

BRAIN TALK

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A "Stroke" of Prevention

Stroke occurs when the blood supply to part of the brain is cut off. Without oxygen-rich blood, brain cells begin to die. If the blood supply is not restored, the affected part of the brain dies causing disability or death.

5 LIFESTYLE CHANGES TO MAKE HEALTH LAST

-  BE MORE PHYSICALLY ACTIVE
-  LIMIT YOUR ALCOHOL INTAKE
-  EAT A BALANCED & HEALTHY DIET
-  DON'T SMOKE
-  REDUCE YOUR STRESS LEVELS



In many cases stroke can be prevented by reducing controllable risk factors such as:

high blood pressure, high blood cholesterol, atrial fibrillation, being overweight, diabetes, excessive alcohol consumption, physical inactivity, smoking and stress.

LEARN THE SIGNS OF STROKE

- F**ACE is it drooping?
- A**RM can you raise both?
- S**PEECH is it slurred or jumbled?
- T**IME to call 9-1-1 right away.

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The brain is our command center for everything our body does including coordination, memory, emotions, speech, heart rate and temperature control. Each stroke injury will impact each survivor differently depending on what area is affected.

Do you see what I see?



Saskatchewan North Acquired Brain Injury Outreach Team
..... A joint initiative of.....



For more information please call: 1-306-765-6470