

# Mission In Motion

Health & Wellness Monthly Newsletter

May 2013—Stroke Awareness



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## One teen's mission: To educate young people about the signs of stroke.

Looking back, Darrien Bush says all the signs of stroke were there. "And if we knew about FAST earlier, we could've identified it," the 17-year-old adds. "However, we didn't really think about a stroke in a teenager." Bush had two strokes at age 15. In March 2010 he went from feeling nauseous and having chest pains to having two strokes within a matter of 10 days. No one realized the episodes were strokes until the effects surfaced later.

Today, Bush is working to implement stroke awareness at his school and establish the first pediatric stroke walk in his hometown of Jersey City, NJ. He focuses on promoting FAST (see the sidebar to the right) and making sure others are aware of stroke signs.

"When people think about someone having a stroke, they immediately think about elderly people or drug users, but that's simply not just the case," Bush says. "By showing others that stroke does not discriminate against age or gender, I can help people have a better understanding of it."

After being bedridden for almost 10 days, he made two trips to the hospital with his mom. He complained of lightheadedness, chest pains and difficulty breathing; doctors told them everything would be fine and sent him home with nausea pills.

Late that night, Bush took a nausea pill and hopped in the shower.

"When I got out, everything felt different," he recalls. "My speech was slurred, I got really dizzy and my sight would start going when I stood up." Bush never imagined it was a stroke. The next day, he went to the hospital and a series of tests revealed he'd had two strokes due to left ventricular non-compaction cardiomyopathy, a rare form of heart disease that causes abnormal blood flow and blood clots around the heart that could lead to possible strokes.

Over the following months, the teen recovered at an impressive rate and, as he became more comfortable with what had happened, he started teaching friends and family about how a stroke feels and what happens when it occurs.

"During the time I was recovering and accepting things myself, helping others helped me accelerate the process," Bush says.

He's now looking forward to college and a possible career in psychology. "I'm not sure exactly what field I would like to go into yet, but I'm sure I want to help other people adapt to their surroundings," he says. "Considering that my life changed around so unexpectedly with almost no one to empathize with, I feel like I would like to be that person that wasn't really there for me."

Source: National Stroke Association

## Use FAST to remember the warning signs of stroke

- ◆ **Face:** Ask the person to smile. Does one side of the face drop?
- ◆ **Arms:** Ask the person to raise both arms. Does one arm drift downward?
- ◆ **Speech:** Ask the person to repeat a phrase. Is their speech slurred?
- ◆ **Time:** Note the time when symptoms first appear. If given within three hours of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability.

## History of National Stroke Awareness Month

National Stroke Awareness Month takes place in May every year. On May 11, 1989, President George Bush signed Presidential Proclamation 5975 designating May as **National Stroke Awareness Month** at the urging of National Stroke Association. Since then, National Stroke Association has been honoring this special time of the year to increase public awareness of stroke in an effort to conquer it.

Over the years, public education campaigns have been conducted during May to increase awareness of different aspects of stroke that directly affect specific populations, such as women or those at high risk for stroke. Today, National Stroke Association continues educating the public through campaigns such as the **Faces of Stroke<sup>SM</sup>** and by designing easy-to-use tools and resources that initiate individuals and groups to raise awareness on a local level.

There is a great movement of stroke champions already engaged in heightening the awareness of stroke in the U.S. By joining the thousands of people already committed to stroke awareness, you adopt stroke as a cause and put everyone further down the road to reduced incidence.

[Explore the Stroke Awareness Resource Center for ideas and resources for how to get started at www.stroke.org](http://www.stroke.org)

### What Does it Mean to Raise Awareness?

Raising stroke awareness is about:

- Elevating stroke in the mindset of everyone in the U.S. so more people care about supporting stroke research and education.
- Ensuring that everyone understands the emotional, physical and financial impacts that stroke has on our country.
- Influencing others to improve their health by sharing personal stories of how stroke has already affected the lives of so many.
- Talking to legislators and leaders about how their decisions can positively affect survivors throughout their recovery.
- Providing a platform for the more than 7 million survivors and their families to discuss their experiences and live with dignity. Stroke survivors possess the most influential and inspiring knowledge needed to make an impact on society. Their voices are so important.
- Raising awareness knows no boundaries. Even the smallest efforts matter.

Too much body fat, or obesity, is recognized as a major risk factor in developing a number of life-threatening diseases and conditions.\*

Some of them include coronary heart disease, diabetes, high cholesterol and high blood pressure. That's why it's important to know your body mass index (BMI), a measurement tool that accesses body weight relative to height.\*\* Calculating your BMI is a better way to determine your health risks than simply using your bathroom scale or standard height and weight tables. You should also avoid having too much body fat in your waist area since it can increase your health risks.

