



Stall Street Journal

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Health Headlines

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Am I Having a Stroke?

A stroke happens when there is an interruption of blood flow to the brain. This can be caused by a ruptured blood vessel or a blockage of normal blood flow. Use **FAST** to remember and recognize the signs of a stroke:

Face – Is one side of the face drooping when trying to smile?

Arms – If both arms are raised, is one arm lower than the other?

Speech – Is speech slurred or different, can a simple sentence be repeated?

Time – Remember every minute counts. If you recognize any of these signs, call 911 or your local emergency number immediately.

In addition to **FAST**, the Mayo Clinic adds these signs and symptoms of a stroke:

- ☑ Weakness or numbness on one side of the body.
- ☑ Vision problems such as dimness, blurring, or loss of vision in one eye.
- ☑ A severe headache with no apparent cause.
- ☑ Sudden loss of balance, unsteadiness or unexplained dizziness, especially if they are in addition to other signs or symptoms.

People with high blood pressure, diabetes, or heart disease are at increased risk of having a stroke.

September National Health Observances

Cholesterol Education Month – Did you know that Health Organizations recommend having your cholesterol tested each year if you are over age 50, every 2 years if you are age 40-49, and every 3 years if you are age 20-39?

Fruit and Veggies—More Matters Month – Fruits and vegetables are naturally low in fat and calories and are very filling foods. We challenge you to make one substitution a day, trading an unhealthy food for a fruit or vegetable.

Whole Grains Month – The difference between whole wheat and whole grain is simple. Wheat is a type of grain, but it is not the only grain. Like fruits and vegetables, each type of grain will provide you with different levels of nutrients. Try to include a variety of 100% whole grains in your meal plan each week.

September 29th is Family Fitness Day – Celebrate the day! Find a fun, entertaining fitness activity for you and your family to participate in.

Superfood Spotlight: Mangos

Mangos supply vitamin C which helps fight off colds and illnesses, vitamins A and C which help protect against free radicals, and potassium which helps balance your body's fluid levels. One cup of mango also contains about 3 grams of fiber and best of all, they are delicious!



Sandi Herbst, MSH, CHES

Health Awareness Coordinator

Sandi.CTR.Herbst@faa.gov
(386) 446-7202