



## Start the Summer Season Aware of Stroke Signs and Symptoms

### What is stroke?

A stroke, sometimes called a brain attack, occurs when the blood supply to part of the brain is blocked or when a blood vessel in the brain bursts and there is sudden bleeding that damages brain cells. When the flow of blood is interrupted, brain cells start to die within minutes because they can't get oxygen. This results in sudden loss of brain function that can cause lasting brain damage, long-term disability, or even death. If brain cells die or are damaged because of a stroke, symptoms of that damage start to show in the parts of the body controlled by those brain cells.

### Signs and Symptoms

During a stroke, every minute counts! Fast treatment can reduce the brain damage that stroke can cause. By knowing the following signs and symptoms of stroke, you can be prepared to take quick action and perhaps save a life—maybe even your own.

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding what others are saying.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

[Watch a video about stroke signs and symptoms](#) from the National Institute of Neurological Disorders and Stroke.

Another warning sign of stroke is a **transient ischemic attack (TIA)**. A TIA is a “mini stroke” that may cause the symptoms listed above and last less than 24 hours before disappearing. TIAs are a serious warning sign that a stroke may happen in the future and should not be ignored. **Call 9-1-1 immediately if you or someone else has any of these symptoms.** The sooner you get help, the more doctors can do to prevent further or permanent damage.

### Acting F.A.S.T. Is Key for Stroke

Acting F.A.S.T. can help stroke patients get the [treatments](http://www.cdc.gov/stroke/treatments.htm) they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for the most effective treatments if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

**F—Face:** Ask the person to smile. Does one side of the face droop?

**A—Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S—Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T—Time:** If you observe any of these signs, call 9-1-1 immediately.

**Note the time when any symptoms first appear.** Some treatments for stroke only work if given in the first 3 hours after symptoms appear. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

### **Brown Bag Lunch & Learn in the Claiborne Building, North Dakota Room 1-155**

**Topic:** Men's Health

**Date:** Wednesday, June 8, 2016

**Time:** 11:30 - noon

If you cannot attend at the Claiborne Building, click the following link to [Join Webex Meeting](#)

Meeting number: **800 578 111**

Meeting password: **iEqPnHpM**

### **Join by phone**

**+1-855-797-9485** US Toll free

Access code: 800 578 111

### **20-Minute Mango Chicken**

Enjoy the refreshing flavors of summer. Paired with the bright flavors of mango, bell pepper, mint, and lime, this satisfying and simple dinner is load with 29 grams of protein per serving.

#### **Ingredients**

- 2 teaspoons olive oil
- 4 (4-ounce) boneless, skinless chicken breasts
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 mangos, peeled and diced
- 1 green bell pepper, chopped
- 1 cup low-sodium chicken broth
- 2 green onions, chopped
- 2 tablespoons chopped fresh mint
- 1 tablespoon fresh lime juice
- 1 teaspoon lime zest
- 1 teaspoon finely chopped garlic
- 2 cups cooked rice (brown or white)

1. In a large skillet, heat oil on medium-high. Season both sides of chicken with salt and pepper. Add chicken to skillet, and cook for 1 to 2 minutes per side, until golden brown.
2. Add mangos, bell pepper, broth, green onions, mint, lime juice, lime zest and garlic, and bring to simmer. Reduce heat to medium. Partially cover, and cook for 5 minutes, until chicken is cooked through.
3. Add rice to skillet and stir to combine. Cook for 1 minute to heat through.  
(Serving Size: 1 chicken breast and 1 cup mango-rice mixture)

\*\*\*Makes approximately 4 servings\*\*\*

### **Live Better Louisiana Clinics**

You have three months (**deadline August 31, 2016**) left to get your preventive health checkup and complete your online PHA [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA) in order to be eligible for the 2017 wellness credit! To sign up for one of these clinics, or find a date and location that works best for you, visit

[www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb) or call 1-877-841-3058. Clinic dates and locations are added frequently, so check back if you don't see a convenient time or place.

Live Better Louisiana Clinics	
Date	Location
<b>06/01-02/2016</b>	Shreveport-LSU Shreveport (1 University Place) Baton Rouge-Office of Attorney General (1885 North 3 <sup>rd</sup> Street)
<b>06/02/16</b>	New Iberia-Department of Wildlife & Fisheries (2415 Darnall Rd.)
<b>06/06-07/2016</b>	Alexandria-DOTD District 08 (3300 Mac Arthur Drive) Amite-DCFS (606 South 1 <sup>st</sup> St.) Rayville-Richland Parish-Central Office (411 Foster Street)
<b>06/08/2016</b>	Covington-DCFS (351 Holiday Blvd.) Jackson-LA War Veterans Home (4739 Highway 10)
<b>06/08-10/2016</b>	Chalmette-St. Bernard Admin Building (200 E. St. Bernard Hwy) Grambling-Grambling State University (403 Main Street) Marksville-Avoyelles PSB-Marksville HS (407 West Bontemp) Opelousas-Department of Wildlife & Fisheries (5652 Highway 182)
<b>06/13-16/2016</b>	Pineville-Pinecrest Supports and Services Center (100 Pinecrest Dr.) Angola-Louisiana State Penitentiary (17544 Tunica Trace) Hammond-DOTD District 62 (685 N. Morrison Blvd.) Monroe-University of LA Monroe (700 University Ave.)
<b>06/14/2016</b>	Covington-DCFS (351 Holiday Blvd.) Shreveport-Court of Appeals 2 <sup>nd</sup> Circuit (430 Fannin Street)
<b>06/16/2016</b>	Reserve-Department of Veteran Affairs (4080 West Airline Hwy.)
<b>06/16-18/2016</b>	Harvey-Jefferson Parish School Board (501 Manhattan Blvd.) Shreveport-Probation and Parole (2525 Youree Dr.)
<b>06/20-22/2016</b>	Alexandria-DOTD District 08 (3300 MacArthur Drive) Ville Platte-OGB Evangeline Parish School Board-Media Ctr. (607 Harvey LeBas Dr.)
<b>06/22/2016</b>	Carville-State Military Department (5445 Point Clair Rd.) Minden-State Military Department (Building 100 Louisiana Blvd.)
<b>06/22-23/2016</b>	New Orleans-Supreme Court of LA Pineville-Central LA State Hospital (242 West Shamrock St.)
<b>06/24/2016</b>	Covington-DCFS (351 Holiday Blvd.) Opelousas-Pupil Appraisal Center (127 Blair Street)
<b>06/27-29/2016</b>	Ville Platte-OGB Evangeline Parish School Board-Media Ctr. (607 Harvey LeBas Dr.) Eunice-Eunice High School (301 South Bobcat Drive)
<b>06/28/2016</b>	Pineville-State Military Department (718 E. Street) Angie-Rayburn Correctional Center (27268 Hwy. 21)
<b>06/29-30/2016</b>	Baton Rouge-LaSalle Building (617 N. Third Street) Angola-Louisiana State Penitentiary (17544 Tunica Trace) Opelousas-St. Landry PSB Resource Center (1013 E. Creswell Lane)
<b>07/06-08/2016</b>	Alexandria-Office of Public Health (5604-B Coliseum Blvd.)
<b>07/12/2016</b>	Covington-Probation and Parole (1712 N. Columbia St.)
<b>07/13/2016</b>	New Orleans-State Military Department (6400 St. Claude Ave.)
<b>07/15/2016</b>	Covington-Holiday Inn (45 Louis Prima Drive) Lake Charles-Hampton Inn (3175 Holly Hill Rd.)
<b>07/16/2016</b>	Shreveport-Hilton Shreveport (104 Market Street)

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)  
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