

## Learn signs of stroke, act quickly

Control isn't something people associate with stroke. However, if knowing the risk factors and symptoms could help us take better control of our health and/or possibly save a life — wouldn't we learn them?

With stroke, time is crucial. Treatment can limit or even eliminate disabilities if we receive prompt treatment shortly after symptoms start.

The signs of a stroke are sudden:

- numbness or weakness of the face, arm or leg, especially on one side of the body;

- confusion, trouble speaking or understanding;

- difficulty seeing in one or both eyes;

- trouble walking, dizziness, loss of balance or coordination; and

- severe headache with no known cause.

Sudden, severe headaches can also indicate another potentially life-threatening condition called an aneurysm.

If you or someone else experiences one or more of these symptoms, call 9-1-1 or get to the emergency room immediately. As a state designated Comprehensive Stroke Center, providing the highest level of care, Capital Health's Fuld hospital provides specialized care for the most complex cases.

To lower your risk, watch your blood pressure and talk to your doctor if it's elevated. Maintain a healthy weight and be active. Don't smoke or drink excessively.

May is Stroke Awareness Month. We can make sure the signs of stroke become as well known as other things we know about staying healthy. We just need to make it a priority.

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