

Spice of Life

Nutrition Education Newsletter



May 2021

Brought to you by your
licensed dietitian nutritionist

The 411 on Stroke

May is National Stroke Awareness Month

In the U.S., someone has a stroke every **40 seconds**, and every **4 minutes**, someone dies from a stroke. Follow these healthy lifestyle tips to reduce your risk of stroke.

Steps to reduce risk of stroke

- Achieve and maintain a weight you and your doctor are comfortable with.
- Challenge yourself to eat at least 4 servings of fruit and vegetables daily.
- Read the nutrition fact labels on what you eat and drink to be aware of the sodium and fat.
- Know your health conditions and take medications as prescribed.
- How do you think your life would improve if you stopped smoking?
- What physical activities can you do daily for 30 minutes?
- Did you know moderate alcohol use is 1 drink for women and 2 drinks for men daily?
- Laugh out loud. Laughing helps reduce stress. Watch a funny show or spend time with someone who makes you laugh.

Act FAST!

Steps to take if a stroke happens



Face drooping: Ask them to smile. Does one side droop?

Arm weakness: Ask them to raise both arms. Does one arm drift downward?

Speech difficulty: Ask them to repeat a simple sentence. Are the words slurred?

Time to call 911: If these signs are shown, dial 911 immediately

May is Older Americans Month

The 2021 theme is "Communities of Strength". Your stories and contributions have helped to support, inspire and strengthen others. How have you contributed to your community?



Need help? Call 727-573-9444 to speak with your licensed dietitian nutritionist to help you with your wellness plan.

Sources: https://www.cdc.gov/stroke/facts_stroke.htm
Savage BM, Lujan HL, Thipparathi RR, DiCarlo SE. Humor, laughter, learning, and health! A brief review. *Adv Physiol Educ.* 2017 Sep 1;41(3):341-347. doi: 10.1152/advan.00030.2017.