

# Adult Day Self-Care Newsletter

May 2024

## Stroke Awareness

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, enough oxygen cannot get to the brain and brain cells die. Stroke is the second leading cause of death worldwide. For people who survive a stroke, many experience significant disability. Up to 80% of strokes are preventable. If a stroke occurs, immediate treatment can increase survival rates and decrease long-term disability. Experts predict that death and disability from stroke will increase over the next 30 years unless steps are taken to improve early identification of risk factors and symptoms, prevention, immediate and effective treatment, and rehabilitation. Of course, there are some risk factors that you can't change, such as family history. Women have a higher risk of stroke than men. Black people are at higher risk. Certain environmental conditions, such as poverty and air pollution, may also affect your risk. For some of these uncontrollable risk factors, advocacy can make a difference. For the many personal risk factors that you can control, make a plan to take action!

Sources: American Stroke Association; and Feigin et al. (2023, October 23). *The Lancet*.

## Spot a Stroke: Learn about F.A.S.T.

The acronym F.A.S.T. is a reminder of the warning signs that a stroke is occurring and a reminder of the need to Act Fast. Calling 911 immediately can make the difference between a strong recovery or long-term disability and survival or death.

F  
A  
S  
T

### FACE DROOPING

Does one side of the face droop or feel numb? Ask the person to smile. Is the person's smile uneven?

### ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

### SPEECH

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

### TIME TO CALL 911

If you have any of these symptoms, or notice them in someone else, call 911 immediately. Do not wait!



Image courtesy of the [World Stroke Association](#)

## American Stroke Association

This organization is a division of the American Heart Association, created in 1998 to focus specifically on stroke awareness, prevention, and treatment. Find ways to volunteer, learn more about stroke, and download information to share.

<https://www.stroke.org/>  
1-888-4-STROKE

## Stroke Prevention

While risk of stroke increases with age, young people are not immune! There are a number of things that someone can do to prevent a stroke.

**Know the risk factors:** Stroke risk increases for people with heart disease (including AFib, or atrial fibrillation), type 2 diabetes, dementia, and some forms of cancer. High blood pressure is another serious risk. Other risks include smoking, obesity, and sleep apnea. Consider completing a [stroke risk assessment](#).

**Lifestyle changes:** Most likely, you have heard this before, since a lifestyle that helps prevent stroke also has many other health benefits. The tips to reduce your risk of stroke include:

- If you smoke, cut down or quit.
- Eat lots of vegetables, fruit, whole grains, beans, and legumes.
- Limit added sugars, highly processed foods, and saturated fats.
- Stay active! Keep moving. Exercise every day, building in a variety of activities to increase strength, and endurance.

**Manage health conditions:** If you have already been diagnosed with a health condition, such as high blood pressure or diabetes, stick with your treatment plan. Keep track of your blood pressure, blood sugar levels, or other relevant symptoms. Take charge of your care by asking healthcare providers these [three questions](#):

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

**Share what you know:** Report your family history to your healthcare team, along with any current or recent symptoms. Share resources, links, and information with friends, family, and co-workers, including this newsletter! Use social media to increase stroke awareness.



visit our website [www.care2caregivers.com](http://www.care2caregivers.com) for information on caregiver support groups

## For More Information

The signs of stroke are available in [Spanish](#), too.

Learn about [other signs](#) that may signal a stroke.

Listen to Jill Bolte Taylor describe her own stroke on her [TED talk, My Stroke of Insight](#).

Although May is Stroke Awareness Month, World Stroke Day comes at the end of October. The [website](#) for this awareness day include a lot of information as well as an image gallery and ideas for social media posts.

### Care2Caregivers Website

You can find the [Adult Day Resources pages](#) on our website through the drop-down menu in the Professional Resources section.

### Self-Care for Professional Caregivers

<https://care2caregivers.com/professional-resources/self-care/>

### Upcoming Caregiver Education 2024

The Wisdom of Aging Well:  
Strategies for Enhancing Quality of Life

May 15, 2024 1:00pm  
Click [HERE](#) to register

Brain Health: Tips for Staying Well  
While Caring for Someone with  
Memory Loss

June 12, 2024 1:00pm  
Click [HERE](#) to register

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**1-800-424-2494**