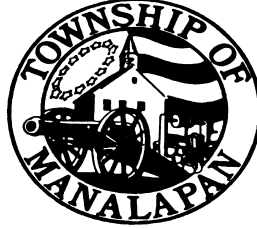


Township of Manalapan

BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



May is *AMERICAN STROKE MONTH*

Stroke is one of the leading causes of serious, long-term adult disability in the United States. Almost 800,000 strokes occur every year, taking someone's life about every four minutes. A stroke happens when the blood flow to the brain is cut off when a blood vessel clogs or bursts. You should be able to recognize the following symptoms of a stroke:

- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion, trouble speaking, or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden severe headache with no known cause

A stroke is an emergency. If you think someone is having a stroke, **call 9-1-1 immediately**. Early diagnosis and treatment are critical for recovery.

Fortunately, there are many ways that you can reduce your risk of having a stroke:

- **CONTROL YOUR BLOOD PRESSURE.** High blood pressure is the #1 controllable risk factor for stroke. You should check your blood pressure regularly since high blood pressure typically has no symptoms. Lifestyle changes, diet changes, and medication can all help lower blood pressure.
- **EAT A HEALTHY DIET.** Eat plenty of fruits and vegetables. Eat foods that are high in fiber and low in fat, cholesterol, and salt.

- **GET ENOUGH EXERCISE.** Exercise can help you maintain a healthy weight and lower your blood pressure and cholesterol levels. You should get about 150 minutes of exercise each week.
- **MAINTAIN A HEALTHY WEIGHT.** Being overweight or obese increases your risk for stroke. Even just losing a few pounds can lower your blood pressure and cholesterol levels.
- **DON'T SMOKE.** If you do smoke, quit. Cigarette smoking doubles your risk for stroke and damages your heart and blood vessels.
- **LIMIT YOUR ALCOHOL USE.** Drinking too much alcohol can raise your blood pressure and increase your risk of stroke. Men should limit themselves to no more than two drinks per day and women should limit themselves to only one.
- **MANAGE YOUR CHOLESTEROL.** Check your cholesterol at least once every five years. High cholesterol levels can cause a stroke.
- **MANAGE DIABETES.** If you have diabetes, monitor your blood sugar levels carefully. You can manage diabetes through diet, exercise, and medication.
- **MANAGE HEART DISEASE.** Taking care of heart problems can help prevent stroke. For certain heart conditions, you may need medical treatment or surgery.
- **TAKE MEDICATION.** You should follow your doctors instructions if you take medication to treat heart disease, high cholesterol, blood pressure, or diabetes.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576