

****MANAGEMENT NEWSLETTER**** *Archives*

Below, a selected health-related article from Gulfstream's Management Newsletter archives:

STROKE: A QUICK RESPONSE IS THE KEY TO SURVIVAL: Strokes, a form of cardiovascular disease, do not discriminate – they can attack anyone at any age at any time. This third-leading cause of death in the U.S. (behind heart disease and cancer) kills one person every three minutes. A stroke is caused by a blood clot or a ruptured blood vessel that obstructs the blood flow to the brain, killing millions of brain cells every hour if the patient is not treated. Even if a stroke isn't fatal, 15 to 30 percent of survivors will suffer some degree of mobility, speech or memory loss. Immediate treatment is the key to recovering from a stroke – so know the following warning signs:

- Sudden numbness or weakness of the face, arm or leg, (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- A sudden, severe headache with no known cause

Some risk factors cannot be changed – such as family history, ethnicity and age – but everyone can reduce their risk by making the following lifestyle decisions:

- Maintain appropriate cholesterol levels
- Maintain normal blood pressure
- Stop smoking
- Maintain good blood sugar levels
- Drink alcohol in moderation or not at all
- Get proper exercise

For more information, visit the American Stroke Association at www.strokeassociation.org.