



June 2011
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Mark Your Calendar!

- June 1-30**
- Athletic Physicals (\$20)
 Family Medicine Clinic—Marcus
 (712) 376-1181
familymedicineclinics.org for more info
- June 4**
- Babysitting Class (\$15)
 9:00 a.m. - 3:00 p.m.
- June 7**
- Prime Time Coffee at 10 a.m.
 - Understanding Assisted Living
 Judith Roddy, Park Place Estates
 Please register by calling 546-3410
 - AARP Mature Driving Course
 (\$12 for AARP members /\$14 for non)
 12:30 - 4:30 p.m.
 Please register by calling 546-3410
 - Hy-Vee Tour (Community Program)
 Tour the aisles for healthy food choices—
 Janet Kehrs, FPH Dietician
 4:00 - 5:00 p.m. or 6:30 - 7:30 p.m.
 Please RSVP at 546-3401
- June 11**
- Healthcare CPR (\$43)
 8:00 a.m. - 12:00 p.m.
- June 14**
- Helping Children Benefit Golf Tourney
 Tee times from 7 a.m. - 2 p.m.
 546-3348 (Willow Creek Golf Course)
 - Stroke Screening
 (\$40 each or \$95 for all three tests)
 Appointments necessary 546-3401
- June 25**
- Home Alone (\$10)
 8:00 - 11:00 a.m.

** For more information or to register for the above classes, please call 712-546-3401.

Protect Your Brain from the Devastating Effects of Stroke

Striking the "control center" for every function of the body, stroke is like a power outage that may leave permanent damage or even cause death. In May we celebrated American Stroke Month, a time to be aware of stroke risk and warning signs.

Stroke can occur at any age. Many people tend to think of stroke as something that only happens to older people. While people age 55 and older are at highest risk, a new study released from the U.S. Centers for Disease Control and Prevention shows a jump in hospitalizations due to stroke for people ages 15-44. At the same time, the study showed a decrease in hospitalizations due to stroke for people over age 65. Between 1994 and 2007, there was a 47 percent increase in hospitalizations for men ages 35-44, and a 36 percent increase for women in that same range.

While researchers have not isolated a cause for the increase in younger stroke victims, it could be attributed to the rise in obesity, diabetes and high blood pressure – all risk factors for stroke. It could also be due to more accurate diagnosis and reporting thanks to newer scanning technology over the past 15 years.

Stroke happens when a blood vessel is blocked or breaks, interrupting blood flow to the brain. That portion of the brain is deprived of oxygen, causing death or damage of those nerve cells. The human brain is divided into several areas that control movement and sensory function, or how the body moves and feels. When a stroke damages a certain part of the brain, it can cause problems with walking, speaking, thinking, seeing or feeling.

Stroke is the leading cause of adult disability and the fourth leading cause of death in the United States. Every year, about 795,000 Americans suffer stroke, and 137,000 die, according to the National Stroke Association. Approximately 55,000 more women than men have a stroke each year. For stroke survivors, damage can range from minimal to devastating and life-changing. The majority of stroke survivors do improve. That makes aggressive treatment and post-stroke rehab very important.

Risk factors include family history, uncontrolled high blood pressure, high cholesterol, diabetes and other vascular issues, such as an abnormal heart rhythm. Smoking increases risk of stroke by two fold. Causes of stroke in younger people can also include congenital heart abnormalities or vascular trauma brought on by injuries or even sports.

If signs or symptoms of stroke occur, it's important to get help as quickly as possible. At Floyd Valley Hospital, stroke can be diagnosed and quickly treated with powerful clot-dissolving medication, t-PA. Treatment is most effective when it's given early – within three hours after the time that symptoms appear. However, the drug can still be beneficial if given up to 4.5 hours after stroke symptoms begin.

Like many other medical conditions, the best medicine is prevention. In fact, up to 80 percent of strokes are preventable. Some risk factors for stroke are impossible to change, such as family history or being over the age of 55. Other risk factors, however, can be managed or even eliminated, including high blood pressure, high cholesterol, smoking and inactivity.

Sources: Avera McKennan and the American Heart Association

Do you know the signs and symptoms of stroke?

- Sudden weakness or numbness of face, arm or leg, especially on one side of the body
- Sudden confusion
- Sudden trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no cause

If you or someone you love experiences one or more of these symptoms, call 911!