Strokes happen, so BE FAST. A stroke is a disease that affects the arteries leading to and within the brain. It 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 cannot get the blood (and oxygen) it needs, so it and brain cells die. This is different than an aneurysm, which is caused by a weakness in a blood vessel that begins ballooning.

Some statistics on stroke here in the United States.

5th leading cause of death.
75% of strokes occur over the age of 65. Risk of stroke doubles every decade after age 55.
Every 40 seconds, someone in the United States has a stroke.
30% decline in stroke death rates from 1995-2005.
80% of strokes are preventable. Prevention best practices include: controlling your blood pressure, quitting smoking, getting more active and eating nutritiously that is similar to the DASH style of eating. High blood pressure is the number one risk factor for strokes so be sure to get an annual check up to know your numbers and be in control. Remember to also smoke less or better yet quit, since it is one of the leading risk factors for strokes next to high blood pressure. Quitting can greatly decrease your chances of developing a stroke. Moving is also an important part of living an active lifestyle and it can actually control your blood pressure and cholesterol, decreasing them in a healthy way. Aim for 30 minutes per day but this can even be broken down into 10 minute increments without the loss of benefits. Lastly, following the DASH approach which means making sure to eat more fruits, vegetables and whole grains. Keep your daily sodium intake below 2300 milligrams and limit the amount of alcohol you drink. This is the nutritional approach to modify hypertension and stroke risks.

There are three different types of strokes. The first one is called an ischemic stroke which occurs as a result of an obstruction within a blood vessel supplying blood to the brain. It accounts for 87 percent of all stroke cases. The second type is a hemorrhagic stroke which occurs when a weakened blood vessel ruptures. Two types of weakened blood vessels usually cause hemorrhagic stroke: aneurysms and arteriovenous malformations (AVMs). But the most common cause of hemorrhagic stroke is uncontrolled hypertension (high blood pressure). Lastly, a TIA or transient ischemic attack occurs due to a temporary clot. Often called a mini stroke, these warning strokes should be taken very seriously.
To recognize signs and symptoms of a stroke, the acronym BE-FAST was developed. Here is what each letter in BE FAST starts for.

B stands for balance. Is there sudden loss of balance or coordination?

E stands for eyes. Is the person suddenly having trouble seeing? Sudden blurred or double vision?

F stands for face drooping. Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

A stands for arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S stands for speech difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the person able to correctly repeat the words?

T means it's Time to Call 9-1-1. If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, "I think this is a stroke" to help get the person to the hospital immediately. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know.

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.
Apnea is the Greek word meaning want of breath. 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. Six million Americans currently diagnosed with Sleep Apnea. Roughly thirty million are estimated to be undiagnosed. Risk for strokes are four times higher and those untreated are three times as likely to have heart disease.

It is important to recognize the signs of sleep apnea. Sleep apnea can leave you feeling tired and sluggish when you wake up in the morning, even after a full night's rest. Choking or gasping sounds during sleep that is paired with snoring. This is a strong indicator of sleep apnea. Loud and frequent snoring is one of the most common symptoms of sleep apnea. Somethings that you can do to better manage sleep apnea or prevent it all together is living a healthy lifestyle. Getting 30 minutes of activity per day, eating nutritious foods, developing good sleeping habits and stop smoking are some great ways to do that. Limit the alcohol intake and smoking can help.

A person with sleep apnea stops breathing repeatedly during sleep, sometimes hundreds of times and often for a minute or longer. Men are at a greater risk for sleep apnea than women and even children can be affected by sleep apnea. There are three different types of sleep apnea. The first and most common type of obstructive sleep apnea, which occurs when throat muscles relax and cover our windpipe. Central sleep apnea is another form that occurs when the brain doesn’t send proper signals that control breathing. The last for is called complex syndrome or also called treatment emergent sleep apnea. This form occurs when someone has both obstructive and central sleep apnea. All forms of sleep apnea can be damaging to our health and should be treated.

To do a self check to see if you are suffering from sleep apnea, answer the following questions from the American Sleep Apnea Association’s Snore Score Quiz. Your answers to this quiz will help you decide whether you may suer 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?

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. Different 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.

Sleep apnea can increase your risk of:

High blood pressure
Heart attacks
Stroke
Diabetes
Heart Failure
Working/Driving Accidents

Remember to take action. Lack of awareness by the public and health care professionals leads to the vast majority of individuals remaining undiagnosed. Be aware, consult a medical professional if you recognize that you or your significant other are experiencing the signs of sleep apnea. Many people don't think of snoring as a sign of something serious, and not everyone who has sleep apnea snores.
Frequently Asked Questions:

Question: What are allergies?

Answer: 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 and eyes, and itching.

Question: What is asthma?

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

Question: How are they related?

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

Statistics:

- More than 50 million Americans experience various types of allergies each year.
- About 1 in 12 people, about 25 million, 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 the daily conditions. You can check the daily severity of items such as tree pollen, grass pollen, ragweed pollen, general breathing conditions, and outdoor mold spore levels.

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 cough, wheeze, chest tightness, or shortness of breath. Can do all usual activities. Take prescribed long-term control medicine such as inhaled corticosteroids.

Yellow Zone: Getting worse. Cough, wheeze, chest tightness, or shortness of breath. Waking at night. Can do some, but not all, usual activities. Add quick-relief medicine.


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.
Salt Lake Community College
Employee Wellness Benefit
Fact Sheet: 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 a 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 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 thirty seconds per quadrant. At an increased risk for cavities or gum disease, 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 and 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 to 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.