it is to prevent one. Time is crucial when someone is having a stroke. There is a good acronym the American Stroke Association recommends to remember for stroke symptoms and it is FAST. F stands for facial droop (Ask the person to smile). A stands for arms drifting (Have the person hold their arms out in front of them and if one drifts down that is abnormal). Continued.....page 3.

Tip of the Month

Know your Medicines:

1. Know what each and every one of your medicines are for. If you do not know, then ask and write it down by the drug.
2. Know how and when to take each of your medicines. Your healthcare provider or pharmacist can assist you with this.
3. Bring a bag of your medicines that you are taking to each of your appointments. This way there is no question as to what you are taking.
4. Try to keep a list of medicines that you have had a side effect to or have been intolerant to in the past.



Pork Kabobs



Recipe from
“Breaking the Salt
Habit” by Erik
Williams.

Ingredients:

- 1lb Pork Tenderloin, cut into 1” squares
- 2 Tbsp. Low Sodium Teriyaki Sauce
- 2 Tbsp. Red Wine Vinegar
- 2 Tbsp. Canola Oil
- 2 tsp. Brown Sugar
- 1\2 tsp. Red Pepper Flakes (optional)
- 1 Red Bell Pepper, cut into 1” squares
- 1\2 Red Onion, cut into 1” squares
- 1-8 oz. can of Pineapple Chunks

Directions:

1. Combine teriyaki sauce, vinegar, oil, brown sugar, and red pepper flakes in a small bowl.
2. Place cut up pork and vegetables in a resealable bag.
3. Add liquid mixture and place in refrigerator for 5-6 hours.
4. When ready to cook, get 4 skewers and thread meat and vegetables on skewers, alternating onion, pork, pineapple, bell pepper, and so on.
5. Place on grill or broil in oven until meat reaches an internal temperature of 165 degrees Fahrenheit.

Nutrition Info

Yields 4 servings
1 Serving = 1 kabob

Calories: 356
Total Fat: 16g
Sat Fat: 3g
Cholesterol: 90mg
Potassium: 656mg
Carbohydrates: 17g
Protein: 34g
Fiber: 4g
Sugar: 13g
Sodium: 233mg

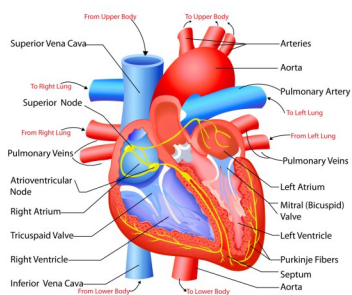
Suggestion: Serve with rice.

Quote of the Month: “Don’t let what you cannot do interfere with what you can do.” John R. Wooden

Did you Know?

Did you know that your heart beats about 100,000 times a day? Each minute it beats, the heart pumps out 1.5 gallons of blood. The right side of the heart pumps into the lungs and the left side of your heart pumps it back out into your body. There are four heart valves that direct the flow of the blood into the different heart chambers. The top two heart chambers are called the atria, which means “entrance hall” in Latin. The bottom two chambers are called the ventricles, which mean “little belly” in Latin. When the blood leaves your heart, it goes into a big blood vessel called the aorta. When blood leaves the heart and goes into the aorta, it is traveling at about 1 mile per hour. (5,6).

The heart is roughly the size of your fist and weighs between 7-15 ounces. The blue whale has the largest heart weighing over 1500 pounds. The heart does more physical work than any other muscle in your body. The biggest risk to your heart is heart disease, also known as blockage in the arteries of the heart. Heart disease has been found in mummies that were thousands of years old, so this is not a new problem. Don’t put the books down! People with higher levels of education have a lower risk of developing heart disease. Be happy! People who are happy have a lower risk of heart disease. Exercise is the best thing you can do for your heart and all you need is a pair of tennis shoes! (5,6).



Science Heart Anatomy

S stands for slurred speech. T stands for time and the need to call 911 early. There can be other symptoms as well including a sudden headache, sudden confusion, sudden dizziness or inability to walk, sudden blurred vision, and sudden weakness on one side of the body. It is important to get the person having stroke symptoms to the nearest hospital. If there is a blood clot, a drug called a thrombolytic or clot buster can be given if it is within 3 hours of the onset of symptoms. The sooner treatment begins, the less long term effects from the stroke such as paralysis, inability to speak or eat, or even death.

Remember, don't waste time. Call 911. Their system can get the team ready at the hospital long before the stroke victims arrives. This will save time and brain.

