

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

May is National Stroke Awareness Month



What is Stroke?

Stroke is a disease that affects the arteries leading to and within the brain. It is the fifth leading cause of death and a leading cause of disability in the United States.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die. Knowing the warning signs of a stroke can save a life. Just remember the letters F-A-S-T and know when to dial 9-1-1!

F

Face Drooping

Does one side of the face droop?

A

Arm Weakness

Does one arm drift downward?

S

Speech Difficulty

Does the speech sound slurred or strange?

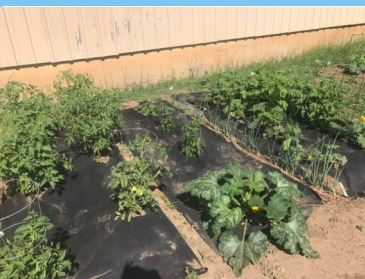
T

Time to Call 911

If you observe any of these signs, call 911.

www.strokeassociation.org

Black Hills Surgical in the Spotlight Employees Grow Vegetables, Knowledge and Friendships



Black Hills Surgical addressed healthy eating by allowing their employees the opportunity to grow fresh vegetables to take home. It was a great opportunity for employees to soak in knowledge from their master gardeners. With the support and encouragement from their CEO and CFO, they were able to bring in water close to their garden.

"We have had so much fun, the kids and I this year at the garden. This has been a great experience!"

"I liked it, I also liked the fact that we had a master gardener that we could go to for advice."

Black Hills Surgical is excited to see how it turns out in the second year.

