

# HEALTHY *Happenings*



## Prayers answered

Mountain Spine Care  
Changes Lives



New Support  
Group Helps  
Stroke Survivors

Diabetes Class Focuses  
on Healthy Lifestyle

**7** ways to  
save your  
own life

**HAYWOOD**  
REGIONAL MEDICAL CENTER

A Duke LifePoint Hospital



# New Stroke Support Group For Survivors & Caregivers

Stroke is the #1 cause of disability and the #5 cause of death in the US. In recognition of Stroke Awareness Month in May, Haywood Regional Medical Center & Haywood County Health & Human Services are joining to offer a stroke support group for survivors and caregivers.

## Speakers will cover topics such as:

- Nutrition for stroke survivors
- Physical therapy
- Occupational therapy
- Anti-coagulation therapy
- Speech therapy
- Stroke survivor stories
- Elder law

## For more information, contact:

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Public Health Services Director  
Haywood County Health  
Department  
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Cindy Hammett  
Rehab /Haywood  
Regional Health and  
Fitness Center Haywood  
Regional Medical Center  
**828.452.8018**

Starting,  
**Tuesday, May 16th**

3rd Tuesday of every month 11:00 am  
Haywood County Health & Human  
Services, Rm 301  
157 Paragon Parkway Clyde, NC 28721  
Next to Tractor Supply



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注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-828-456-7311。

## Stroke Support Group

- Starts May 16
- Meets monthly on the third Tuesday 11 am – 12 pm
- Location: Haywood County Health Department training room
- Light refreshments provided
- 828.356.2244

## May is Stroke Month

- Every 40 seconds someone in the U.S. has a stroke
- Nearly two million brain cells die each minute a stroke goes untreated
- Stroke is the leading cause of long-term disability

Learn more at [strokeassociation.org](http://strokeassociation.org)

stroke. Ischemic strokes account for the majority of all strokes and occur when a clot blocks a vessel supplying blood to the brain. Emergency room staff delivered a tissue plasminogen activator medication, which dissolves blood clots. Many people miss this key brain-saving treatment because they don't arrive at the hospital within hours, which is why it's so important to identify a stroke and seek treatment immediately for the best recovery. Johnson's stroke recovery began days later with rehabilitation program.

Speech language pathologists, physical therapists, and occupational therapists take a patient-centered approach to individualized treatment to minimize the damage of stroke.

Rehabilitation may include:

- Self-care skills such as feeding, grooming, bathing, toileting and dressing.
- Mobility skills such as transferring, walking or self-propelling a wheelchair.
- Communication skills in speech and language.
- Cognitive skills such as memory or problem solving.
- Social skills for interacting with other people.

Rehabilitation doesn't reverse the effects of a stroke. The goal is to build strength, capability, and confidence to continue daily activities despite the effects of stroke.

Within months of his successful rehabilitation, Johnson resumed his lifelong passion of running. He also joined a stroke survivor group for the social support and connection with others who have had a stroke and access to additional resources. "It is a challenge for every survivor and caregiver. We all need some help to improve our health and stretch our limits after a stroke," he says. "Now, I'd like to do the same in our community." In his role as public health services director for the Haywood County Health & Human Services Agency, he will be launching a new stroke recovery support group for fellow survivors and caregivers in collaboration with the rehab team at Haywood Regional Medical Center.

"As a stroke survivor and a public health professional, I talk about stroke whenever the opportunity presents because awareness saves lives," he says. "I can't say I love my stroke residual, but I take every opportunity to speak about it."

**walk** WITH a  
**DOC**  
educate. exercise. empower.



## Join Us Saturdays at 10am

Lake Junaluska Kern Center  
and Canton Rec Park

*Location Varies*

Walk with a Doc is a unique, physician-led walking program focused on encouraging physical activity among patients. Each walk is hosted by a physician speaking about a health topic of interest.



Every walk is FREE and pre-registration is not required.

For more information, walk locations, and schedule visit:

[MyHaywoodRegional.com/walkwithadoc](http://MyHaywoodRegional.com/walkwithadoc)

or like us on Facebook at

[facebook.com/walkwithadochaywood](https://facebook.com/walkwithadochaywood)

# A Stroke Can Strike Anyone



It can happen to anyone. Patrick Johnson's experience illustrates that anyone at any age can have a stroke, and that quick treatment prevents further damage. As a Colonel in the Air Force Reserve, Johnson had just received an excellent score on the fitness exam, yet three days later, he suffered a stroke. Johnson's wife, Kathie, who is a nurse, called 911 immediately.

He arrived at the emergency room with complete left-sided paralysis, facial droop, and slurred speech due to an ischemic

## Signs of a Stroke

**F.A.S.T.** is the best way to remember the signs of a stroke!

**F** - FACE DROOPING

**A** - ARM WEAKNESS

**S** - SPEECH DIFFICULTY

**T** - TIME TO CALL 911

A Heart Attack Occurs  
Every **43** Seconds

**GOOD THING WE'RE CLOSE.**



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