

# May Stroke Coordinators' Call

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## Activities to Celebrate Stroke Awareness Month

- Amber Carter, Clinical Quality Coordinator/ Stroke- GWTG Registry, Cone Health
- Haley Brennan, Regional Stroke Coordinator, Novant Health; Huntersville and Mint Hill Medical Centers
- Caitlin Hughey, Accreditation & Certification Coordinator, UNC Health Blue Ridge



# May is Stroke Month!

May 22, 2024

Amber Carter, RN, SCRNP

SW Stroke Clinical Quality Coordinator

# Play Ball!

## Greensboro Grasshoppers Stroke Awareness Event





# Play Ball!



CONE HEALTH.

**BE FAST**

KNOW THE SIGNS OF A STROKE

- B BALANCE**  
Sudden loss of balance, dizziness.
- E EYES**  
Sudden loss of vision, double or blurred vision.
- F FACE**  
Uneven smile, one side of face is drooping or numb.
- A ARM**  
Sudden weakness of arm or leg.
- S SPEECH**  
Slurred speech or difficulty speaking.
- T TIME**  
Time to call 911 immediately.

2024

BE FAST Magnet

When it comes to Stroke  
**BE FAST. Call 911.**  
Any one of these sudden symptoms could mean a stroke.

HOW TO SPOT A STROKE

**B E F A S T**

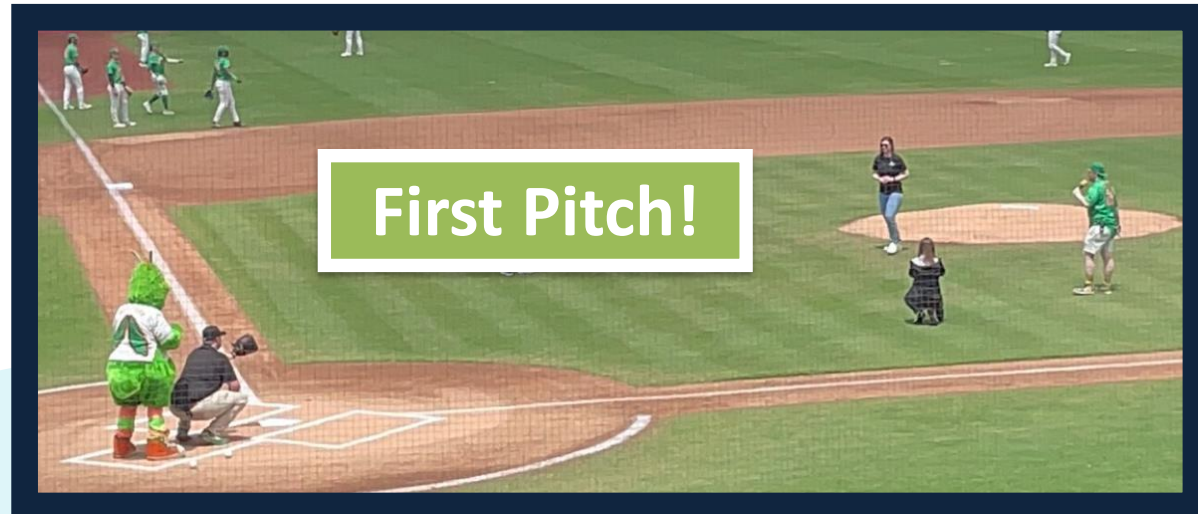
- Balance**  
Sudden loss of balance, dizziness.
- Eyes**  
Sudden Loss of Vision, Double Vision or Blurred Vision.
- Face**  
Uneven smile, one side of face is drooping or numb.
- Arm**  
Sudden weakness of arm or leg.
- Speech**  
Sudden difficulty speaking.
- Time**  
Time to call 911 immediately.

KEYS TO PREVENTION Know and manage your risks.

- Manage high blood pressure, the leading cause of stroke.
- Avoid tobacco use and vaping.
- Get regular physical activity.
- Manage cholesterol.
- Eat healthy foods including vegetables, fruits, and lean protein.

