



News from the Office of
ERIE COUNTY EXECUTIVE MARK POLONCARZ

NEWS RELEASE

Health Commissioner Dr. Gale Burstein

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World Stroke Day — October 29, 2012

Awareness and action and can save lives!

ERIE COUNTY, NY— The Erie County Department of Health (“ECDOH”) joins in the observation of Monday, October 29 as World Stroke Day 2012. Approximately 795,000 strokes occur annually in the United States. One of the leading causes of disability, stroke occurs among all age groups, including newborns, children, young adults, and older adults. One in six persons worldwide will have a stroke in his or her lifetime, and every 6 seconds someone will die from a stroke.

“Understanding the risk factors of Stroke and Cardiovascular disease is important” **said Erie County Commissioner of Health Dr. Gale Burstein.** “Some major risks, such as high blood pressure, high cholesterol, heart disease, diabetes, overweight or obesity, can be prevented, treated, and controlled. There are considerable health benefits at all ages, for both men and women, in eating a healthy diet and increasing physical activity”.

Although stroke is a common disease, it can be prevented. In addition, with timely care and support, most stroke survivors can recover and regain their quality of life. Everyone should take the following actions to reduce their likelihood of having a stroke:

- 1) know your personal risk factors, including high blood pressure, diabetes, obesity, high blood cholesterol, atrial fibrillation, and a history of having a transient ischemic attack or previous stroke;
- 2) engage in physical activity regularly;
- 3) maintain a healthy diet high in fruits and vegetables;
- 4) limit alcohol consumption;
- 5) avoid cigarette smoke (if you smoke, seek help to stop now); and
- 6) learn to recognize the warning signs of a stroke, and call 9-1-1 right away if you think someone is having a stroke.

Warning signs of Stroke include 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; and sudden severe headache.

For more information on Stroke and Cardiovascular disease:

American Stroke Association

<http://www.strokeassociation.org>

American Heart Association

<http://www.heart.org>

National Stroke Association

www.stroke.org