



Mini Clinic **Stroke Response**

A Brief Clinic Designed To

**Alert Persons To Their Potential For
Responding Successfully To A Stroke Occurrence**

In These Settings:

At Work

In The Home

Attending Social Events

Acting As A Caregiver

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The Day I Experienced My Stroke

On Friday June 25, 2021 I experienced a Stroke at home. I was working with my Home Depot HDE Window Replacement Consultant, Samuel on my window order. We were sitting at my kitchen table.

Suddenly in the middle of our session I could not make my right hand form letters in my notes. I paused, trying to compose myself. I looked up at Sam and said “ I’m in trouble! ” then collapsed in my chair.

Sam immediately went into action . . .

1. Recognized my Distress.
2. Immediately came to my aid.
3. Instinctively knew what to do.
4. Wasted no time in calling 911 declaring a “ medical emergency ”.
5. Kept me calm and safe until the Emergency Medical units arrived.

Sam is, and always will be . . . my Guardian Angel !

What made Sam such an important part of my Stroke Survival ?

1. He quickly recognized my symptoms as identifiable and serious.
2. He did not panic; or upset me in any way.
3. He acted quickly, with command of the situation.
4. He knew the CLOCK was ticking.
5. He confidently handed me off to the responding EMS Team.

When might you come into contact with someone having a Stroke ?

1. At HOME, away from work or activities.
2. At WORK, observing a co-worker or visitor to your work.
3. In a PUBLIC PLACE, shopping, sporting event, or socializing.
4. While acting as a CAREGIVER, of a friend or family member.

What is a Stroke ?

A stroke can be the **rupture** or **clogging** of blood vessels feeding oxygen to brain cells. Either one will interrupt the supply of oxygen to cells surrounding the interruption. Two things can happen very fast. First, the surrounding cells can die quickly. (This can be thousands of cells every second.) Then, if the condition is not addressed with urgency - the damage can spread locally; or be promoted in other parts of the brain. **With the death of the first brain cell . . . THE CLOCK IS ALREADY TICKING !**



Who Gets A Stroke ?

Strokes can, depending of conditions, happen to anyone, at any age. Typically, persons suffering a Stroke are older, and usually associated with lifestyle habits that can contribute to a stroke. Some suffer a Stroke due to taxes made on their body during surgery; or in situations of severe stress.

What Contributes To A Stroke Occurrence ?

The number one contributor to Stroke is hypertension, high blood pressure, usually in an extremely high range. Example: American Heart Association suggests that healthy reading for a 60 year old male is 130 / 80.

What Are The Symptoms Of A Stroke ?



The simple slogan **BE-FAST** will quickly help you make a difference.

- B**alance Stumbles, or can't stand.
- E**yes Relates a loss, or serious change of vision.
- F**ace A drooping or uneven smile.
- A**rm ONE arm is weak, unsteady, or loses coordination.
- S**peech Listen for slurred speech.
- T**ime Call **911** immediately. Declare a " Medical Emergency ".

What Should You Do ?

If you suspect you, or someone else, are having a Stroke -

1. Be ALERT to any existing or developing symptoms.
2. Don't dismiss symptoms as something that will pass.
3. Treat a Stroke Occurrence as you would a car accident or a building on fire!
4. Know your responsibility, and have a plan for your reaction.

It costs you nothing to DIAL 911. Timely EMS saves lives . . . and livelihoods.

The minute Stoke symptoms are recognized, the clock has already been ticking. In the time you, and/or the stroke sufferer, takes to decide what and how to respond, you are DELAYING diagnosis and treatment. An EMS assisted response will get the stroke sufferer to the Emergency Room quickly, and the ER STROKE TEAM will have been alerted , assembled. . . and ready!



Do You Know Someone Who . . .

- Is over 60 years old ?
- Is on medication(s) for High Blood pressure ?
- Is burning the candle at both ends ?
- Indulges in tobacco products, alcohol, and / or has poor eating habits ?
- Is overweight ?

Any one, or all, of these can silently endanger your life from the effects of a Stroke. Advanced age, uncontrolled high blood pressure, daily stress, what you put into your body, and being overweight can significantly contribute to the chances that a man or woman can have a Stroke. Here are the simple things that can be done to head off a potential Stroke:

- Get a complete medical evaluation at least once a year.
- If taking medication(s) for high blood pressure, follow Doctor's advice and take meds faithfully every day.
- Identify stressors in your life and seek ways to reduce stress.
- Quit the use of all tobacco products.
- Quit, or significant reduce, the consumption of alcohol.
- Maintain a diet LOW in sodium, saturated fat, refined sugars, and caffeine.
- After consulting your primary physician, remain committed to a regular weekly exercise program.

Be The One To Make A Difference !

You could find yourself in a position to . . .

- Head off a potential Stroke in someone you know.
- Be there to help reduce the damage from an identified Stroke.
- Save the life of a family member, friend, neighbor . . . or co-worker.

Like Sam, you could become someone's . . .