CONE HEALTH.

[Startwithyourheart.com](http://Startwithyourheart.com)



# On the news!



May is Stroke Awareness Month and National High Blood Pressure Education Month. Learn more about keeping your blood pressure low and reducing your risk for stroke from [Galen Sellars, MD](#), in this 2 Your Well-Being discussion with WFMY News 2.

## STROKE WARNING SIGNS

SOURCE: GET AHEAD OF STROKE

- BALANCE LOSS
- EYESIGHT CHANGES
- FACIAL DROOPING
- ARM WEAKNESS
- SPEECH DIFFICULTY
- TIME TO CALL 911



Author: Sydni Moore  
 Published: 11:18 PM EDT May 20, 2024  
 Updated: 11:18 PM EDT May 20, 2024

GREENSBORO, N.C. — According to [The Centers for Disease Control and Prevention](#), a stroke happens every 40 seconds to someone in the United States, and every three minutes and 14 seconds, someone dies of a stroke.

WFMY News 2 spoke with a Greensboro man in his 30s about how his life was impacted after he had a stroke.

## Doctors seeing more strokes in young adults

Doctors with Cone Health and Novant Health tell WFMY they're seeing an increase in younger patients with strokes and stroke-like symptoms.

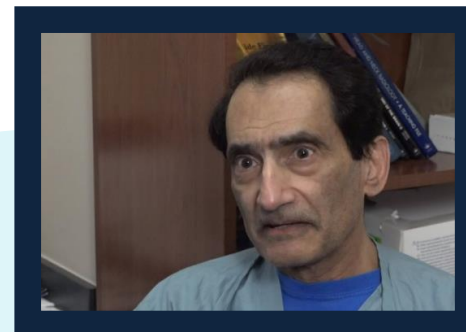


### [Greensboro man shares recovery process after having a stroke | wfmynews2.com](#)



'Both of my legs went numb on me' | Gree... X  
 37-year-old Galin Sellars suffered from a minor and major stroke in February. He said he experienced numbness and...

[www.wfmynews2.com](http://www.wfmynews2.com)







# Social Media


**Cone Health**  
May 19 · 🌐

If you have stroke symptoms, don't drive yourself to the hospital — call 911 immediately! Every second counts when it comes to getting emerg... See more

**Stroke symptoms? Call 911**  
**DO NOT** drive to the hospital!

**Balance:** Sudden loss of balance or coordination  
**Eyes:** Sudden change in vision  
**Face:** Face drooping on one side  
**Arms:** Sudden weakness of an arm  
**Speech:** Sudden difficulty speaking  
**Time:** Time to call 911



5 shares

Like Comment Share

**Cone Health**  
May 7 at 8:02 PM · 🌐

Knowing the signs and symptoms of a stroke, along with what to do when one occurs, is crucial for recovery. Download this informational flyer about stroke symptoms here: <https://www.conehealth.com/.../think-fast-what-to-do-in-the-.../>

**Know the Symptoms of Heart Attack or Stroke**

**Call 911 immediately. Don't drive.**  
Calling quickly can save a life.

**HEART ATTACK**

- Chest or arm pressure, squeezing, fullness or pain lasting more than a few minutes or that comes and goes
- Pain or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Nausea, indigestion, sweating, light headedness or unusual fatigue

**STROKE**

- Face drooping on one side
- Sudden weakness on one side of body
- Sudden difficult or slurred speech

For symptoms of a heart attack or stroke, Cone Health can help. Moses Cone Hospital is top 10 percent in the nation for patient safety in the treatment of heart attacks and strokes.\*




**CONE HEALTH**  
conehealth.com

\*2019 - CareChex® - an information service of Quantros, Inc.

**Cone Health**  
May 9 at 8:02 PM · 🌐

Time is precious when it comes to treating a heart attack or stroke. Know what signs and symptoms to look for so you can act fast and get help as soon as possible.



