

April 6, 2010

M E D I A A D V I S O R Y

TUPELO, Miss.—North Mississippi Medical Center is offering free stroke screenings in the hospital's main lobby from 9-11 a.m., 1-3 p.m. and 6-8 p.m. Tuesday, April 13.

To arrange an interview about stroke during the screenings April 13, call Deborah Roberts Pugh at (662) 377-3712. Stroke is the third leading cause of death and the leading cause of long-term disability. Someone has a stroke every single minute. Someone dies from a stroke every 3.5 minutes.

Throughout April, NMMC's health care professionals have planned stroke education and screenings at various locations, including the Mitchell Center, Saltillo Primary and Elementary schools, and First Baptist Church.

To reduce your chances of stroke:

- Stop smoking
- Keep blood pressure under control
- Keep diabetes under control
- Reduce your weight
- Lower your blood cholesterol

Know the signs:

- Sudden numbness/weakness in face, arm or leg, especially on one side of body
- Sudden confusion, trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes, including blurred vision or double vision
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause