

May is Stroke Awareness Month

More than **795,000** Americans have a stroke annually. Information below assists in stroke prevention, rapid identification, and treatment. Watch the videos and learn more about strokes.

You-tube videos:

<https://vimeo.com/700431158/e2eaab4be8>

Title: Strokes Are No Accident

Description: Many strokes are preventable. Know and understand your risk factors to minimize the chance of Strokes, Heart Attacks and High Blood Pressure. Understanding your personal health risks, making simple changes and working with your healthcare provider minimizes the risk for strokes. Karen Kiefer, MSN, APN, NP-C, SCRN RN-BC, Transitions of Care Nurse Practitioner, Stroke Center at Cooperman Barnabas Medical Center, discusses valuable information to help you stay healthy and maintain your function of daily living.

<https://vimeo.com/700432106/d42645d208>

Title: Strokes are a Medical Emergency

Description: More than 795,000 people in the United States have a stroke and about 610,000 of them are the first or new strokes. Rapid identification and access to EMS improves your outcomes and decreases disability. Make yourself a priority, don't wait to get medical help. Time is golden, act FAST. Learn more with Karen Kiefer, MSN, APN, NP-C, SCRN RN-BC, Transitions of Care Nurse Practitioner, Stroke Center at Cooperman Barnabas Medical Center.

<https://vimeo.com/700427453/a6649f09c1>

Title: Treatments for Acute Ischemic Stroke

Description: Strokes are a medical emergency. Acting FAST, identifying a stroke and accessing the emergency medical system give you the best chance of survival and recovery. Every minute counts, medication, procedures and technology are available but they are very time sensitive. David Kung, MD, Neurosurgeon at Cooperman Barnabas Medical Center Associate Professor, Associate Program Director Endovascular Neurosurgery, Department of Neurosurgery, Rutgers University, discusses possibilities for a stroke and hope for recovery.

<https://vimeo.com/700425640/76a798f116>

Title: Effects and Rehabilitation of a Stroke

Description: Stroke affects many daily functions and interferes with quality of life. The way that stroke affects each person is dependent on the part of the brain affected. Watch, listen and learn about how a stroke may affect you or a loved one. Rehabilitative therapy after a stroke offers hope for a chance to get back to normal as close as possible. Carolyn Palma, PT, DPT, Rehabilitation Supervisor, Comprehensive Rehabilitation Center at Cooperman Barnabas Medical Center, discusses what therapy is and the importance of participation.

<https://vimeo.com/700431589/4929965527>

Title: Road to Recovery After Stroke with Speech Therapy

Description: The speech pathologists at Cooperman Barnabas Medical Center work with patients within the first few days after suffering a stroke, which often helps to make big improvements in their abilities. Research confirms these observations, showing that patients who immediately work with a speech-language therapist have an increased opportunity to regain speech, swallowing, and other functions. Sophia Blaney MS, CCC-SLP, Speech Language Pathology Supervisor at Cooperman Barnabas Medical Center, discusses the road to recovery.

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<https://vimeo.com/700428406/f71271ffe5>

Title: Stroke Nutrition Therapy

Description: Diet and lifestyle play a very important role in stroke prevention and recovery.

Jamie Miller, MS, RD, CEDCES, BC-ADM, CCTD, Transplant Dietitian, Diabetes Care and Education Specialist at Cooperman Barnabas Medical Center, discusses nutrition after stroke and reviews healthy eating and physical activity guidelines to help reduce the risk of stroke.

<https://vimeo.com/700430591/f66ab942e8>

Title: Case Management After a Stroke

Description: Case Management Nurses enter into your life at a very frightening time, after a stroke. Starting with the first encounter they anticipate needs, obtain resources and help in the transition to home after stroke. Janice Imbriano, RN, BSN, CCM, at Cooperman Barnabas Medical Center, discusses their invaluable knowledge, contacts and assistance in obtaining needed services puts you first throughout your hospitalization.

Stroke Education Literature:

English	Spanish
BE FAST	5 Hechos clave Sobre el Ataque Cerebral
Cholesterol Guidelines	Cuales son las senales de aviso del ataque cerebral?
Risk Factors for Stroke	De factores de riesgo de ataque cerebral
What are Heart Disease and Stroke	Que es la presion arterial alta?
5 Simple Steps to Control your blood pressure	Categorias de Presion Arterial
Blood Pressure Categories	Que puedo hacer para mejorar mi presion arterial?
Managing my Blood pressure	Como puedo reducer la presion arterial alta?
Being Active	Por que deberia limitar el consumo de sodio?
Why should I limit sodium	Que es la diabetes Y como puedo controlarla?
Being Active	Como puedo cocinar comida saludable?
How do I follow a Healthy Diet Pattern?	Conductas para el cuidado personal mantenerse active
Nicotine and Tobacco Recovery Services	Servicios de recuperacion para la aducion a la nicotina y el tabaco

Reputable websites for more information on many health issues:

AIDS Healthcare Foundation- <https://www.aidshealth.org/>

American Heart Association- <https://www.heart.org/>

Alzheimer's Association- <https://www.alz.org/>

American Cancer Society- <https://www.cancer.org/>

American Tinnitus Association- <https://www.ata.org/>

American Lung Association- <https://www.lung.org/>

Arthritis Foundation- <https://www.arthritis.org/>

American Thyroid Association- <https://www.thyroid.org/>

American Society of Hematology-
<https://www.hematology.org/>

COPD Foundation- <https://www.copdfoundation.org/>

Celiac Disease Foundation- <https://celiac.org/>

Cystic Fibrosis Foundation- <https://www.cff.org/>

Lupus Association- <https://www.lupus.org/>

Liver Foundation- <https://liverfoundation.org/>

Mental Health Association in New Jersey-
<https://www.mhanj.org/>

National Kidney Foundation- <https://www.kidney.org/>

National Diabetes Association- <https://www.diabetes.org/>

National Foundation for Infectious Disease-
<https://www.nfid.org/infectious-diseases/hepatitis/>

Sickle Cell Disease Association-
<https://www.sicklecelldisease.org/>

Vestibular Association- <https://vestibular.org/>

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