

## Stroke Education and Screenings Come to Coronado

*I*f you think that ignorance is bliss, consider this: 500,000 strokes occur in the United States every year, yet *eighty-five percent* could be prevented through proper education.

In this case, knowledge really is power. That's why Sharp HealthCare has committed to reaching as many people as possible with its Community Stroke Prevention and Education program. The program combines stroke screenings with information that educates participants on the warning signs of stroke and the actions to take if a warning sign is detected.

The program will be coming to Coronado this year, underwritten in part by an \$8,700 donation from the Coronado Hospital Foundation. Each session is absolutely free and offers a thorough evaluation of each participant's stroke risk factors.

"Our approach is simple and straightforward," says Mary Elington, Director of Sharp's Ortho-Neuro Services. "It's possible to get a very accurate idea of a person's risk factors without any elaborate machinery or expensive testing."

As Elington also points out, the information provided by the class arms each participant with knowledge which can prevent the debilitating effects of stroke. "New therapies are available that can offset the effects of a stroke, but it's important to seek treatment within three hours after the first symptom appears."

Screenings will be offered in the Coronado and Imperial Beach areas on a bi-monthly basis, with notices posted in the local newspa-

pers. You can also call Sharp's information line, 1-800-82SHARP (827-4207) to check on upcoming dates and to register for the course.

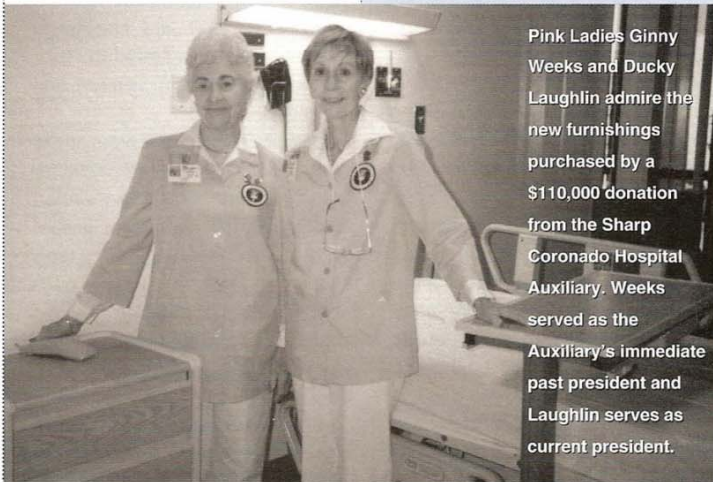
With stroke ranked as the number one cause of adult disability in the U.S., there's no such thing as having too much knowledge. Be sure to put the Community Stroke Prevention and Education program on your 'To Do' list for this year. □

### Warning Signs of Stroke

Stroke is a life-threatening medical emergency. If you experience any of these symptoms or recognize them in someone else—CALL 911 IMMEDIATELY!

- One-sided numbness, weakness, or paralysis
- Problems with speaking or understanding
- Blurred or decreased vision
- Dizziness or loss of balance
- Sudden severe or unexplained headache

*"If you think that ignorance is bliss, consider this: 500,000 strokes occur in the United States every year, yet eighty-five percent could be prevented through proper education."*



Pink Ladies Ginny Weeks and Ducky Laughlin admire the new furnishings purchased by a \$110,000 donation from the Sharp Coronado Hospital Auxiliary. Weeks served as the Auxiliary's immediate past president and Laughlin serves as current president.