



# MONTHLY HEALTH AWARENESS MAY 2017



## AMERICAN STROKE AWARENESS What is a Stroke?

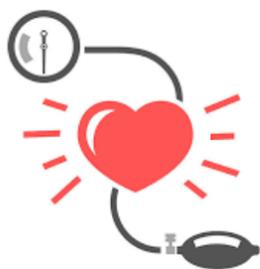
A stroke is a "brain attack". It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die.

### Quick Facts about Strokes:

- A stroke happens every 40 secs.
- Stroke are the 5th leading cause of death in the U.S.
- Each year nearly 800,000 people experience a new or recurrent stroke
- 80% of strokes are preventable-high blood pressure is the most important controllable risk factor.



## NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH



High blood pressure is a common disease in which blood flows through blood vessels (arteries) at higher than normal pressures. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood.

### Blood Pressure Types:

Systolic Pressure: blood pressure when the heart beats while pumping blood

Diastolic Pressure: blood pressure when the heart is at rest between beats

### Normal Blood Pressure Range

Normal blood pressure for adults is defined as a systolic pressure below 120 mmHg and a diastolic pressure below 80 mmHg.

## LUPUS AWARENESS MONTH



Lupus is a chronic autoimmune disease that can damage any part of the body (skin, joints, and/or organs). In lupus, something goes wrong with the immune system, which is the part of the body that fights off viruses, bacteria, and germs ("foreign invaders," like the flu). Normally our immune systems produce proteins called "antibodies" which protect the body from these invaders. As a result, it creates autoantibodies that attack and destroy healthy tissue.

World Lupus Day :  
MAY 10th

Put on Purple Day:  
May 19th



## MENTAL HEALTH AWARENESS MONTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

### Did you Know:

MS state senate passed an appropriations bill to reduce the Dept. of Mental Health's general fund budget by \$4.8 million. This reduction could lead to a total budget loss of \$45 million. This appropriation bill becomes effective July 1, 2017.

## RESOURCES FOR MORE INFO:

### Stroke Awareness

<http://www.strokeassociation.org/>

### Lupus Awareness

<http://www.resources.lupus.org/>

### High Blood Pressure Education

<https://www.nhlbi.nih.gov/health-pro/resources/heart/may-national-high-blood-pressure-education-month>

### Mental Health Awareness

<http://www.mentalhealthamerica.net/may>



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