

Community Health Coalition, Inc.

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Health Sunday Topic: Stroke / Brain Attack

Dr. Cedric Bright, an Internist at the Veteran Administration Hospital, states,

“African Americans and others should aim for a normal blood pressure reading around 120/80. If you have symptoms of sudden weakness or tingling (especially in hands and arms) or slurred speech seek help immediately by dialing 911 or have someone drive you to the emergency room.”



For more information, read today's Health Sunday Flyer; and refer to the following websites:

Stroke Association

www.strokeassociation.org

American Heart Association

www.americanheartorg

American Dietetic Association

www.eatright.org

Black Doctors

www.blackdoctors.org

**HEALTH SUNDAY
IN THE BLACK COMMUNITY**

is a program of Health Tips.

It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goers each 4th Sunday.

Today's Health Tip is:

“Stroke Prevention”

in the African American Community.

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Make changes in your health for life, TODAY!!

Stroke Prevention: Decrease Stroke Risk by Cedric Bright, MD

Vascular disease, or disease of the blood vessels, is a risk factor for having a stroke. Stroke is an attack of the brain, much like an attack of the heart. Fortunately, we are able to decrease our risk of vascular disease by changing how we eat.

For African Americans strokes are too common. It is important to maintain a normal blood pressure of 120/80. A combination of exposure to cigarette smoke, hypertension, diabetes, high blood cholesterol, and family history of the disease could increase your chances of having a stroke.

According to a health study, cereal fibers and grain(s) consumption, even late in life, can help to decrease the risk for vascular disease (Journal of the American Medical Association, 2003; 289: 1659-1666).

What can you do to improve your diet and decrease your risk of stroke?

- **High Blood Pressure** - If you have high blood pressure, it is important to check it regularly so your doctor can see if your treatment is working.
- **Cigarette Smoking** - Quitting smoking cuts the risk of lung cancers, heart disease, stroke, other lung diseases, and other respiratory illnesses.
- **Diabetes**- Checking your blood glucose levels will help you control your diabetes. It will also help you and your doctor or health care team to make changes to your treatment plan.
- **Regular Exercise** - Be active! Move more by choosing activities that get the heart pumping, like taking the stairs instead of the elevator.
- **High Cholesterol** - Check food labels for cholesterol and fat content. Try to pick fat-free, low-fat, or reduced-fat products. Choose fresh or frozen vegetables instead of canned.



Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.