**CONE HEALTH**

**Is it a stroke?**

**Check these signs and BE FAST!**

**Know the signs:**

**Balance:** Sudden loss of balance or coordination.  
**Eyes:** Sudden change in vision.  
**Face:** Sudden weakness of the face.  
**Arms:** Sudden weakness of an arm.  
**Speech:** Sudden difficulty speaking.  
**Time:** Time the symptoms started.

**If you suspect someone is having a stroke, call 9-1-1 IMMEDIATELY. Every minute counts.**

**Stroke Care at Cone Health**

When stroke strikes, you need fast and effective treatment. Call 911 first. Then, turn on our team at Cone Health to help you improve your well-being and prevent subsequent strokes. Learn more about stroke care at Cone Health at [conehealth.com/stroke](https://www.conehealth.com/stroke)

**Cone Health**  
Sponsored · 🌐

Every second counts when it comes to getting emergency stroke care. Learn the signs and symptoms so if stroke strikes, you're prepared.



**CONEHEALTH.COM**  
**Do You Know the Signs and Symptoms of a Stroke? B.E. F.A.S.T.!**

1 Comment 35 Shares

Like Comment Share

# Community Awareness Events





# Meals on Wheels

Stroke information distributed with meals during the month of May





# Staff Stroke Awareness

Drawing for prizes \$

### HOW TO SPOT A STROKE.

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>Balance</b> Sudden loss of balance, dizziness.	<b>Eyes</b> Sudden loss of vision or blurred vision.	<b>Face</b> Uneven smile, one side of face is drooping or numb.	<b>Arm</b> Sudden weakness of arm or leg.	<b>Speech</b> Sudden difficulty speaking.	<b>Time</b> Time to call 911 immediately.

### Spot a Stroke and BE FAST

This month, review the [signs and symptoms of a stroke](#) with the acronym BE FAST. Then put your knowledge to the test with a stroke awareness survey for a chance to win \$25!

[Take it now](#)

### Stroke Survey

May is National Stroke Month! Complete the survey to be entered in a drawing for one \$25 prizes!

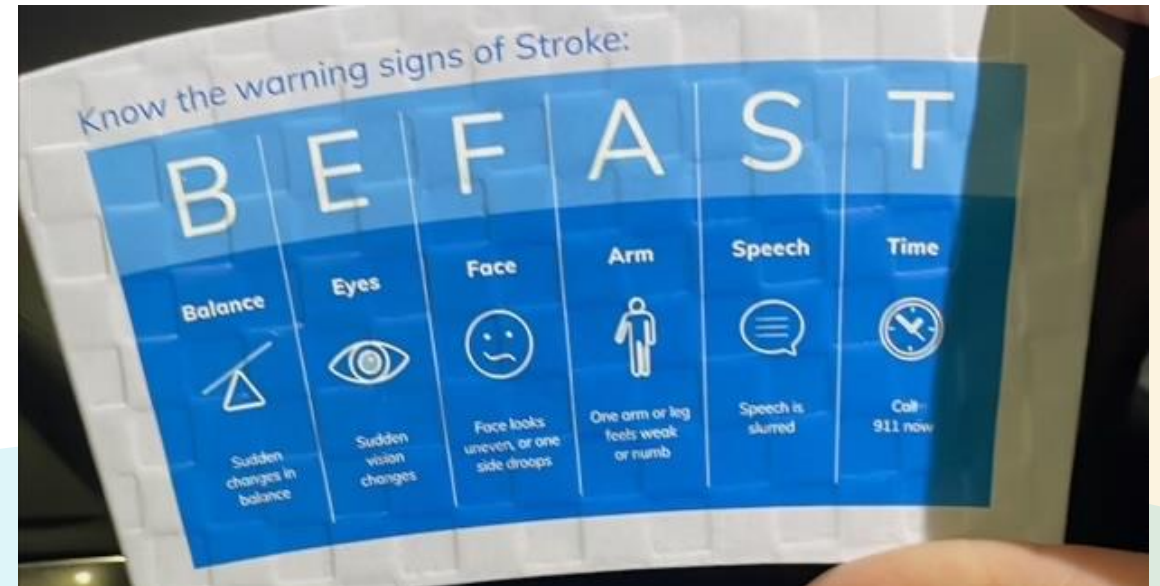
\* 1. Learn BEFAST warning signs to help you know if someone is having a stroke!

