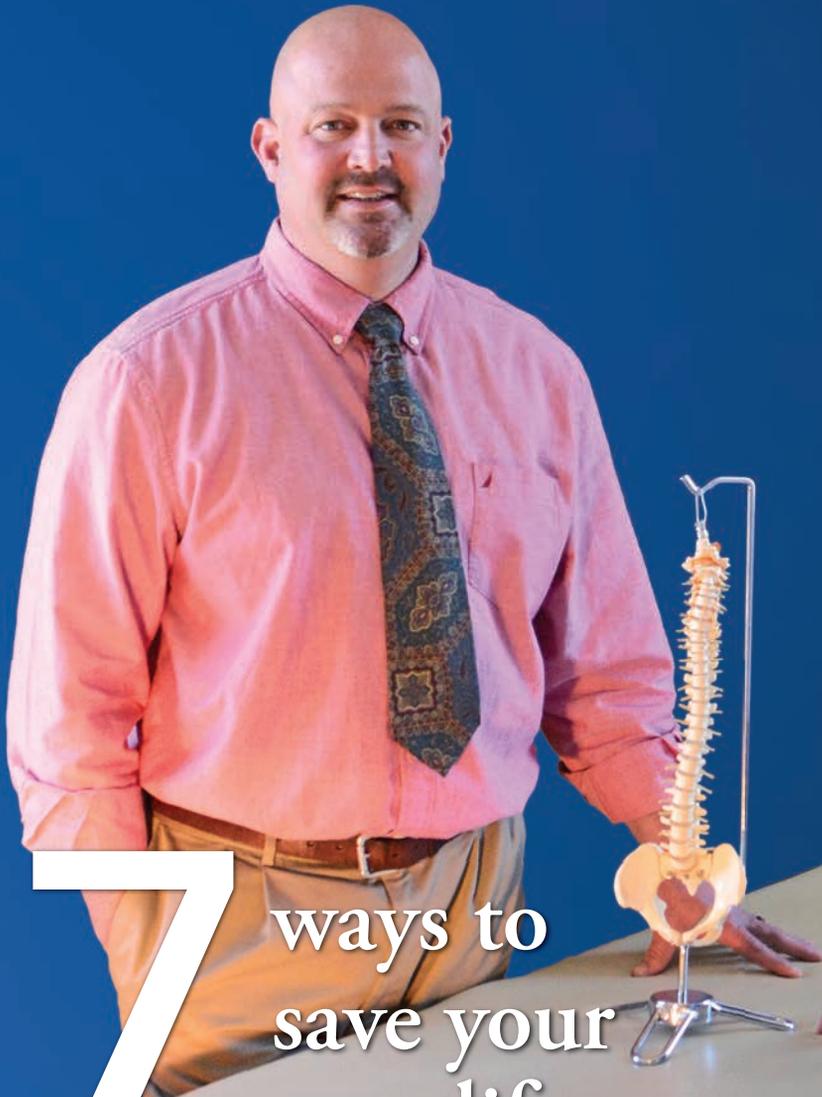


HEALTHY *Happenings*



Prayers answered

Mountain Spine Care
Changes Lives



New Support
Group Helps
Stroke Survivors

Diabetes Class Focuses
on Healthy Lifestyle

7 ways to
save your
own life



New Stroke Support Group For Survivors & Caregivers

Stroke is the #1 cause of disability and the #5 cause of death in the US. In recognition of Stroke Awareness Month in May, Haywood Regional Medical Center & Haywood County Health & Human Services are joining to offer a stroke support group for survivors and caregivers.

