



FOR IMMEDIATE RELEASE: JANUARY 28, 2011

CONTACT: Heather Henning, RN, 203-452-5195

**February is National Heart Month
Celebrate with Free Stroke Assessment and Blood Pressure Screenings at TMHD**

In observance of National Heart Month, the Trumbull Monroe Health District (TMHD) is offering **free** stroke assessment and blood pressure screenings on Wednesday, February 16, 2011 from 9:00 – 11:00 a.m., at TMHD, 2 Corporate Drive, Suite 116, Trumbull. Individual counseling and educational materials will be available. Appointments are required. Call TMHD at 203-452-5195 to schedule an appointment or for more information.

Stroke is a type of cardiovascular disease. It 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. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

According to the American Stroke Association, an estimated 795,000 Americans each year suffer from a new or recurrent stroke. Stroke kills more than 137,000 people a year. It is the third leading cause of death in the United States, behind heart disease and cancer.

Many people do not know that they are at risk for a stroke. TMHD encourages you to learn the warning signs.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding

- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Come learn if you are at risk of a stroke, what you can do to help prevent a stroke and what the signs are that should move you to call 9-1-1 immediately! TMHD encourages you to call 203-452-5195 today to schedule your appointment.

###

The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 203-452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit our website at www.tmhd.org.