

MAY IS...

American Stroke Month

A stroke occurs when a blood vessel ruptures or a clot obstructs the flow of blood to the brain

780,000 Americans suffer a stroke each year

It the third leading cause of death

WARNING SIGNS:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden severe headache or trouble seeing or walking, dizziness or loss of balance or coordination

CALL 911 immediately because time lost is brain lost!

www.strokeassociation.org

Hepatitis Awareness Month

Hepatitis is a serious condition of the liver that can result in long-term damage. See a healthcare provider for testing, treatment or vaccination. www.cdc.gov

Hepatitis A-commonly spread by poor hygiene habits or consuming foods or beverages contaminated with the virus

Hepatitis B-can cause cirrhosis, liver cancer or liver failure

Hepatitis C-may not feel sick yet liver damage can develop

