



# MAFES Dawg Tracks

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*Safety Tip: Stroke  
Recognition & Protection*



Did you know? Strokes are the #3 killer of people in the USA and are the leading cause of long-term disabilities. Exposure in our working environment can bring on a stroke.

### Stroke Facts-

- ✓ In a 2005 survey, 93% of the respondents recognized sudden numbness as a symptom of a stroke and only 38% were aware of all major symptoms and knew to call 9-1-1 when someone was having a stroke.
- ✓ Strokes kill 130,000 each year- that's 1 out of every 19 deaths.
- ✓ Every year, 795,000 in the USA have a stroke.
- ✓ Approximately 610,000 of these are "first timers."
- ✓ Approximately 185,000-approx. one in four are folks that previously had a stroke.
- ✓ Approx. 87% of all strokes are ischemic strokes (blood flow to the brain is blocked).
- ✓ Strokes costs the USA \$36.5 billion each year in health care services, medications to treat strokes and lost work time.

The risks of having a stroke are almost twice as high in blacks as in whites. Blacks are more likely to die from a stroke as whites.

### Symptoms of Strokes-

- Sudden weakness or numbness in the face, arms or one side of the body.
- Sudden dimness or loss of vision, particularly in one eye.
- Loss of speech, trouble talking or difficulty understanding speech.
- Sudden severe headaches for no known cause or apparent reason.

Obviously, not all of these symptoms will occur in every stroke, but if you should experience anyone of them- get help fast. If you should notice one of them in a fellow employee, don't hesitate, get help A.S.A.P. Call the EMT or rush the victim to the hospital. The decision to act fast can possibly save a life. It could be "Kemo-sabe," (yourself).

### Acronym for Stroke Recognition-F.A.S.T.-

Acting **F.A.S.T.** can help stroke patients get the treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within three hours of the first symptoms. Stroke patients may not be eligible for treatment if they don't arrive at the hospital in time.

**F-FACE** – Ask the person to smile. Does one side of the face droop?

**A-ARMS** – Ask the person to raise both arms. Does the arm drift downward?

**S-SPEECH**- Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T-TIME** – If you observe any of these signs – call 9-1-1 Immediately!

Recently, a fourth indicator has been added to the acronym, which is: **STICK**.

Ask the person to **STICK** out their tongue. If they can or do and the tongue is crooked, or if it goes to one side or the other, this is an indication of a stroke.

The revised acronym now is: **S-R-S-S**

**Smile – Raise the arms – Speak – Stick out the Tongue.**

### Stroke Prevention-

80% of all strokes are preventable. It starts with managing the risk factors:

- High blood pressure
- Cigarette smoking
- Atrial fibrillation
- Physical inactivity

Over ½ of all strokes are caused by uncontrolled hypertension or high blood pressure, making it the most important risk factor to control.

Medical treatments may be used to control high blood pressure and/or manage atrial fibrillation among high risk patients.

These medicines include:

- **Anticoagulants/Antiplatelet-**  
Anticoagulants (aspirin) and antiplatelet (warfarin) - Both of these agents interfere with the blood's ability to clot and can play an important role in preventing stroke.
- **Antihypertensive-**  
Antihypertensive are medications for high blood pressure. Depending upon the type of medication, they can lower blood pressure by opening the blood vessels, by decreasing blood volume or decreasing the rate and/or force of heart contraction.

### Types of Strokes-

There are 2 types of strokes- Ischemic and hemorrhagic.

**Ischemic**-This stroke occurs as a result of an obstruction with a blood vessel supplying blood to the brain. It accounts for 87% of all stroke cases.

**Hemorrhagic**- This stroke occurs when a weakened blood vessel ruptures and spills blood into the brain tissue. The most common cause for this type is hypertension (high blood pressure). There are two types of weakened blood vessels that cause hemorrhagic strokes, aneurysms and the other is arteriovenous malformations (AVMs). Treatment varies depending upon the type of stroke.

The only approved treatment for ischemic strokes is tissue plasminogen activator (TPA-aka IVrtPA) – given in the arm like an IV. It dissolves the clot and improves blood flow through the part of the brain being deprived of blood flow. If administered within three hours or four and a half, depending upon the patient, TPA may improve the chance of a victim recovering. It doesn't work for all victims.

Hemorrhagic treatment is usually done surgically to repair the ruptured aneurysm by placing a metal clip at the base of the aneurysm to secure it.

**KEEP SAFETY IN MIND – IT'LL  
SAVE YOUR BEHIND!!**

**TAKE THAT EXTRA STEP FOR SAFETY**

Ted Gordon – Risk Mgmt. / Loss Con troll Mgr.  
MAFES / MSU-ES (662) 566-2201

Excerpts: <http://www.mayoclinic.org/diseases>  
<http://cdc.org>