Speakers will cover topics such as:

- Nutrition for stroke survivors
- Physical therapy
- Occupational therapy
- Anti-coagulation therapy
- Speech therapy
- Stroke survivor stories
- Elder law

For more information, contact:

Patrick Johnson
Public Health Services Director
Haywood County Health
Department
828.356.2244
phjohnson@haywoodnc.net

Cindy Hammett
Rehab /Haywood
Regional Health and
Fitness Center Haywood
Regional Medical Center
828.452.8018

Starting, Tuesday, May 16th

3rd Tuesday of every month 11:00 am
Haywood County Health & Human
Services, Rm 301
157 Paragon Parkway Clyde, NC 28721
Next to Tractor Supply



HAYWOOD
REGIONAL MEDICAL CENTER

A Duke LifePoint Hospital

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-828-456-7311.

注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-828-456-7311。

Stroke Support Group

- Starts May 16
- Meets monthly on the third Tuesday 11 am – 12 pm
- Location: Haywood County Health Department training room
- Light refreshments provided
- 828.356.2244

May is Stroke Month

- Every 40 seconds someone in the U.S. has a stroke
- Nearly two million brain cells die each minute a stroke goes untreated
- Stroke is the leading cause of long-term disability

Learn more at strokeassociation.org

stroke. Ischemic strokes account for the majority of all strokes and occur when a clot blocks a vessel supplying blood to the brain. Emergency room staff delivered a tissue plasminogen activator medication, which dissolves blood clots. Many people miss this key brain-saving treatment because they don't arrive at the hospital within hours, which is why it's so important to identify a stroke and seek treatment immediately for the best recovery. Johnson's stroke recovery began days later with rehabilitation program.

Speech language pathologists, physical therapists, and occupational therapists take a patient-centered approach to individualized treatment to minimize the damage of stroke.

Rehabilitation may include:

- Self-care skills such as feeding, grooming, bathing, toileting and dressing.
- Mobility skills such as transferring, walking or self-propelling a wheelchair.
- Communication skills in speech and language.
- Cognitive skills such as memory or problem solving.
- Social skills for interacting with other people.

Rehabilitation doesn't reverse the effects of a stroke. The goal is to build strength, capability, and confidence to continue daily activities despite the effects of stroke.

Within months of his successful rehabilitation, Johnson resumed his lifelong passion of running. He also joined a stroke survivor group for the social support and connection with others who have had a stroke and access to additional resources. "It is a challenge for every survivor and caregiver. We all need some help to improve our health and stretch our limits after a stroke," he says. "Now, I'd like to do the same in our community." In his role as public health services director for the Haywood County Health & Human Services Agency, he will be launching a new stroke recovery support group for fellow survivors and caregivers in collaboration with the rehab team at Haywood Regional Medical Center.

"As a stroke survivor and a public health professional, I talk about stroke whenever the opportunity presents because awareness saves lives," he says. "I can't say I love my stroke residual, but I take every opportunity to speak about it."

walk WITH a
DOC
educate. exercise. empower.



Join Us Saturdays at 10am

Lake Junaluska Kern Center
and Canton Rec Park

Location Varies

Walk with a Doc is a unique, physician-led walking program focused on encouraging physical activity among patients. Each walk is hosted by a physician speaking about a health topic of interest.



Every walk is FREE and pre-registration is not required.

For more information, walk locations, and schedule visit:

MyHaywoodRegional.com/walkwithadoc

or like us on Facebook at

facebook.com/walkwithadochaywood

A Stroke Can Strike Anyone



It can happen to anyone. Patrick Johnson's experience illustrates that anyone at any age can have a stroke, and that quick treatment prevents further damage. As a Colonel in the Air Force Reserve, Johnson had just received an excellent score on the fitness exam, yet three days later, he suffered a stroke. Johnson's wife, Kathie, who is a nurse, called 911 immediately.

He arrived at the emergency room with complete left-sided paralysis, facial droop, and slurred speech due to an ischemic

Signs of a Stroke

F.A.S.T. is the best way to remember the signs of a stroke!

F - FACE DROOPING

A - ARM WEAKNESS

S - SPEECH DIFFICULTY

T - TIME TO CALL 911

A Heart Attack Occurs
Every **43** Seconds

GOOD THING WE'RE CLOSE.



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