

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

May 2016

Stroke Prevention and Awareness

Stroke is a leading cause of death in the United States, killing nearly 130,000 people each year. During a stroke there is an interruption of blood flow to the brain which deprives the brain of oxygen. Without oxygen, the cells in your brain cannot survive they begin to die within minutes. This can lead to lasting brain damage, long-term disability and even death.

F ace		Ask them to smile. Does the face look uneven?
A rm		Ask them to raise both arms. Does one arm drift down?
S peech		Ask them to repeat a simple phrase like "The sky is blue." Does their speech sound strange?
T ime		If you observe ANY of these signs, then it's time to CALL 9-1-1 .

Who Is At Risk?

Everyone is at risk for having a stroke, even children. Each year about 610,000 people in the United States have a new stroke. Some risk factors are beyond your control such as age, gender and ethnicity, however, there are unhealthy habits that you can change which will decrease your risk. Examples include:

- Do not smoke (or quit smoking)
- Limit alcohol intake
- Get enough exercise
- Maintain a healthy weight
- Reduce dietary intake of saturated fats and cholesterol
- Properly manage high blood pressure, high cholesterol and diabetes

What Are The Signs And Symptoms?

These signs and symptoms are the most common of stroke and all come on very suddenly:

- Numbness or weakness of the face, arm, or leg
- Confusion or trouble speaking or understanding
- Dizziness, trouble walking, or loss of balance
- Severe headache
- Trouble seeing in one or both eyes



If you think that you or someone that you know is having a stroke it is important to call 9-1-1 immediately.

http://www.cdc.gov/stroke/docs/consumered_stroke.pdf
<http://www.strokecenter.org/patients/stroke-treatment/reducing-your-risk/>

Amy Ricupero, PharmD



PEQUOT
PHARMACEUTICAL
NETWORK

PEQUOT
PLUS
Health Benefit Services

PRxN®
Customer Service
1-800-342-5779

PRxN® PBM
Customer Service
1-888-779-6638

Doctors' Line
1-888-779-6362

Doctors' FAX Line
1-888-779-6329

Website
www.prxn.com

E-Mail
pharmacy@mpntn.org

PEQUOT
HEALTH CARE
Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot
Tribal Nation

At Pequot Health Care, we are dedicated to maintaining your good health!