

MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

*Safety Tips: Stroke Recognition
& Protection*

Strokes are the No. 3 killer in the USA and are the leading cause of long-term disabilities. Exposure in our agricultural environment can bring on a stroke.

STROKE FACTS-

- ✓ Strokes kill 30, 000 people each year - 1 out of every 19 deaths.
- ✓ Every year 795,000 will experience a stroke - approximately 610,000 are “first timers.”
- ✓ Approximately 185,000 - 1 out of 4 folks - had previously had a stroke.
- ✓ Approximately 87% of all strokes are ischemic, which occurs when the blood flow is blocked to the brain.
- ✓ Strokes cost the USA \$36 billion each year in health care services, medical bills and lost time work days.

The risks of having a stroke are almost twice as high in blacks as in whites. Blacks are more likely to die than whites. Mid-life women are more prone for strokes than men, even though men smoke more and drink more.

SYMPTOMS OF STROKES-

- ✓ Sudden weakness or numbness in the face, arms, or one side of the body.
- ✓ Sudden dimness or loss of vision, particularly in one eye.
- ✓ Loss of speech, trouble talking or difficulty understanding speech.
- ✓ Sudden severe headaches for no known cause or apparent reason.

Obviously, not all of these symptoms will occur in every stroke, but if you experience anyone of them- get medical help ASAP! If it happens to a co-worker - don't hesitate - call for an EMT or rush the victim to a hospital. The decision to act fast could save a life. It could be “kemo-sabe” (yourself).

ACRONYM FOR STROKE RECOGNITION-F.A.S.T.-

According to a recent survey, many folks cannot name you more than 2 stroke symptoms. The survey used a figure that less than 30% of women could not name you more than 2.

Acting F.A.S.T. can help get stroke victims help that they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for treatment if they don't arrive at the hospital in time. The acronym definition follows:

F-FACE – Ask the victim to smile. Does 1 side of his face droop?

A-ARMS – Ask the Victim to raise both arms. Does the arm drift downward?

S-Speech – Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T-Time – if you observe any of these signs- call 9-1-1 immediately!

Recently a fourth indicator has been added to this acronym –

STICK – Ask the person to stick out their tongue. If they can or do and the tongue goes to one side or the other - this an indication of a stroke. The acronym has now been revised to be –“S-R-S-S.”

S R S S
SMILE - RAISE YOUR ARMS – SPEAK - STICK OUT YOUR TONGUE
S_R_S_S

Ted Gordon Risk Mgmt. / Loss Control Mgr.

MAFES / MSU-EXTENSION (662) 566-2201 1/27/2017

Excerpts: <http://www.mayoclinic.org/diseases> // <http://cdc.org>

<http://www.stroke.org/understand-stroke-preventing-stroke>

STROKE PREVENTION-

80% of all strokes are preventable. It starts with managing the risk factors:

- High blood pressure
- Cigar smoking
- Atrial Fibrillation
- Physical activity

Over ½ of all strokes are caused by uncontrollable hypertension or high blood pressure, making it the most the most important risk factor to control. Medical treatments may be used to control high blood pressure and/or manage atrial fibrillation among high risk patients. The medicines used to treat these conditions are:

▪ **Anticogulants /Antiplatelets-**

Anticoagulants (aspirin) and antiplatelets (warfarin) – Both of these agents interfere with the blood's ability to clot and can play an important role in preventing a stroke.

▪ **Antihypertensive –**

Antihypertensives are medications for high blood pressure. Depending upon the type of medication, they can lower blood pressure by opening the blood vessels, by decreasing the blood volume or decreasing the rate and/or force of heart contraction.

TYPES OF STROKES-

There are 2 types of strokes: **Ischemic** and **Hemorrhagic**.

Ischemic – This stroke occurs as a result of an obstruction with a blood vessel supplying blood to the brain. It accounts for about 87% of all stroke cases.

Hemorrhagic - This stroke occurs when a weakened blood vessels ruptures and spills blood into the brain tissue. The most common cause for this type is hypertension (high blood pressure). There are 2 types of weakened blood vessels that cause hemorrhagic strokes: Aneurysms and the other is Arteriovenous Malfunction (AVMs). Treatment varies depending upon the type of stroke.

The only approved treatment for ischemic strokes is tissue plasminogen (TPA – aka IVrtPA) – given in the arm as an IV. It dissolves the clot and improves the blood flow through the part of the brain that is deprived of blood flow. If administered within 3 hours or 4 ½, depending upon the patient, TPA may improve the chance of the victim recovering. It doesn't work for all victims.

Hemorrhagic treatment is usually done surgically to repair the ruptured aneurysm by placing a metal clip at the base of the aneurysm to secure it. We mentioned the risk factors above that can influence the potential for a stroke. Certain of these risk factors can increase your chances of a stroke. If you have identified your personal risk factors, work with your health provider or doctor to help you with a plan to reduce the potential of those that might harm you.

Below are 3 guidelines that can help you to reduce that potential for a stroke:

Identify – Review the risk factors and identify your personal risk.

Reduce your Risk Factors – Work to reduce these risk factors by making lifestyle changes and/or medication.

Recognize and Respond – Learn to recognize the signs and symptoms of a stroke by memorizing FAST/SRSS. **Respond to the first sight of a stroke and help save lives!**

**The safest RISK is that one that you
Didn't Take!!!**

You are the Key <> Make MSU Accident Free!!!