



### **Acting F.A.S.T. For Stroke Awareness!**

It's one of the leading causes of long term disability, and it can sometimes come without warning. In 2020, the CDC reported how 1 out every 6 cardiovascular deaths were due to a stroke. Every 40 seconds in the United States a person is reported to have had a stroke. The best prevention is to recognize the signs as soon as possible and seek immediate medical help.

Sometimes described as a "brain attack," strokes can occur when the brain is deprived of oxygen and nutrients due to a blood clot or recent bleeding reduces the blood supply to the brain. There are two types of strokes. An "Ischemic" stroke is when a blood clot will cause a blood blockage to the brain. If the blood clot happens inside an artery, it blocks oxygen and nutrients from getting to your brain. A "Hemorrhagic" stroke occurs when the wall of a blood vessel in the brain suddenly breaks. This causes blood to flood into the brain, blocking the delivery of oxygen and nutrients.

The symptoms of a stroke are easier using the acronym known as F.A.S.T. which stand for:

- Face — Has their face or mouth drooped?
- Arms — Can they lift both arms?
- Speech — Is their speech slurred? Do they understand you?
- Time is critical — If you see any of these signs, call 9-1-1 immediately.

Other symptoms to a stroke can be presented as mental confusion including trouble with speaking, headache sometimes with vomiting, trouble seeing in one or both eyes, metallic taste in the mouth, difficulty in swallowing, and trouble in walking (impaired coordination).

Many attributes can increase the chances of having a stroke. These can include common diseases such as hypertension (high blood pressure.) Also, stress and unhealthy choices are known to cause hypertension. Lifestyle habits such as binge

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### **MAY IS:**

- **Stroke Awareness Month**
- **National Mental Health Month**
- **National Dental Care Awareness Month**

### PROGRAM NEWS AND HIGHLIGHTS:

- Farmacy Enrolling
- Marie Redd Center Senior Resource Fair
- Unity Garden
- NIP Tax Credits Available

**EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753.**

**You can donate at [emohealth.org](http://emohealth.org) by clicking the donate button!**

drinking, obesity, and nicotine consumption can also contribute to increased chances of having a stroke.

To help educate patients about the blood pressure management, Ebenezer Medical Outreach Inc. has added a special education program to their Farmacy classes starting in June. Each Farmacy participant will have the opportunity to receive a free blood pressure monitor machine as part of EMO's "Project Greenlight."

"Project Greenlight" is a self-monitoring blood pressure educational class where participants can learn how to take their blood pressure at home and receive a free consultation with a YMCA dietician. These tips will help patients understand what healthy (greenlight) numbers are as well as what blood pressure numbers are too high (red lights.) If you are interested in enrolling in EMO's upcoming Farmacy courses, call 304-529-0753.



### **FARMACY IS ENROLLING PATIENTS!**

For the third year, Ebenezer Medical Outreach Inc. is participating in the state wide program known as "Farmacy". This prescription to wellness is offered to help participants lower their blood pressure numbers, lose weight, and monitor A1C numbers. Over the last two years, EMO has worked with WVU Extension Office and other partners to bring this unique program to Cabell County.

Each week, participants come to Ebenezer Medical Outreach Inc. where they are weighed in, followed by having their blood pressure and A1C numbers monitored. Then, a recipe is demonstrated followed by receiving a fresh produce box to take home. The Farmacy program focuses not only on creating fresher alternatives, but its goal is to also solve food insecurity where fresh produce may not always be a ready and available option.

If you are interested in registering for this year's upcoming Farmacy class, call Ebenezer Medical Outreach Inc. at 304-529-0753 to reserve your spot today!

## PROGRAM NEWS AND HIGHLIGHTS:



**UNITY GARDEN:** The Unity Community Garden is officially under construction. Volunteers have been busy clearing away brush piles and building raised beds. A compost pile has been collected to ensure nothing goes to waste. EMO is still accepting volunteers to help with gardening projects throughout the spring and summer. If you are interested in volunteering, call 304-529-0753.

**NIP CREDITS AVAILABLE:** To get a jump on next year's tax deductions, EMO still has NIP (Neighborhood Investment Program) Credits available. This is a dollar for dollar match for donations made over \$500. Anyone wanting to

receive the NIP credits must be a West Virginia resident and can donate online at [emohealth.org](http://emohealth.org) or call 304-529-0753.

**UPCOMING SENIOR FAIR:** EMO is planning on attending The Marie Redd Center Senior Resource Fair Tuesday, May 17, at 1750 9<sup>th</sup> Avenue in Huntington, West Virginia. All are encourage to stop by from 1 until 4 p.m. to pick up free giveaways and learn about the services available at Ebenezer Medical Outreach Inc.

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