

From the Nurse's desk:
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**LIVINGSTON NURSING DIVISION OFFERS
FREE STROKE SCREENING AND AWARENESS PROGRAM**

May is designated as Stroke Awareness Month. According to the National Institute of Neurological Disorders and Stroke, stroke is the leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the U.S. each year.

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people's lives and enhance their chances for a successful recovery.

If you believe someone is having a stroke—if he or she suddenly loses the ability to speak, or move an arm or leg on one side or experiences facial paralysis on one side—call 911 immediately. The good news is that treatments are available that can greatly reduce the damage caused by a stroke.

The Livingston Health Department Nursing Division is partnering with Overlook Hospital to educate residents about stroke, its warning signs, risk factors and preventive steps to minimize a person's risk of a stroke by offering a free "Stroke Risk Assessment Program" from 9:00 AM - 12:00 PM on Friday, June 9, 2006, at the Senior Community Center at 204 Hillside Ave.

The free comprehensive screening will include a Cholesterol Lab analysis, blood pressure, pulse, carotid artery assessment and counseling by health care professionals. Participants will take a quiz to find out if they have any personal characteristics and habits that may increase their chances of having a stroke. **Pre-registration is required. Limited space is available.** Please call the nursing office to register for this program at (973)-535-7961 x 226, 227, and 228.

Information from the National Institute of Neurological Disorders and Stroke