

MAY 2022

Healthy Living

May is Stroke Awareness Month



What is a stroke?

A stroke is when blood flow to a part of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die. Stroke is a medical emergency. It's important to get care as soon as possible. Some treatments for stroke work only if given the first three hours after symptoms start.

According to the American Heart Association, someone in the United States has a stroke every 40 seconds, accounting for one out of every 19 deaths. Stroke is a leading cause of death and the number one cause for serious disability nationwide - but it doesn't have to be. With May being National Stroke Awareness month, it's important to know the majority of strokes are preventable.

How can you reduce your risk of having a stroke?

According to the World Stroke Organization, you can take these steps to reduce your risk of stroke—a blockage or bleeding in your brain:

- Know your personal risk factors: high blood pressure, diabetes, and high blood cholesterol.
- Be physically active and exercise regularly.
- Avoid obesity by keeping to a healthy diet.
- Limit your alcohol intake.
- Avoid cigarette smoke. If you smoke, seek help to stop.

Remember: Act FAST

Seek immediate medical care for someone who shows one or more of 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; or sudden, severe headache with no known cause.

To remember the signs of stroke, the National Stroke Association recommends using the acronym **FAST**:

- **Face**: Ask the person to smile. Does one side of the face droop?
- **Arms**: Ask the person to raise both arms. Does one arm drift downward?
- **Speech**: Ask the person to speak. Does the person have slurred speech or trouble speaking?
- **Time**: If you observe any of these signs, call 9-1-1.



FEATURED RECIPE

Charred Shrimp, Pesto & Quinoa Bowls



Ingredients

- 1 ½ pounds fresh asparagus, trimmed and cut into 2-inch pieces
- ⅓ cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound peeled and deveined large shrimp (16-20 count), patted dry
- 4 cups arugula
- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 avocado, diced

Directions

1. Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.
2. Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.
3. Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.