

HEALTHY LIVING CHRONICLES

Stroke Awareness



Stroke

Every 40 seconds, someone in the United States has a stroke or brain attack. However, the American Heart Association estimates that about 80 percent of all strokes are preventable. “Strokes can happen to anyone at any time and anywhere. It’s very important that people learn more about strokes so they can save lives,” said Jovana Portillo, stroke coordinator at Doctors Community Hospital.

When a stroke occurs, blood flow to the brain is cut off. As a result, brain cells are deprived of oxygen and glucose, which cause the cells to die. There are three types of strokes:

- ‡ **Ischemic:** most common type that happens when an artery in the brain is blocked
- ‡ **Hemorrhagic:** happens when a blood vessel in the brain bursts and spills blood into or around the brain
- ‡ **Transient Ischemic Attack:** a mini-stroke that mimics stroke symptoms and lasts less than 24 hours before vanishing

STROKE RISK FACTORS INCLUDE:

Remember BE FAST to know how to spot a stroke and when to seek care:

B – Balance

Does the person have a sudden loss of balance or coordination?

E – Eyes

Is the person experiencing a sudden change in vision?

F – Face

Is one side of the person’s face drooping? Ask the person to smile.

A – Arms

Does one arm drift downward? Ask the person to raise both arms in the air.

S – Speech

Is the person slurring his/her speech or having difficulty saying the correct word? Ask the person to repeat a simple phrase.

T – Time

Time to call 911. Immediately call 911 or get the person to an emergency



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department or certified primary stroke center. Talk with your primary care doctor about how to prevent an initial or future stroke.

Also, follow these useful health tips:

- ✚ Control your cholesterol and blood pressure
- ✚ Maintain healthy blood glucose levels
- ✚ Get active by exercising
- ✚ Eat a well-balanced diet
- ✚ Maintain a healthy weight
- ✚ Don't smoke

- ✚ Talk to your doctor about aspirin or other medications if you're at risk for a stroke

Doctors Community Hospital is designated as a primary stroke center by the Maryland Institute for Emergency Medical Services Systems (MIEMSS). For more information about this designation or about strokes, contact Jovana Portillo at jportillo@DCHweb.org or 301-552-8476.

Sources:

strokeassociation.org/STROKEORG/#stroke.org/

cdc.gov/stroke/index.htm

BE FAST was developed by Intermountain Healthcare as an adaptation of the FAST model implemented by the American Stroke Association.

About Doctors Community Health System

Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – **Doctors Community Hospital** in Lanham, Maryland. For your convenience, we complement the hospital's medical and surgical programs with more than a dozen centers of care located throughout the area:

- ✚ Ambulatory Surgery
- ✚ Bariatric and Weight Loss Program
- ✚ Breast Health
- ✚ Diabetes Education
- ✚ Digestive Disease Care
- ✚ Emergency Services
- ✚ Endocrinology and Diabetes Care
- ✚ Imaging Services
- ✚ Infusion Care
- ✚ Orthopedic Services
- ✚ Primary Care and Family Medicine
- ✚ Radiation Oncology
- ✚ Rehabilitation Program
- ✚ Sleep Care
- ✚ Surgical Services
- ✚ Wellness Center
- ✚ Wound Care

Contact us for more information or to schedule an appointment.

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