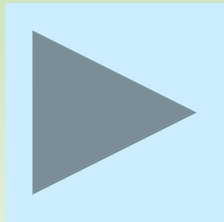
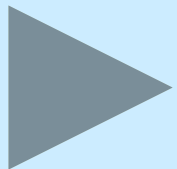
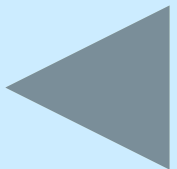


My Health Stories

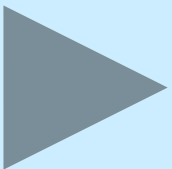
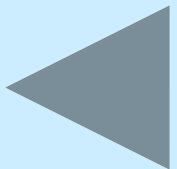
Stroke





I was worried.

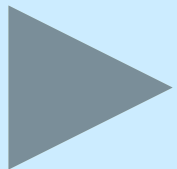
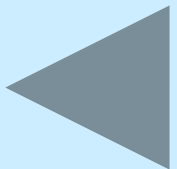
I am so happy to see you!



What happened?



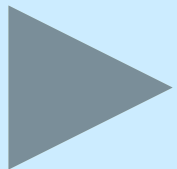
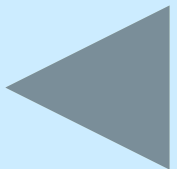
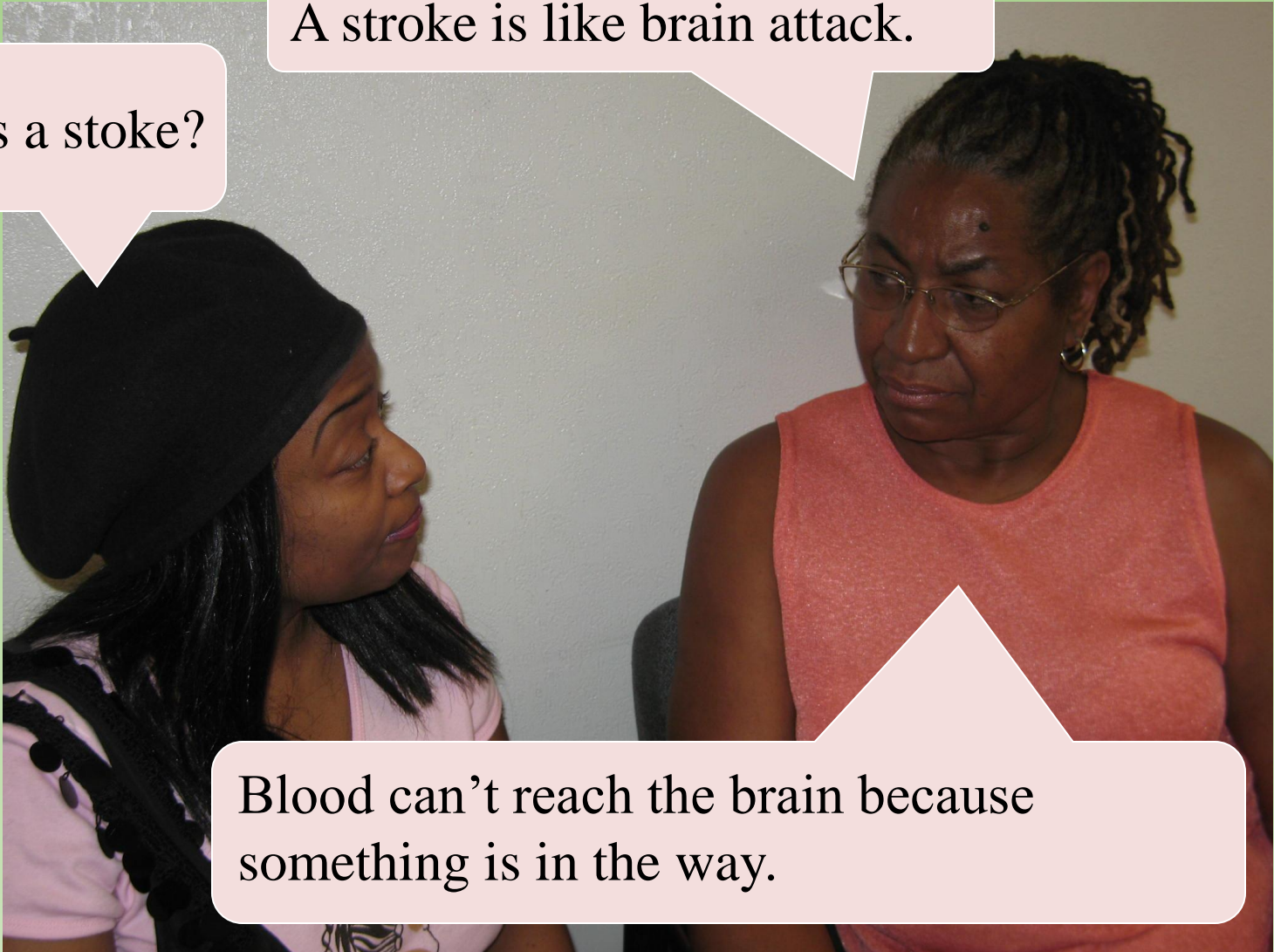
Your father had a stroke.
We went to the hospital quickly.



