

TRI-HEALTHY LIVING

Mind, Body, Spirit



Hello May flowers! As we usher in May and all of the wonders of Spring, let us move forward with the word that Rev. Brown preached on this past Sunday. In his sermon titled 'The Tragedy of Killing Knowledge', Pastor Brown, reading from Hosea 4:6 and Philippians 1:1-15, talked about how the lack of knowledge can be dangerous ([watch sermon here](#)). This is very true especially when it comes to health.

"An ounce of prevention is worth a pound of cure."

May is Stroke Awareness month and the Health and Wellness ministry would like to arm you with the knowledge on how to prevent a stroke and know if you or someone else is having a stroke. Please take considerable time to read, learn, and share with others the knowledge that you gain.

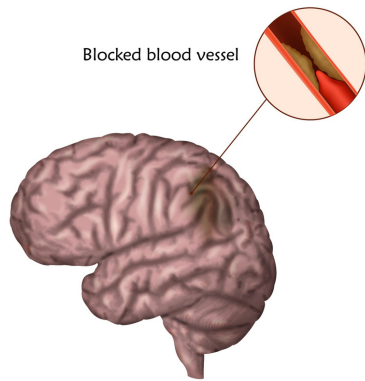
Thank you for taking time out to view this e-newsletter.

The Health and Wellness Ministry
Third Baptist Church

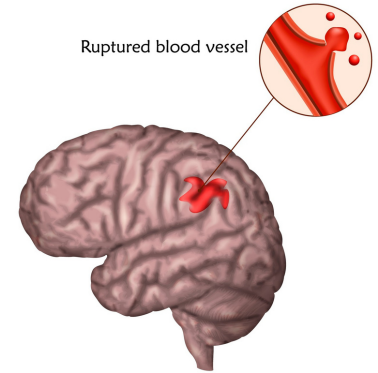
May is **STROKE** Awareness Month

Stroke is an injury that is caused by a disruption of blood flow in the brain. The most common causes of disruption are: a blockage in the blood vessels by a blood clot or plaque build up (Ischemic) or a leakage of blood by a ruptured blood vessel (Hemorrhagic).

Ischemic stroke



Hemorrhagic stroke



The location of the injury will determine what is affected.

Left Brain

If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

Right Brain

If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

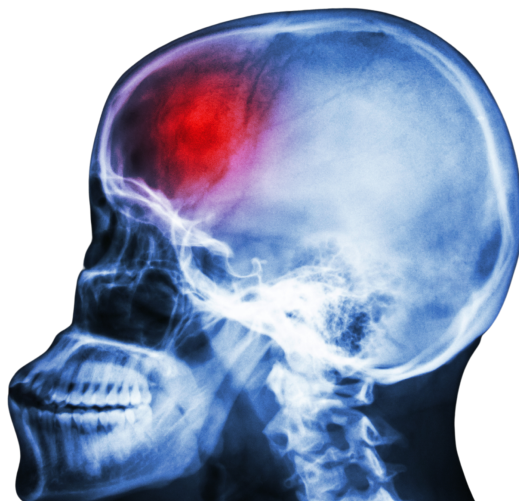
Brain Stem

When stroke occurs in the brain stem, depending on the severity of the injury, it can affect both sides of the body and may leave someone in a 'locked-in' state.

When a locked-in state occurs, the patient is generally unable to speak or achieve any movement below the neck.

Stroke Risk Factors

*Modifiable and Non-
Modifiable



Actions YOU can take

Do you know the risk factors for stroke? Let's just say that you probably know someone who has at least 1 stroke risk factor. Please visit stroke.org for a complete list of risk factors.

Visit stroke.org to learn how to manage risks. For starters, you can help to decrease risk by doing the following:



African American

S M O K I N G

Heart Disease

Health
Disparities



EXERCISE



FAMILY
HISTORY

Talk
to your
doctor!

