

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.  
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder for this information for ease of reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

**Our parish spirit is rising, is rising.**

Mini-Stroke

[http://www.legacygifts.org/savvy\\_senior.jsp?WebID=GL2004-0129&D=20071414](http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=20071414)

Dear Savvy Senior,

A friend of mine and I were out shopping a few weeks ago and suddenly she had a really bad headache and felt sick to her stomach. She acted like it was no big deal and thought it would go away if we just went home. Instead, I drove her to the hospital. When we got there, she was starting to feel a little better but we learned later that she had a mini-stroke. My question is, what exactly is a mini-stroke, how can you tell if you're having one and what do you do if you think you're having one?  
Minnie

Dear Minnie,

Around 700,000 Americans will have a stroke this year, so you did the right thing by taking your friend to the hospital. Mini-strokes, which are also known as transient ischemic attacks (TIAs), occur when the blood supply to part of the brain is briefly interrupted. Here's what you should know.

### **Tricky Strokes**

Mini-strokes are tricky because the symptoms can be subtle and they don't leave any lasting or permanent damage. Like a stroke, they occur suddenly and usually last less than an hour, but can persist up to 24 hours. Mini-stroke symptoms can include:

Numbness or weakness in the face, arm or leg, particularly on one side of the body.

Confusion or difficulty talking or understanding what people are saying.

Trouble seeing in one or both eyes.

Difficulty walking.

Dizziness.

Loss of balance and coordination.

A sudden, severe headache.

Sudden nausea, fever or vomiting that develops more quickly than with a regular illness.

Fainting or decreased consciousness.

**Savvy Fact:** People who have experienced a mini-stroke are 10 times more likely to suffer a major stroke within a year.

### **What to Do**

There's no way to tell whether stroke symptoms are from a mini-stroke or a full-blown stroke, so don't assume your symptoms will just go away. If you are experiencing stroke symptoms, seek medical help immediately. Appropriate treatment can reduce the risk of a major stroke later on.

## **Treatment**

In most cases, mini-strokes are treated with blood-thinning medications that help prevent clots. Aspirin is a common treatment for patients at risk for stroke. People who have a heartbeat abnormality, called atrial fibrillation, may be prescribed an anticoagulant prescription medication.

## **Stroke Prevention**

Strokes are the third leading cause of death in the United States and the number one cause of disability. People who are at high risk for mini-strokes and strokes are elderly, 65 years and older, Hispanics and African-Americans. Here are some things you can do to help lower your risk for a stroke:

If you smoke, stop.

Keep tabs on your blood pressure and keep it under control (below 140/90).

If you suffer from diabetes, keep your blood sugar under control and have it checked frequently.

Exercise regularly.

Eat a healthy diet and limit your intake of cholesterol and fat, especially saturated fats.

If you drink, limit your consumption to no more than one to two drinks per day.

## **Savvy Resources**

- ◆ American Stroke Association: Offers free education brochures on stroke care, prevention and emergencies, and a free subscription to Stroke Connection Magazine, published six times a year. Call 1-888-478-7653.
- ◆ National Institute of Neurological Disorders and Strokes (NINDS): Part of the National Institutes of Health, NINDS provides information and free publications on stroke and other neurological disorders. Visit [www.ninds.nih.gov](http://www.ninds.nih.gov) and click on "disorders" or call 1-800-352-9424.