

# U and Universal

The American Heart Association states that a stroke is: “the sudden death of brain cells in a localized area due to inadequate blood flow”

- Stroke is the third leading cause of death in the US
- Stroke is the leading cause of long term disability in the US
- Strokes can occur at any age
- On the average, someone in the US has a stroke every 40 seconds
- High blood pressure is the most important risk factor for stroke

You can reduce the risk of stroke by:

- Controlling blood pressure
- Quitting smoking
- Getting regular exercise
- Keeping body weight down
- Getting regular checkups

You can identify a stroke by thinking “FAST:

- Face ( is the face drooping to one side (you may ask the person to smile)
- Arms (are their arms numb? If they try to raise their arms one may raise higher than the other)
- Speech (is their speech slurred? Can they talk at all?)
- Time (call 911 as soon as you notice the signs of a stroke)

More information on Strokes can be found at [redcross.org](http://redcross.org)

## Did You Know?

Many famous people had learning disabilities:

- George Washington had a learning disability that affected his use of language, yet he became the first President
- John F. Kennedy became the 35<sup>th</sup> President despite a learning disability
- Henry Ford had a learning disability and founded the Ford Motor Company
- Wilbur and Orville Wright both had learning disabilities and invented and built the first successful airplane.

This is a small sample of proof that people with disabilities can achieve great things!

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[www.umhs.net](http://www.umhs.net)