

NEWS RELEASE

For Immediate Release:
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Governor Jack Dalrymple Proclaims May as Stroke Awareness Month

Bismarck, N.D. - Gov. Jack Dalrymple has officially proclaimed May 2016 as American Stroke Awareness Month in North Dakota. In recognition of this important observance, the North Dakota Department of Health (NDDoH) is working to raise awareness about the importance of stroke prevention, early recognition of signs and symptoms of stroke, and the need to act fast by dialing 9-1-1 at the first sign of stroke.

“It is important to learn how to recognize a stroke and urgently call 9-1-1. Immediate treatment may help minimize stroke damage and improve recovery outcomes for the patient,” said Shila Thorson, State Stroke and Cardiac System Coordinator with the Division of Emergency Medical Systems. “Anyone can have a stroke and everyone should be ready. A bystander is typically the first to notice a stroke.”

Stroke is currently the sixth leading cause of death in North Dakota and the leading cause of admissions to long term care in our State. Studies have shown that 80 percent of strokes are preventable. High blood pressure is the single most important risk factor for stroke. The NDDoH encourages the public to know their blood pressure and have it checked during the month of May.

As North Dakota prepares to recognize American Stroke Month during May, the public is urged to learn the signs of stroke. It’s simple, think FAST: **F**acial drooping, **A**rm weakness, or **S**peech difficulty, and **T**ime to dial 9-1-1 if you notice any of these symptoms.

For more information, contact Shila Thorson, North Dakota Department of Health, at 701.328.4569

PROCLAMATION

STROKE AWARENESS MONTH

MAY 2016

WHEREAS, stroke is the fifth leading cause of death in the United States, and the sixth leading cause of death in North Dakota; and

WHEREAS, stroke is the leading cause of admissions into long term care in North Dakota; and

WHEREAS, 80 percent of strokes are preventable; and

WHEREAS, a study by the American Stroke Association suggests that quick and efficient actions by Emergency Medical Services professionals are instrumental in saving lives from stroke and producing better outcomes for stroke survivors, however, more than one third of stroke patients fail to utilize Emergency Medical Services; and

WHEREAS, new and effective treatments have been developed to treat and minimize the severity and damaging effects of strokes but more research is needed; and

WHEREAS, North Dakotans are encouraged to target the leading risk factor for stroke, high blood pressure, by having their blood pressure checked and seeing their health care provider regularly.

NOW THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim May 2016, STROKE AWARENESS MONTH in the state of North Dakota.

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