

Health Awareness

Don't Be The One In Six

(NAPSA)—It's estimated that one out of every six people worldwide will have a stroke regardless of age, gender, ethnic origin or country. The American Stroke Association and World Stroke Organization want you to take action now by learning about stroke.

On average, in the U.S., someone suffers a stroke every 40 seconds and someone dies of a stroke every three to four minutes. Stroke is a leading cause of death in the United States and the second-leading cause of death in the world.

Ways To Stay Healthy

The World Stroke Organization, which sponsors World Stroke Day annually, wants you to Act Now by taking these six challenges to lower stroke risk:

1. Know the risk factors for stroke—high blood pressure, diabetes, obesity and high blood cholesterol—and keep them in a healthy range.
2. Be physically active.
3. Eat a healthy diet.
4. Limit alcohol consumption.
5. Avoid cigarette smoke. If you smoke, seek help to stop now.
6. Learn to recognize the warning signs of a stroke and how to take action.

How It Happens

A stroke occurs when a blood vessel in or leading to the brain bursts or is blocked by a blood clot. When this happens, part of the brain cannot get the blood or oxygen it needs, so it starts to die. Depending on the severity of the stroke, disability may occur.

Doctor's Advice

"Every American should examine



Edward Jauch, M.D., chair of the American Stroke Association's Stroke Council.

his or her risk factors to help reduce the burden of this disease, as well as take charge of his or her health before the disease occurs," said Edward Jauch, M.D., professor, interim chief and research director for the Division of Emergency Medicine at Medical University of South Carolina and chair of the American Stroke Association's Stroke Council.

"Everyone must recognize the urgency to learn how to prevent stroke, learn about stroke risks and know how to act quickly by calling 9-1-1 when a stroke occurs," adds Dr. Jauch. "A great first step toward eradicating this debilitating disease is taking the American Stroke Association's Stroke I.Q. Quiz."

Learn More

To take the Stroke I.Q. Quiz and learn more about stroke, visit www.strokeassociation.org or call (888) 4STROKE.

Note to Editors: Although World Stroke Day is officially October 29, this article can be of use to your readers at any time.