## BEFAST to stop stroke in its tracks

If you think someone is having a stroke, BE FAST and do these simple tests:

<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>

# Ideas for the future *(used with permission)*





# Ideas for the future

*(used with permission)*





# Ideas For the Future

*(used with permission)*



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# May Stroke Awareness Month Activities

**Haley Brennan, MHA, BSN, RN, SCRNP**  
***Regional Stroke Coordinator, Huntersville and Mint Hill  
Medical Centers***

# Are you at RISK?

## B E F A S T

### BALANCE



Sudden loss of balance?

### EYES



Loss of vision in one or both eyes?

### FACE



Face looks uneven?

### ARM



Arm or leg weak/hanging down?

### SPEECH



Speech slurred?  
Trouble speaking or seem confused?

### TIME



Call 911 NOW!

Know the signs of B.E.F.A.S.T.  
If you suspect stroke, call 911!

CERTIFICATION

Meets standards for  
Primary Stroke Center

**N** NOVANT  
HEALTH



## ¿Puede detectar un accidente cerebrovascular?

El accidente cerebrovascular es la causa principal de discapacidad y la cuarta causa principal de muerte en Carolina del Norte.



### Rostro caído

Una parte del rostro está caída



### Alteración del equilibrio

Pérdida de la estabilidad, dolor de cabeza o mareos



### Pérdida de fuerza en un brazo o pierna



### Impedimento visual

Visión borrosa



### Dificultad para hablar



### Obtenga ayuda

Obtenga ayuda rápidamente.  
Llame al 911

If you think you or someone else is having signs of a stroke, alert a staff member immediately.

Say, "I think I might be having a stroke."

Don't delay, time is brain.

Si cree que usted o alguien que usted conoce muestra señales de un derrame cerebral, avísele a un miembro del equipo inmediatamente.

Dígale "Creo que puedo estar sufriendo un derrame cerebral".

No se demore, el tiempo es cerebro.

## Can you spot a stroke?

Stroke is the leading cause of disability and fourth-leading cause of death in North Carolina.



### Balance

Watch for sudden loss of balance.



### Eyes

Check for blurry vision.



### Face

Look for face drooping.



### Arms

Check for arm weakness.



### Speech

Listen for speech difficulty.



### Time

Call 9-1-1 right away.



Stroke is an Emergency

It can happen to you!

Do you know the signs & symptoms of a Stroke?



What will you change today to reduce your risk for a stroke?

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Know the Strategies to prevent a Stroke:

1. Know your risk
2. Eat a healthy diet
3. Be physically active
4. Watch your weight
5. Live tobacco free
6. Manage your chronic conditions
7. Take your medications as directed
8. Be a team player: work with your health care team to reduce your risk and improve your overall wellness







# UNC Health Blue Ridge

**Caitlin Hughey, BSN, RN, Accreditation & Certification  
Coordinator, UNC Health Blue Ridge**

Employee Stroke Fair



# Employee Stroke Fair: Know your Risk



## Take Home Topics

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### Risk Factors

- Modifiable / Non-Modifiable
- What are MY risk factors?
- “Know your numbers”

### BEFAST

### Primary Care Physician

### Tobacco Cessation



# Stroke Risk Quiz



American Heart Association | American Stroke Association

**Together to End Stroke™**

Directions:

1. For each risk factor, select the box (higher risk or lower risk) that applies to you. Select only one box per risk factor.
2. Enter a 1 on the blank line next to each checked box.
3. Add up your total for each vertical column.

