

Know the Sudden Signs of Stroke

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National Stroke Awareness Month

May is Stroke Awareness month so we wanted to share information to help you identify when you or someone in your family may be having a stroke.

The first part is we must learn the symptoms of a stroke so you can potentially help save a person's life. The second part would be downloading the Free Emergency Stroke Awareness Foundation App.

We must first understand that strokes are an emergency and we must act quickly to make a difference. Strokes can happen to anyone of any age. The acronym to remember is B.E. F.A.S.T.

B.E. F.A.S.T is the acronym for the following:

1. Balance: Has the individual had a sudden loss of balance?
2. Eyes: Is there a sudden loss of vision in one or both eyes?
3. Face: Has the individual had one side of their face droop or look uneven? Ask the individual to smile.
4. Arm: Has one arm or leg gone weak or numb and does it drift down? Ask the individual to raise both arms
5. Speech: Is the individual's speech slurred or unrecognizable? Ask them to repeat a phrase
6. Time: Call 911 or go to a hospital immediately

Having one stroke is bad enough; however, statistics have shown that this will put you at risk of having future strokes.

1 in 4 clot-related stroke survivors will have a second stroke. A second stroke can be prevented by following the guidelines set in place by our healthcare providers.

If something looks or feels unusual, trust your instincts and take action immediately.

Resource: Stroke Awareness Foundation: <https://www.strokeinfo.org/signs/en/>



Tips from the American Stroke Association to preventing a second stroke include the following:

1. Work with your doctor to find the right solutions for you and identify the cause of the initial stroke.
2. Keep your follow-up appointments
3. Take all of your medications
4. Manage your risk factors with small, healthy steps for big impact
5. Find support groups
6. Ask if there are any formal programs that include exercise, education, and counseling
7. Remember to call 911 if you have any stroke warning signs or symptoms

Learn more at stroke.org/OnelsEnough

Stroke Support Group: stroke.org/supportgroup



BALANCE
LOSS OF BALANCE
HEADACHE,
DIZZINESS



EYES
SUDDEN LOSS
OF VISION
IN ONE OR BOTH EYES



FACE
DOES THE
PERSON'S FACE
LOOK UNEVEN?



ARM
WEAKNESS



SPEECH
DIFFICULTY



TIME
TO CALL
911



Healthy Recipe

<https://www.stroke.org/en/life-after-stroke/recovery/simply-good-cookbook>

Simply Good – Cookbook for Stroke survivors

By: American Stroke Association

Raspberry Yogurt Parfait with Peaches

Serves: 4 – 1 cup servings

Ingredients:

- 1 ½ cups fat-free plain Greek yogurt and 1 cup fat-free plain Greek yogurt, divided use
- 1 cup fresh or frozen unsweetened raspberries, thawed if frozen
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 cup no-sugar-added canned sliced peaches, packed in their own juice, drained, or frozen unsweetened peaches, thawed if frozen, and diced



Directions:

1. In a food processor or blender, process 1 ½ cups yogurt and the raspberries for 15 to 20 seconds, or until the mixture is smooth, stopping to scrape the sides as needed.
2. In a small bowl, stir together the remaining 1 cup yogurt, cinnamon, and vanilla until well blended
3. In four small cups, layer as follows: 2 tablespoons peaches, ½ cup raspberry yogurt mixture, ¼ cup plain yogurt mixture, and 2 tablespoons peaches.

Cook tips: Experiment with different flavor combinations. Swap out the raspberries for no-sugar-added canned pears or frozen mixed berries. Substitute frozen cherries or mango for the peaches. Be sure to avoid substituting pineapple, grapes, and dried fruits.

Avoid added sugars in store-bought flavored yogurts, make your own by blending fruit and plain yogurt.

American Stroke Association: A division of the American Heart Association

Sponsor: Encompass health is a national sponsor of Together to End Stroke

Nutrition:

Calories: 125kcal | Carbohydrates: 14g | Protein: 15g | Fat: 1g | Saturated Fat: 0 | Polyunsaturated Fat: 0 | Monounsaturated Fat: 0 | Trans Fat: 0 | Cholesterol 7 mg | Sodium: 51mg | Fiber: 2g | Sugar: 9g

In Network Urgent Care Facilities



24 hour locations:

1. Loop 1604 N/Culebra
2. IH 10 W/Wurzbach
3. IH 35 N/Loop 1603

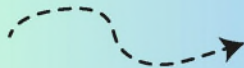
For life threatening issues please call 911



INJURY AND HEALTH URGENT CARE



Scan Code to view Urgent Care map



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