A stroke is a disease that affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cells die. This is different than an aneurysm, which is caused by a weakness in a blood vessel that begins to bulge.

80% of strokes are preventable! Prevention best practices include:

**Controlling Blood Pressure**
- #1 risk factor for strokes. Get an annual check up to know your numbers and be in control.

**Tobacco Cessation**
- Smoking is a leading risk factor for strokes. Quitting tobacco can decrease the risk of strokes.

**Get More Active**
- Moving helps control blood pressure and cholesterol. Get blood flowing and your heart pumping! Aim for 30 min per day!

**D.A.S.H. Approach**
- Nutritional approach to modify hypertension and stroke risks. Click here to learn about the Dietary Approaches to Stop Hypertension.

**3 types of strokes:**

**Ischemic:** Occurs as a result of an obstruction within a blood vessel supplying blood to the brain. Accounts for 87% of all stroke cases.

**Hemorrhagic:** Occurs when a weakened blood vessels ruptures. Two types of weakened blood vessels usually cause stroke: aneurysm and arteriovenous malformations (AVMs). Common cause of hemorrhagic stroke is uncontrolled hypertension (high blood pressure).

**TIA:**
- Transient Ischemic Attack
- Caused by a temporary clot.
- Often called a “mini stroke.”

**B.E.-F.A.S.T.**, recognize the signs of a Stroke and know when to call 9-1-1

- **B** Balance -- Sudden loss of balance or coordination
- **E** Eyes -- Trouble seeing or sudden blurred or double vision
- **F** Face Drooping -- One side of the face droops or is numb
- **A** Arm Weakness -- One arm weakness or numbness
- **S** Speech Difficulty -- Slurred speech
- **T** Time to Call 9-1-1 -- Call 9-1-1 if these symptoms are observed

If you have had a stroke, you can prevent another one by continuing with preventive care, being aware of the signs of a stroke, and checking in with your provider annually.

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Sleep Apnea

"apnea" [ap-nee-uh]: Greek word meaning “want of breath”

6,000,000 Americans currently diagnosed with Sleep Apnea. Roughly 30,000,000 are estimated to be undiagnosed.

38,000 Deaths occur on an annual basis that relate to cardiovascular problems that are connected to sleep apnea. Risk for strokes are 4x higher and those untreated are 3x as likely to have heart disease.

Obstructive Sleep Apnea (OSA) is a sleep disorder in which breathing is briefly and repeatedly interrupted during sleep. The “apnea” in sleep apnea refers to a breathing pause that lasts at least ten seconds. Obstructive Sleep Apnea occurs when the muscles in the back of the throat fail to keep the airway open, despite efforts to breathe.

American Sleep Apnea Association’s Snore Score Quiz:

Your answers to this quiz will help you decide whether you may suffer from sleep apnea.

1: Are you a loud and/or regular snorer?
2: Have you ever been observed to gasp or stop breathing during sleep?
3: Do you feel tired or groggy upon awakening, or do you awaken with a headache?
4: Are you often tired or fatigued during waking hours?
5: Do you fall asleep sitting, reading, watching TV or driving?
6: Do you often have problems with memory or concentration?

Care

Living a healthy lifestyle can help prevent and manage mild sleep apnea.

Risk

Sleep apnea can increase your risk of:
- High Blood pressure
- Working/Driving Accidents
- Heart Attack
- Stroke
- Diabetes
- Heart Failure
- Complex syndrome: also called treatment-emergent sleep apnea, occurs when someone has both obstructive and central sleep apnea.

Types of Sleep Apnea

Obstructive: More common form, occurs when throat muscles relax.

Central: Occurs when the brain doesn’t send proper signals that control breathing.

Lack of awareness is a common cause for undiagnosed sleep apnea. Monitor loved ones and contact a medical professional if the signs and symptoms of sleep apnea are observed. Many people do not think of snoring as a sign of something serious, and not everyone who has sleep apnea will snore.

Snore Score Quiz Scoring:

If you have one or more of these symptoms, you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck and/or have high blood pressure the risk increases even further.

If you or someone close to you answers “yes” to any of these questions, you should discuss your symptoms with your physician or a sleep specialist. Or turn to the American Sleep Apnea Association for more information on the diagnosis and treatment of sleep apnea.