If you think your weight is taking a wrong turn, do a body fat analysis to learn your BMI. You'll soon be on the road to good health.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

\*American Heart Association  
\*\*To calculate your BMI, multiply your weight by 703, divide by height in inches, and divide again by height in inches. Values from 18.5 to 24.9 are considered healthy.  
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www.bcbstx.com

## Have fun, be fit and live long.

### Raise your heart rate.

All adults should try to be physically active. Any physical activity is better than none, so get your body moving:

- ⇒ Start at a comfortable level. It might seem like a small change, but getting up and stretching your legs regularly makes a difference.
- ⇒ As you get used to exercise and it becomes easier, you should be able to increase your speed, distance and time.

### Know the Benefits of being fit.

Any amount of physical activity results in some health benefits. Studies show that regular physical activity decreases the risk for developing the following:

- ⇒ Stroke
- ⇒ Heart disease
- ⇒ High blood pressure
- ⇒ Obesity
- ⇒ Stroke
- ⇒ Depression
- ⇒ Diabetes

Source: Personal Best

## City of Mission Walking Club

Did you know that City of Mission has a Walking Club? You are encouraged to join us!

**When:** Tuesdays and Thursdays

**Where:** City Hall

**Time:** Stretches begin at 5:20 p.m. and Walking begins at 5:30 p.m.

**Distance:** 1 mile

Contact Human Resources to register for the Walking Club and receive a free t-shirt and pedometer!

## MONTHLY SMARTS

### FOOD SMARTS

For an energy boost during exercise, choose bananas, dried figs, raisins, or other real fruit instead of "energy" bars or gels, which are usually packed with calories and sugar.

### HEALTHCARE CONSUMER SMARTS

Buy reusable water bottles and filter your water at home rather than spend money on one-time-use bottled water from the store.

### SAFETY SMARTS

If you have a medical condition or symptoms of a health problem, check with your healthcare professional before starting an exercise program. Be sure to pick activities that are appropriate for your condition and fitness level.

Source: Positive Promotions





### May Health & Wellness Seminar:

**Topic:** Diabetes

**Date:** May 30, 2013

**Time:** 12:00pm-1:00pm

**Speaker:** Dr. Jaspreet Kaur, MD

**Location:** Speer Memorial Library

**\*A BOXED LUNCH WILL BE PROVIDED. REGISTER EARLY.**

### Lemony Honey Glazed Roasted Chicken

- 1 1/2 cup fresh lemon juice
- 1 (3 1/2 - 4 lbs.) whole roasting chicken
- 1 Tbsp. dried Italian herbs (or 1/2 Tbsp. dried oregano and 1/2 Tbsp. dried basil)
- Salt and freshly ground pepper to taste
- 4-5 sprigs fresh thyme
- 1/3 cup honey

Pour lemon juice in large bowl. Place chicken in juice. Cover with plastic wrap and refrigerate at least 1 hour. Turn chicken over and let marinate an additional hour.

Preheat oven to 450 degrees. Remove chicken from marinate. Sprinkle on Italian herbs. Salt and pepper to taste. Place thyme sprigs in cavity of chicken. Place chicken breast side up on a rack in roasting pan. Roast uncovered for 15 minutes. Reduce heat to 375 degrees and roast for an additional 30 minutes.

Heat honey and with pastry brush thoroughly coat chicken all over. Lower heat to 350 degrees. Continue to cook until well browned, about 45 minutes, occasionally basting chicken with the natural juices and recoating it with honey.

Use a meat thermometer to make sure chicken is fully cooked, 170 degrees.

If desired, use gravy separator to remove fat from pan juices and ladle juice over brown rice.

**Makes 6 servings. Per serving: 4 oz.**

**Per serving:** 225 calories, 7 g total fat (2 g saturated fat), 16 g carbohydrate, 25 g protein, 0 g dietary fiber, 76 mg sodium.

### Cartoon Corner



“First we insert a balloon to open the clogged artery, then we fill the balloon with helium so you weigh less.”

### Health & Wellness Seminars

June 2013—Men’s Health

July 2013—Sun Safety

(Topics subject to change)

\*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

### Burn Calculator: Dancing

Burn 100Calories → 30 minutes

Depending on the dance, you can burn at least 100 calories in half an hour. It also helps you stay flexible and relieves stress. Find the dancing style that’s fun for you.

### Mission In Motion

Our mission is to promote health awareness and

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