HIGH BLOOD
CHOLESTEROL

High blood
pressure

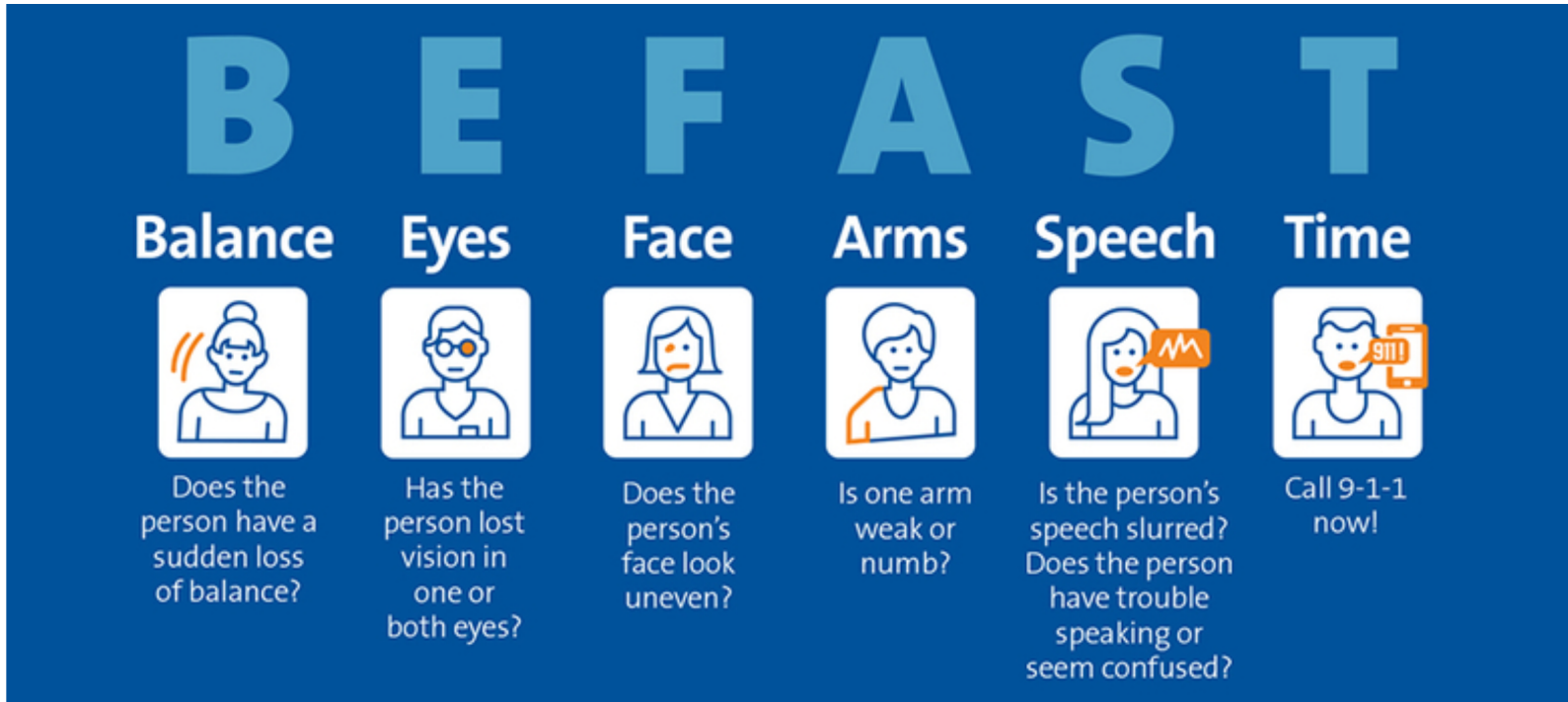


A G E



Social determinants of health

Knowing the signs of a stroke, **BE FAST**, could save someone from death or disability.



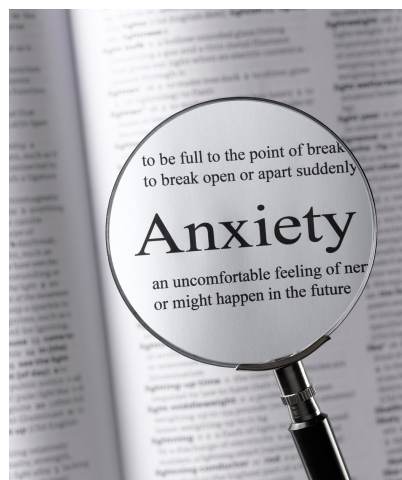
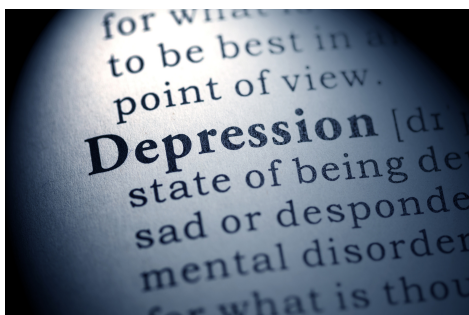
*Note the time that symptoms began. Most strokes are caused by a clot. When that's the case, the drug that works best needs to be given within 4 1/2 hours of when it all started.

***DO NOT let a person experiencing stroke symptoms stop you from calling 911.**

Here are some facts you need to know about Stroke

- Someone in the United States has a stroke every 40 seconds. Every 4 minutes, someone dies of stroke
- Risk of having a first stroke is nearly twice as high for blacks as for whites, and blacks have the highest rate of death due to stroke
- High blood pressure, high cholesterol, smoking, obesity, and diabetes are leading causes of stroke. 1 in 3 US adults has at least one of these conditions or habits
- Patients who arrive at the emergency room within 3 hours of their first symptoms often have less disability 3 months after a stroke than those who received delayed care
- Stroke is a leading cause of serious long-term disability. Stroke reduces mobility in more than half of stroke survivors age 65 and over
- For more information, visit [cdc.gov](https://www.cdc.gov)

Emotional and Behavioral Effects of Stroke



*Please [click here](#) for a comprehensive list of physical and mental changes following a stroke. If you or someone you know has suffered a stroke, speak with your provider about therapy, support groups, and medication that may be able to help.



Third Baptist Church is a COVID-19 vaccination administration site. Please visit thirdbaptist.org for more information. Also visit sf.gov for vaccination information in the Bay Area.

Free Covid-19 Testing

Third Baptist Church of San Francisco

1399 McAllister Street SF, CA 94115

Main Parking Lot

**Tuesdays
11am to 6pm**

**Wednesdays
1pm to 8pm**

**Saturdays
9am to 4pm**

Register at

<http://bit.ly/aacec-thirdbaptist>



Thank you again for taking the time to read *Tri-Healthy Living*. If there is a health and wellness topic you would like to learn more about, please email the Health and Wellness Ministry at tbchealthandwellness94115@gmail.com