



Are You at Risk for a Stroke?

Use the **F-A-S-T** test for recognizing and responding to stroke symptoms.

- **F=FACE** Ask the person to smile. Does one side of the face droop?
- **A=ARMS** Ask the person to raise both arms. Does one arm drift downward?
- **S=SPEECH** Ask the person to repeat a simple sentence. Is the speech slurred or strange-sounding?
- **T=TIME** If you observe any of these signs, it is time to call 911 or get to the nearest hospital.

The biggest difference between butterflies and moths are the antennae. Butterfly antennae are threadlike with a club-tip. Moth antennae can have many different forms (threadlike, feathery, hairy) but none of them have a club-tip.

How many butterflies and moths can you find in this newsletter? Answer on calendar.

What is a Stroke?

A stroke happens when blood flow and oxygen are cut off from the brain. There are two types of stroke. Ischemic (iss-key-mik) stroke is caused by clots or clogged arteries.

Hemorrhagic (hem-oh-raj-ik) stroke happens when a blood vessel in the brain bursts open. Stroke can happen to anyone at any time, regardless of race, sex, or age. It is important to know the symptoms of stroke so that immediate help can begin. Two million brain cells die every minute during a stroke, which increases the risk of permanent damage or death. Recognizing symptoms and **acting FAST** can save a life and limit the damage from a stroke. See the **F-A-S-T** test in the box to the left.

Your Risk Factors

Some risk factors are uncontrollable. These include being over age 55, having diabetes, and having a family history of heart disease or stroke. You can reduce your risk of stroke by controlling your other risk

factors. Manageable risk factors include high blood pressure, high cholesterol, smoking, being overweight, and drinking too much alcohol. Work with your healthcare professional to find ways to manage your risk of stroke.

1. **Know Your Numbers.** Find out your blood pressure and your cholesterol numbers. Blood pressure readings are offered at Elder Exercise Class. See the calendar.
2. **If You Smoke, Stop.** FDL offers smoking cessation classes. Call Roberta Welper at (218) 878-2128.
3. **Control Your Diabetes.** This may include improving your nutrition and/or medicine. Ask your healthcare professional.
4. **Include Exercise in Your Daily Life.** You don't have to exercise for 30 minutes straight—try doing three 10-minute

sessions on most days.

5. **If You Drink, Practice Moderation.** If you don't drink, don't start. Alcohol can interact with other medicines and increase your risk of stroke.
6. **Use Less Salt.** Most salt in the typical American diet is "hidden" in processed food. Reduce your salt intake by eating fresh foods instead of canned, microwaveable or convenience foods.

Learning the symptoms of stroke— and acting **FAST** when they occur— could save your life or the life of a loved one. Remember: **STROKE STRIKES FAST— YOU SHOULD TOO. CALL 911.**

National Stroke Association
Parlay International (v.1) 2560.050



An Early Spring Means An Early Tick Season

Two common ticks in Minnesota and Wisconsin are:

Black-legged ticks Adult female is dark brown & red, about 1/8 inch long. Nymph (baby) is about the size of a poppy seed. Males are smaller & all brown & do not feed (so they do not carry disease). Black-legged adult females and nymphs feed on host animals and can carry Lyme disease and other illnesses.

Wood tick (dog tick) Larger than black-legged ticks. It is reddish brown with paler markings. This tick carries Rocky Mountain Spotted Fever (RMSF).

Not all tick bites cause illness. It is good to know the symptoms so that treatment can be started early. Lyme disease is more common in Minnesota. Rocky Mountain Spotted Fever is rare in Minnesota. Early symptoms of Lyme disease usually include a distinctive rash 3 to 30 days after a tick bite, fever, chills, headache, tiredness, and achy muscles and joints. You can still have Lyme disease if you don't get a rash. Treatment with antibiotics is most effective at this stage. Later stages include inflammatory arthritis, facial paralysis, numbness and weakness of legs and arms, and severe fatigue.

If you or a loved one have these symptoms after a tick bite, see your healthcare professional.

Prevention is the Best Medicine

- *Keep your yard clear of leaf litter and brush. Keep your lawn mowed short.
- *Use lawn furniture in dry & sunny areas of the yard.
- *If you walk in the woods, stay in the middle of the trail.
- *Wear long-sleeved shirts and tuck your pantslegs into boots or socks.
- *Keep pets tick-free with tick repellents or collars.
- *Effective tick repellents for people are permethrin or DEET. Do not use DEET on babies!

*Perform tick checks on yourself and your pets every day.

If You Find an Attached Tick

- *Use tweezers to grasp the tick, but don't squeeze it.
- *Pull the tick straight out
- *Use an antiseptic on the bite.
- *Avoid using petroleum jelly, nail polish remover or burning matches to remove ticks, as these methods may not be effective or safe.

Ticks become active as soon as the temperature is above freezing. This year's early spring brings an early tick season. Watch for ticks and stay healthy.