Risk Factors*	Higher Risk	Lower Risk
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with atrial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your fasting blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25kg/m <sup>2</sup> ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 180 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you participate in 40 minutes of moderate to vigorous physical activity 3-4 days a week?	<input type="checkbox"/> No or Unknown _____	<input type="checkbox"/> Yes _____
Do you have a family history of stroke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you smoke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
<b>TOTAL SCORE</b> (add your points for each column)	_____	_____

## Women face higher risk of stroke

### STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women will have a stroke.  
About 55,000 more women than men have a stroke each year.



**#3**  
cause of death

Stroke is the No. 3 cause of death in women.  
Stroke kills over 85,000 women a year.



Among women, Black women have the highest prevalence of stroke.

### TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

#### STROKE RISK INCREASES IN WOMEN WHO:



##### Are pregnant

Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.



##### Have preeclampsia

This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.



##### Take birth control pills

These can double the risk of stroke, especially in women with high blood pressure.



##### Use hormone replacement therapy

It doesn't lower stroke risk if postmenopausal, as once thought.



##### Have migraines with aura and smoke

Strokes are more common in women who have migraines with aura and smoke, compared with other women.



##### Have atrial fibrillation

This quivering or irregular heartbeat can increase stroke risk fivefold.

#### STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health care professional to **determine safest medication** if pregnant with high blood pressure.

Discuss with their health care professional **low-dose aspirin guidelines** starting in the second trimester (week 12) to lower preeclampsia risk.

**Get their blood pressure checked** before taking birth control pills and monitor every six months.

**Review the risk and benefits** of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

**Quit smoking.** All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

**Get screened for atrial fibrillation** if over the age of 75 as this condition then becomes more common in women.

Learn more at [stroke.org](http://stroke.org)

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## American Stroke Month

### Word Search

F E B K E Z L F R H E M O R R H A G E Z  
 A C H K R D M B Q K X T O H U A W U C X  
 P T Z X G R D R S N W W K E S C Q S E W  
 H K I T Z F E A T B P F O M U I D G R H  
 A T T B L R Y I W Q X N L I Q G Q R E X  
 S E E O B I O N D J S F B S J C H D B I  
 I O M N F T D L H X N D S P W Z E Y E F  
 A C P Z D U H K U C J F T H S L M S L A  
 Y C O S M O D R E Z B F R E R E I P L F  
 A I R U U C V D O O W R O R L M P H U R  
 G P A P V P R A P M F T K E O Y L A M O  
 W I L A Y U U Y S K B U E M W L E G X N  
 D T X E Q G S L P C D O L F J J G I K T  
 N A U D Q B W J M T U V L E F M I A X A  
 C L P B P G P H Z I O L B Y M X A R B L  
 M A O Q B L I L Y W V G A G T B A O L A  
 L N F S D C T S E U E C E R D I O I A V  
 L T K M I S C H E M I C X N O L C L D O  
 F H Y Z E F K X L V V J Y G I S R X I R  
 Z W K L C M N C W T N R U R U C Q T V C

endovascular	thrombolytic	cryptogenic
hemisphere	hemiplegia	cerebellum
hemorrhage	dysphagia	occipital
ischemic	embolic	aphasia
temporal	frontal	stroke
brain		

More at [heart.org/strokemonth](https://heart.org/strokemonth)



## How did it go?

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- Location, Location, Location
- Shift Change
- Swag
- “Leave it be”
- Knowledge is power
- Link to Stroke Education



“I have not failed. I have found 1,000 ways that won’t work.”

-Thomas Edison



# Community Events to Come!

## TGIF- Downtown Morganton



## Medicaid Enrollment Event



**Do you need health insurance?**

Make a free appointment at UNC Health Blue Ridge's Medicaid Enrollment Event. The first 80 attendees will receive a free meal kit.

Medicaid is a health insurance program that pays for doctor visits, emergency care, dental care, mental healthcare, pregnancy and maternity care, prescription drugs and more – **at little or no cost to you.**

You may be able to get healthcare coverage through NC Medicaid, even if you didn't qualify before.

## Senior Services/Centers



Burke County Senior Center - Morganton Location

## Morganton Fall Festival





**Questions?**