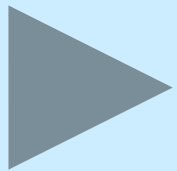
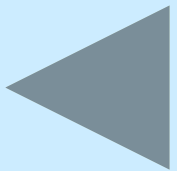
A stroke is like brain attack.

What is a stroke?

Blood can't reach the brain because something is in the way.



Without blood, the brain can't get oxygen. Brain cells begin to die.



Is a stroke common?

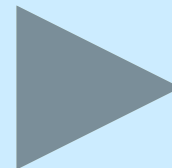
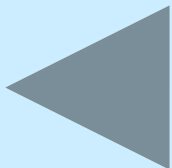


Yes. It is the third leading cause of death .

Strokes can lead to long-term problems

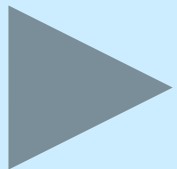
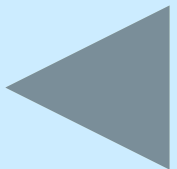



People then have to long-term problems.





More men have them.






What about women?

The image shows two Black women sitting together and looking at a magazine. The woman on the left is wearing a black beanie and a pink t-shirt, with her hand near her face in a thoughtful or concerned expression. The woman on the right is wearing glasses and a pink top, with her hair in dreadlocks. They are both looking down at a magazine that has a red cover with some text and images. The background is a plain wall and a tiled floor.

Today, more women die of strokes because they weigh more. There are more strokes in women ages forty and over.

A photograph of two women sitting and talking. The woman on the left is wearing a black beret and a pink shirt with a black lace collar. The woman on the right is wearing a pink sleeveless top and glasses. They are both looking at each other. The background is a plain wall.

Who else has to be careful?

Men who are older than 55,



Asians..



Hispanics

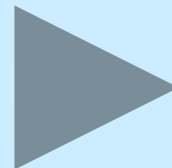
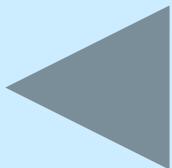


And African Americans must be careful

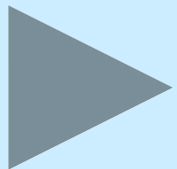
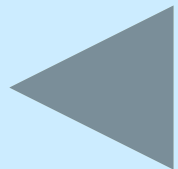


Can we get them
because of our
parents?

If someone in your
family has had a stroke,
you may have one.



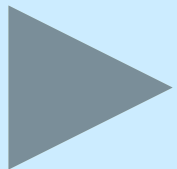
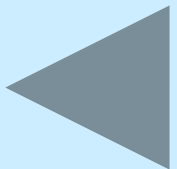
High blood pressure,
high cholesterol,
diabetes, or being
overweight can
cause a stroke too.



What else? I want to avoid them!

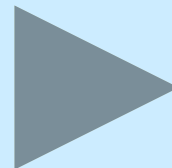
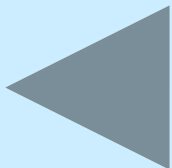


Drinking and smoking!





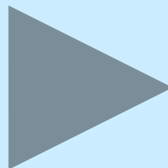
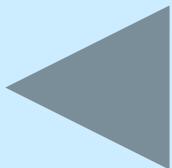
I'm happy I don't
drink or smoke.





Mom, how did
you know dad
was having a
stroke?

Let me
tell you, what
happened.....





Do you have a lot of work to do today?

No, we did most of the work yesterday.



Tom, you don't look well, what's wrong?

My head hurts but I don't know why, and I can't see well.



I remembered to
act FAST – Face, Arms, Speech and Time.



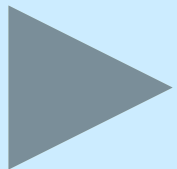
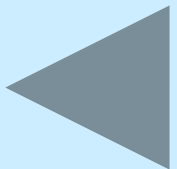
Let me see your face.
Tom, smile.
Oh, you can't.!

Let me see your arms.
Tom, raise your arms.
You can't.

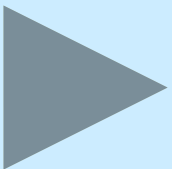
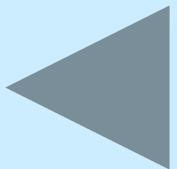


Let me hear your speech.
Tom, say your ABC's!

Oh dear, you cant do it!



Then I called
911 fast!



A photograph of two women sitting and talking. The woman on the left is wearing a black beret and a light pink shirt with a black lace collar. The woman on the right is wearing a pink sleeveless top and glasses. Three speech bubbles are overlaid on the image, containing text about the FAST method. The background is a plain, light-colored wall.

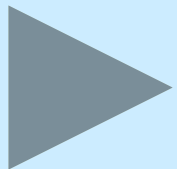
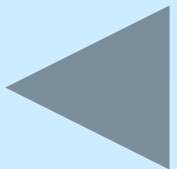
Do you see how FAST works?

Yes, F is for face.
You asked him to
smile.

A is for Arms.
You asked him to
raise his arms.

S is for Speech. You asked him to say the
ABC's

T is for time.
You called 911,
fast!





Your husband is
fine.

Thank you so
much doctor!
We are so happy
Tom is better!

Produced by Howard University Photonovela Project

- Silvia Martinez, Ed. D., CCC-S
 - Principal Investigator
- Nyla Funderburk
 - Research Assistant

