



HEAL

Health Education & Awareness for a Lifetime

May
2014

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. **IT CAN BE DISASTROUS.**

Stroke kills **twice** as many women each year than breast cancer.

Strokes in children are increasing at an alarming rate—up 50% among young boys over 12 years.

The average stroke patient pays more than **\$140,000** in lifetime medical bills.

Every **40 seconds** someone in the U.S. has a stroke—nearly 800,000 in 2012.

• **GOOD NEWS** ←

UP TO 80% OF STROKES CAN BE PREVENTED BY CONTROLLING RISK FACTORS LIKE:

80%

HIGH BLOOD PRESSURE

ATRIAL FIBRILLATION
(A TYPE OF IRREGULAR HEARTBEAT)

HIGH CHOLESTEROL

TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS.

WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE **FAST.**

Face droops on one side.

Arms drift downward when raised.

Speech is slurred.

Time is critical. **Call 9-1-1 IMMEDIATELY.**

! A severe headache with no known cause is another key warning sign of a stroke.

→ Learn about more sudden signs of stroke @ www.stroke.org

Risk Factors - Stroke risks can be controlled more easily than one might think. Treating health conditions and managing unhealthy lifestyle risk factors can make a difference.



High Blood Pressure (Hypertension)

High blood pressure is a major risk factor for stroke. Blood pressure is the force of blood pushing against the walls of your arteries. High blood pressure causes the heart to pump harder to move blood through the body. This can weaken blood vessels and damage major organs, such as the brain. Left untreated, high blood pressure can lead to a stroke.

Atrial Fibrillation (Afib)

Afib is caused when the two upper chambers of the heart (atria) beat rapidly and unpredictably, producing an irregular heartbeat. Afib raises stroke risk because it allows blood to pool in the heart. When blood pools, it tends to form clots which can then be carried to the brain, causing a stroke. Long-term untreated Afib can also weaken the heart, leading to heart failure.



Alcohol Use

Alcohol use has been linked to stroke in many studies. Drinking large amounts of alcohol may increase risk for stroke.

Obesity

Obesity and excess weight put a strain on the entire circulatory system. Obesity also makes people more likely to have high cholesterol, high blood pressure and diabetes, all of which can increase stroke risk. Adopting healthy eating habits and increasing physical activity can help reduce stroke risk.



Diabetes

In people with diabetes, the body either doesn't produce enough insulin or the cells ignore the insulin. Without insulin, the body can't process sugar, which is the basic fuel for the cells in the body. People with diabetes are up to four times more likely to have a stroke than are people who do not have the disease, mainly because many people with diabetes have health problems that are also stroke risk factors.

Atherosclerosis

Atherosclerosis is the progressive buildup of plaque — fatty deposits and other cells — in artery walls. It can clog arteries and block the flow of blood to the brain or other parts of the body, making a person more at risk for a stroke, TIA or other heart disease.



Tobacco Use/Smoking

Among other things, smoking damages blood vessel walls, speeds up the clogging of arteries, raises blood pressure and makes the heart work harder. Smoking also doubles the risk of stroke.

High Cholesterol

Cholesterol is a fatty substance in the blood that the human body makes on its own, but it also comes from fat in foods. High levels of cholesterol in the bloodstream can clog arteries and cause a stroke or heart attack.



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.



Classes offered by Florida Department of Health in Wakulla County

For more information or to reserve your space,
please call 850-926-0400, ext. 215 or
the Wakulla One Stop Community Center at 745-6042.



Prenatal Care Class - Suggested for newly pregnant mothers and their partners. This class teaches moms how to keep themselves and their babies healthy throughout their pregnancy. It covers the following information:

- Fetal Development – changes to baby and mom in each trimester
- Medical Care – choosing a provider, appointments, what to expect, what to ask
- Nutrition – weight gain, good eating habits, foods to avoid, based on MyPlate
- Exercise – guidelines, safe and unsafe activities, exercise tips by trimester
- Discomforts and how to manage them
- Hazards for pregnant moms and unborn babies
- Emotions – common stressors, stress-relief tips, support regarding body image, relationships, etc.

Saturdays. 10:00 a.m. - 12 Noon, April 26-May 10, 2014



Baby Basics – Suggested for new parents and soon-to-be parents, grandparents, and other family members. The class includes the essentials to newborn care, common challenges, information for parents to make the healthiest choices for their new baby. The topics include:

- New Infant care to six weeks
- Physical and Mental Development
- Understanding Babies' Cues
- Comfort Techniques
- Nutrition
- Bathing and Diapering
- Sleeping
- Health & Safety
- Safety Proofing Your Home

Mondays, 6:30 - 8:30 p.m., April 14 and 21, 2014

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for **April 22 - May 20 from 6:30-8:30 p.m.. The next class series starts on May 27.** All classes are held at the Florida Department of Health in Wakulla. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



Hands-Only CPR, No Excuses

The next Hands-only CPR class is on Thursday, May 8 from 7-9 p.m., 2014 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. There is currently no cost for this class.

Basic First Aid... Please call for more information on the next class at the Health department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov