May 2018 Newsletter

Galloway Therapy

Stroke Awareness Month

Do You Know How to Act F.A.S.T?

Strokes cause 133,000 deaths per year in the U.S. alone and are the leading cause of serious, long-term disability.

With a stroke, the brain does not get enough oxygen due to a lack of blood supply, and the brain cells begin to die.

This lack of blood supply can be due to either a blockage via a blood clot (an ischemic stroke) or a ruptured vessel (a hemorrhagic stroke).

If there is only a temporary blockage of blood supply to the brain, it is called a "mini stroke" or a TIA (transient ischemic attack).

Strokes can be life-altering if the person is not given emergency care. Time lost = brain lost. So let's break down how you can act F.A.S.T.:

F - Face (Can they smile evenly? Is one side of their face drooping?)

A - Arms (Can they raise both arms and keep them up?)

S - Speech (Is their speech slurred?)

T - Time (It's TIME to call 911!!)

Just being able to spot these tell-tale symtpoms quickly and getting them emergency care can improve one's recovery or even save a life.

So be sure to keep an eye out from now on and help spread the word since May is Stroke Awareness Month!

Want to learn more? Use the following link:

http://www.strokeassociation.org/STROKEORG/

Did You Know?

80% of strokes are preventable.

Want to learn what YOU can do to prevent such a life-threatening and possibly life-altering occurance?

Stay tuned for our Upcoming Galloway Therapy Blog!

Social Media

Visit us for updates, blogs, trivia, contests, & more!

Schedule Today!

GALLOWAY THERAPY

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