Diarrageent treatment options exist; the appropriate treatment choice for you depends upon the severity of your apnea and other aspects of the disorder. Talk to your doctor about choices. Untreated, obstructive sleep apnea can be extremely serious and cannot be ignored.


**Allergies and Asthma**

### FAQ’s

**Q: What are allergies?**

A: Allergies are an overreaction of the immune system to substances that generally do not affect other individuals. These substances, or allergens, can cause sneezing, runny nose & eyes, and itching.

**Q: What is asthma?**

A: Asthma is a chronic lung condition that inflames and narrows the airways. Asthma causes recurring periods of wheezing, chest tightness, shortness of breath and coughing.

**Q: How are they related?**

A: The same substances that trigger allergy symptoms, such as pollen, dust mites, and pet dander, may also cause asthma signs and symptoms.

### Stats

- More than **50,000,000** Americans experience various types of allergies each year.
- About **1 in 12 people** (about 25,000,000) have asthma.
- The rise in prevalence of allergic conditions has continued for **more than 50 years**.
- Annual cost of allergies exceeds **$18 billion**.
- Asthma costs are estimated to be around **$56 billion** per year.

### Resources

If you are affected by asthma or allergies, utilize allergy and air quality tracking resources to stay informed on daily conditions.

### Allergy treatment options

Include avoidance of allergens, medication options, and/or allergy shots (a treatment to train your immune system not to overreact).

### Asthma Action Plan Stages:

**Green Zone:**
- Doing well.
- No coughing, wheezing, chest tightness, or shortness of breath; can do all usual activities.
- Take prescribed longterm control medication such as inhaled corticosteroids.

**Yellow Zone:**
- Getting Worse.
- Coughing, wheezing, chest tightness or shortness of breath; waking at night; can do some but not all of usual activities.
- Add quick-relief medicine.

**Red Zone:**
- Medical Attention needed.
- Very short of breath; quick-relief medicines don’t help; cannot do usual activities; if symptoms are not improving after 24 hours in Yellow zone, seek medical help.

**Take charge! Get symptoms under control:**

Know what triggers your allergy and asthma symptoms and learn how to limit your exposure to them. Work with your doctor to find the best treatment to manage your symptoms. Know that allergy and asthma symptoms can change over time and you may need to adjust your treatment plan accordingly. Learn the signs that your asthma may be flaring up — and know what to do when it does.

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Dental Hygiene

The Statistics

- By age 34, more than 80% of people have had at least one cavity.
- The US spends more than $113 billion per year on costs related to dental care.
- One in four people have untreated tooth decay.
- Oral health has been linked with other chronic conditions like diabetes and heart disease.
- More than 40% of adults have felt pain in their mouth at sometime in the last 12 months.

Fluoridated Water

Community water fluoridation began in 1945 as a way to prevent tooth decay. Though studies have shown its effectiveness, some in the dental community note that it is difficult to control dose due to variability in the quantity of water consumed and argue that dental decay is multicasual.

Despite concerns, the U.S. Surgeon General has expressed the view that community water fluoridation is an important component for the development of a culture of disease prevention and for helping to ensure health equity for all. Annual return on investment for fluoridated communities is between $5 and $32 per person.

Home Oral Care Recommendations

- **#1 Brush**: Brush your teeth twice a day with a fluoride toothpaste for two minutes per whole mouth or 30 sec. per quadrant.
  - At an increased risk for gum disease or cavities, consider using a mouth rinse.
- **#2 Clean Between Teeth**: Clean between your teeth daily.
  - Use dental floss, interdental brushes, or oral irrigators for interdental cleaning.
  - Consistency is important when deciding on dental care products & processes.
- **#3 Nutrition**: Prolonged exposure to sugars on the teeth can lead to bacteria causing plaque, contributing to demineralization.
  - Foods rich in minerals such as calcium may lead to remineralization.
- **#4 Lifestyle**: Using tobacco products can have adverse effects on gum health, erosion, and enamel discoloration.
  - Maintaining control of chronic conditions such as diabetes can help prevent gum disease.

Visit your dentist regularly for preventative care.

See your dentist regularly for prevention and treatment of oral disease. Dental care includes action to treat complications, reduce disease risk, and provide information about lifestyle behaviors and / or services that can aid in overall oral health.

Support SLCC's Dental Hygiene Students by scheduling an appointment with our Dental Hygiene clinic.

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