



**PKS Squad #65**

**S**pecial thanks to Bruce Newman

who is helping with the health articles. Bruce works as a paramedic in Emerald Isle and volunteers with our squad.

Our feature article this month is...

**STROKES**

Stroke is the third leading cause of death in the United States and the leading cause of brain injury in adults. Until recently, care was largely supportive with therapy focusing on treating respiratory and cardiovascular complications. Since little therapy was directed toward altering the course of the stroke itself little emphasis was placed on rapid transport or intervention.

Now, thrombolytic and other emerging therapies offer practitioners the opportunity to limit neurological insult and, if treated rapidly, improved outcome.

Although some strokes occur without warning, most stroke victims have prior risk factors. Some risk factors such as smoking can be eliminated others can be controlled (e.g. high blood pressure, diabetes mellitus), or

treated to reduce the risk. Some rather low level risk factors become significant when combined with other risk factors. Example, oral contraceptives and smoking increase the risk of stroke considerably in young women.

Major stroke can be prevented in many cases but only if early signs and symptoms are heeded.

Common signs and symptoms of transient ischemic attacks and strokes are:

- blindness in one eye
- paralysis or weakness on one side
- inability to recognize by touch
- staggering
- difficulty in swallowing
- inability to speak
- dizziness
- numbness or tingling

If you or someone you care about experiences any of the symptoms Call 911 immediately.

If you have concerns or questions about stroke discuss them with your physician.

Allergy season is just around the corner and if you would like a free subscription to an allergy newsletter and information on treatments for nasal allergies, please call: 1-800-644-6660.

Squad 65 responded to 3 fire calls and had 2 transports.

Submitted by: Maureen Danehy