



LUMEN®

Retiree Benefits News

May is national stroke awareness month

Strokes can happen to anyone, at any age. Did you know that a stroke is the number four leading cause of death and a leading cause of serious, long-term disability in the U.S., despite a stroke being largely preventable, treatable and beatable. Rapid treatment is critical, as nearly two million brain cells die each minute when a stroke goes untreated. Every second counts in a stroke emergency, so recognizing the warning signs of a stroke can help you take action in the moments that matter.

What is a stroke?

A stroke is a “brain attack” caused by a blood clot blocking an artery or a burst blood vessel, stopping blood flow to the brain.

What are the signs of a stroke? Think - B.E.F.A.S.T.

- **Balance loss** – Is there a sudden loss of balance or coordination? Is the person having trouble walking or experiencing dizziness?
- **Eye (vision) changes** – Are there sudden changes in vision? Ask the person if they are experiencing blurred vision, double vision, or loss of sight in one or both eyes.
- **Face drooping** – Does one side of the face droop, or is it 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 difficulty** -Is speech slurred or difficult to understand? Ask the person to repeat a simple sentence.
- **Time to call 911** - If any of these symptoms occur, call emergency services immediately.

What are some preventive actions?

- Manage high blood pressure, cholesterol and diabetes.
- Making healthy lifestyle choices such as eating a healthy diet, being physically active, not smoking and drinking alcohol.
- Avoid high-sodium, high-fat, and processed foods.
- Reduce your intake of butter, red meat, fried foods, and full-fat dairy.

Preventing a stroke starts with you. Don’t delay, talk to your doctor about a prevention plan that’s right for you.

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