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Panhandle
Public Health District

News Release

April 23, 2024

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May is Stroke Prevention Month, Learn the Signs Today

A stroke, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die.

FAST is how we come together to end stroke.

F – Face Drooping

A – Arm Weakness

S – Speech Difficulty

T – Time to Call 911

"A stroke can happen to anyone at any time. Learning the acronym FAST and knowing how to act fast can save a life from stroke. Remember if you, or someone you know, are experiencing any of the FAST symptoms it is a medical emergency. Be prepared. Be FAST," said Myrranda Kelley, PPHD Public Health Nurse.

Every 40 seconds, someone in the U.S. has a stroke. It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

Kelley shared, "Prevention is key. Please consider taking a first aid and/or CPR courses PPHD has available. Healthy lifestyle factors are also the best ways to prevent a stroke and knowing your personal risk factors is a great place to start."

For additional information about stroke prevention, visit the website at <https://pphd.ne.gov/pwwc.html> or call Berosek at 308-279-3496.

The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the

challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

Source: <https://www.stroke.org/-/media/Stroke-Files/FAST-Resources/FAST-Infographic.pdf>;
<https://www.cdc.gov/stroke/about.htm#:~:text=Download%20Image%5BJPG%5D,brain%20become%20damaged%20or%20die>