



News Release

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Recognize the warning signs of stroke

For Immediate Release

(COLUMBUS, Neb.) – Every 40 seconds, someone in the United States has a stroke. Every four minutes, someone dies of stroke. Columbus Community Hospital (CCH) is committed to helping people who suffer a stroke achieve the best possible long-term outcomes. From emergency medical treatment to rehabilitation, CCH is the where for stroke care.

Strokes are sometimes called “brain attacks.” A stroke occurs when a blood vessel bringing oxygen and nutrients to the brain is clogged or bursts.

The chances of surviving a stroke are much greater when treatment begins quickly, so it’s important to learn the signs of stroke and act fast.

Blood deprivation to the brain can affect a stroke victim’s senses, motor activity, speech and their ability to understand speech, behavior and thought patterns, memory and emotions. Paralysis or weakness on one side of the body is common. Call 911 if the following symptoms suddenly appear.

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Trouble seeing out of one or both eyes, blurred or double vision
- Confusion, trouble speaking or understanding
- Loss of balance or coordination, trouble walking or dizziness
- A severe headache of unknown cause

If you think someone may be having a stroke, getting medical help quickly is vital to saving a life and minimizing disability. Here’s what you can do:

Face. Ask the person to smile. Does one side of the face droop?

Arms. Ask the person to raise both arms. Does one arm drift downward?

Speech. Ask the person to repeat a simple sentence. Is the speech slurred or strange?

Time. If the person shows any of these signs, call 911 immediately. Note the time when symptoms first occurred.

To learn more about the prevention and treatment of strokes and transient ischemic attacks (TIAs), consult your physician or visit www.columbushosp.org.