

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
May, 2021 Newsletter

Buzz

SIGNS OF STROKE

Fast action is crucial when someone has a stroke because the longer the brain is without oxygen, the more brain tissue can die. Be on the lookout for facial droop, arm weakness, speech problems, confusion, trouble seeing, trouble walking or a sudden severe headache. Remember F. A. S. T.

F.A.S.T.



FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911



May is National Stroke Awareness Month

A stroke is what happens when blood flow to a part of the brain is cut off. This can result in sudden symptoms like slurred speech, drooping of the face, or arm weakness. There are 2 kinds of stroke:

1. Ischemic stroke - The most common type, this is when a blood clot or cholesterol plaque blocks the blood flow through an artery in the brain.
2. Hemorrhagic stroke - This is when an artery ruptures and often comes with a sudden severe headache.

If you think of your arteries as plumbing: an ischemic stroke is a clogged pipe, and a hemorrhagic stroke is a burst pipe. Both stop oxygen getting to a part of the brain, killing brain cells in that section. A TIA (transient ischemic attack), also called a "mini stroke", is a temporary blockage that quickly becomes unblocked. The symptoms from this resolve quickly, and it does not cause permanent brain cell damage.

Stroke symptoms depend on which part of the brain is affected. The left side of the brain controls the ability to speak and understand speech. It also controls the strength and sensation of the right face, arm and leg. The right side of the brain controls the strength and sensation of the left face, arm and leg. Vision is controlled by both sides of the brain. The part of the brain in the back of your head called the cerebellum controls balance and coordination. All of the connections from your brain travel through a part of the brain called the brainstem. Your brainstem also controls your ability to breathe, and to be awake. A person who has a stroke will experience symptoms based on where in the brain the stroke has occurred.

A stroke is an emergency and it is very important to call 911 as soon as symptoms are noticed. If a person who has had an ischemic stroke can get to the hospital within 4 1/2 hours of symptoms starting, medicines can be given to break up a blood clot. In some cases, a special procedure called a mechanical thrombectomy can be used to remove the blood clot.

Eighty percent of strokes are preventable. Some of the major causes of stroke are abnormal heart beat (also called arrhythmia, or atrial fibrillation), heart disease, high blood pressure, diabetes and high cholesterol. Tobacco use and obesity are other risk factors. People should work with their doctor to control these conditions, and come up with a stroke prevention plan, that may include adding medicines like aspirin, getting help to quit smoking, or joining a weight loss program. Taking small steps today can have a big impact on risk of stroke in the future.

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Bites

Savory Greens



Greens are a wonderful, nutritious, economic vegetable broadly available in our home gardens, farmer's markets and grocery stores. High in vitamins A, K and folic acid, greens are also a great source of fiber. Try this delicious recipe as part of a meal anytime of the year.

Ingredients:

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeno pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon each of cayenne pepper and ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mix of mustard, collard, and turnip greens, kale)

Instructions:

Place all ingredients except greens into a large pot and bring to a boil. Prepare greens by washing thoroughly and removing stems. Tear or slice greens into bite-size pieces. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Body

Walking

Walking is a great way to get your daily aerobic activity. It is low-impact, safe and free.

Recommended amount of weekly aerobic exercise:

- 150 minutes if moderate intensity
- 75 minutes if vigorous intensity

Advice when walking

Speak to your health care provider before starting a walking program.

Stay hydrated by drinking plenty of water.

Wear supportive footwear.

Wear sunglasses, a hat, and sunscreen with SPF 15 or higher for sun protection.

Choose a familiar route that's flat and free of obstacles; walk on a sidewalk or trail.

Invite a friend to join you!

Carry a cell phone in case of emergencies.

Alternatives to walking outside: walk on a treadmill, use a workout video, walk at an indoor mall.

Stop if you feel any pain while walk.

Mind Games

Read this mixed up statement:

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RESOURCES

American Heart Association

www.heart.org

American Stroke Association

www.stroke.org

SilverSneakers

tools.silversneakers.com

Quit Smoking

1-800-QUIT-NOW is a toll-free number operated by the National Cancer Institute (NCI) that will connect you directly to your state's tobacco quitline. Services available in multiple languages.

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