

Preventing a stroke

- Don't smoke
- Treat diabetes
- Eat a healthy diet
- Be physically active
- Maintain a healthy weight
- Control high blood pressure
- Get regular medical checkups

Detection - watch for sudden:

- numbness or weakness in the face, arm, leg - especially on one side of the body
- confusion or trouble speaking or understanding
- trouble seeing in one or both eyes
- trouble walking, dizziness, loss of balance or coordination
- severe headache with no known cause

Survival tips

If you suspect someone has suffered a stroke, ask them to do these simple things:

- S** - Smile (using both sides of the mouth).
- T** - Stick their tongue out straight, (not to one side or the other).
- A** - Say the ABCs.
- R** - Raise both arms.

If they are unable to do any of these, call 9-1-1 immediately!



Receiving treatment within three hours of a stroke can significantly reduce the debilitating effects of stroke and minimize permanent disability.

Stroke Support Group

KEEPING HOPE ALIVE!



OFFERING HOPE TO:

- ~ Stroke survivors
- ~ Families
- ~ Caregivers

Brought to you by the Social Services Department at
Mile Bluff Medical Center



1050 Division Street • Mauston
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www.milebluff.com

Why a support group?

When an individual experiences a stroke, it affects the entire family. The suddenness of the stroke and the abrupt changes it brings can be cause for great stress in a family.

A stroke support group provides an opportunity for survivors, their family members and caregivers to exchange information and talk with others who are experiencing similar challenges and emotions.

Participants meet in a safe environment and receive the much-needed education and emotional support they can't receive anywhere else.

About Mile Bluff's group

The stroke support group at Mile Bluff has been meeting since April, 2002. Participants have laughed and cried together, mourned over loss, and celebrated new accomplishments.

Each meeting begins with a short presentation followed by open discussion and refreshments.

Mile Bluff's stroke support group meets on the second floor of Hess Memorial hospital the third Tuesday of most months at 1:30 p.m. For exact meeting days and topics, contact group facilitator and fellow stroke survivor Denny Mayer at 608-565-2209, or Mile Bluff social worker Judy Bessac at 608-847-6161 x770.

Topics of discussion

The stroke support group gets into a variety of meaningful topics.

Some that either have been, or will be covered in the meetings are as follows.

- Medication issues
- Medicare prescription drug plans
- Exercise possibilities
- Adaptive equipment
- Speech therapy options
- Financial issues
- Power of attorney (advanced directives)
- Easing back into society
- Relaxation techniques
- Strokes and depression
- Community resources
- More!



YOU ARE NOT ALONE!
Let Mile Bluff's stroke support group help keep the hope alive!

***Call 608-565-2209
or
608-847-6161 x770***