May is National Stroke Awareness Month
“BE FAST” in recognizing signs, symptoms of stroke

Green Bay – Stroke, a disease that affects arteries leading to and within the brain, is the fifth-leading cause of death and a leading cause of disability in the United States, according to the American Stroke Association. A stroke can happen to anyone at any age – men and women of all ages and races.

In 2018, HSHS St. Vincent and St. Mary’s hospitals in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; and HSHS St. Clare Memorial Hospital in Oconto Falls cared for a combined total of nearly 500 people admitted to the hospitals for stroke. HSHS stroke experts encourage everyone to become familiar with the signs and symptoms of the disease, as early recognition and treatment are crucial to preventing disability and death.

Signs and symptoms of stroke can include: sudden numbness or weakness, especially on one side of the body; sudden confusion, trouble speaking or understanding speech; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness or loss of balance; and sudden severe headache without a known reason. An easier way to remember stroke signs and symptoms is to think of the phrase/acronym, BE FAST:

B – Balance difficulty
E – Eye changes
F – Face drooping
A – Arm weakness
S – Speech slurred
T – Time to call 911

There are numerous risk factors for stroke including age, genetics, gender and race, which cannot be controlled. However, there are several factors that increase the risk the stroke and can be controlled, including: Smoking, high blood pressure, alcohol consumption and illegal drug use, stress, diabetes, obesity, inactivity, unhealthy diet and abnormal cholesterol.

About HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center
HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary’s location on Green Bay’s west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women’s services, emergency and trauma care, preventive care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates
of Hospital Sisters Health System, the hospitals primary purpose is to continue Christ’s healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.

**About HSHS St. Nicholas Hospital**

HSHS St. Nicholas Hospital has been delivering high quality health care to Sheboygan and its surrounding communities since 1890. HSHS St. Nicholas Hospital provides a comprehensive range of services that include cancer care, women’s services, 24-hour emergency care, digestive health, orthopedics, cardiac, home health and hospice care. The hospital’s primary purpose is to continue Christ’s healing love through the delivery of high quality and compassionate health care in an environment sensitive to the needs of all people. HSHS St. Nicholas Hospital is accredited by the Joint Commission of Accreditation of Healthcare Organizations. An affiliate of Hospital Sisters Health System, we draw on the history of St. Francis of Assisi as we move to continue serving the health care needs of our area in Christ’s healing ministry, caring for all people. To learn more, visit [www.stnicholashospital.org](http://www.stnicholashospital.org).

**About HSHS St. Clare Memorial Hospital**

HSHS St. Clare Memorial Hospital serves Oconto Falls and the surrounding communities as a federally-designated critical access hospital with a 24-hour emergency department, urgent care, general, vascular and orthopedic surgical services, inpatient and outpatient surgical and diagnostic services, rehabilitation, oncology outpatient clinic and women’s care. HSHS St. Clare Memorial Hospital, in affiliation with Prevea Health, has six regional health center locations in Gillett, Lena, Mountain, Oconto, Oconto Falls and Suring. HSHS St. Clare Memorial Hospital Pharmacies are located in Gillett and Oconto Falls. Founded in 1921 as Community Memorial Hospital, in 2014, HSHS St. Clare Memorial Hospital became the fourteenth hospital in Hospital Sisters Health System. As an affiliate of Hospital Sisters Health System, we draw on the history of St. Francis of Assisi as we move to continue serving the health care needs of our area in Christ’s healing ministry, caring for all people. For more information about St. Clare, visit [www.stclarememorial.org](http://www.stclarememorial.org).

**About Hospital Sisters Health System**

Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit [www.hshs.org](http://www.hshs.org). For more information about Hospital Sisters of St. Francis, visit [www.hospitalsisters.org](http://www.hospitalsisters.org).