



FOR IMMEDIATE RELEASE

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Oklahoma HMO provides stroke awareness information

Stroke is the leading cause of adult disability in the U.S.

OKLAHOMA – The Centers for Disease Control and Prevention (CDC) estimates that 795,000 Americans will experience a stroke this year. This makes stroke the fifth leading cause of death in the United States. GlobalHealth, an Oklahoma-based health insurance provider, is sharing information to educate Oklahomans on the symptoms of stroke. GlobalHealth encourages Oklahomans to change risk factors in their lives.

“About every 40 seconds, someone in the U.S. has a stroke,” said Dr. Wesley Williams, medical director at GlobalHealth. “Up to 80% of strokes are preventable. It is important to make healthy choices and control any health conditions you may have to help combat potential stroke risk factors.”

GlobalHealth is providing information to help raise awareness of stroke:

What is stroke? The National Stroke Association says stroke is a “brain attack” that occurs when blood flow to an area of the brain is cut off. Brain cells then lack oxygen causing abilities such as memory and muscle control to become lost.

What are the symptoms of stroke? Symptoms include numbness or weakness in the face, arms or legs and often on one side of the body. Trouble speaking or difficulty understanding speech are warning signs. Also, trouble seeing, trouble walking, dizziness and sudden severe headaches with no known cause are other signs. Knowing what to watch for can allow you to take quick action to lessen brain damage.

What are some ways to prevent stroke? The CDC says that keeping a healthy diet and weight, regular physical activity and limited alcohol use can lessen the risk of stroke. Oklahomans with heart disease, high cholesterol, high blood pressure or diabetes should take steps to lower their risk for stroke. It is important to check cholesterol levels every five years. It is also important to control high blood pressure, diabetes and take medicine as instructed. Making healthy lifestyle

choices and working with your primary care physician to manage health conditions can help you prevent stroke.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees, and individuals who are eligible for Medicare. To learn more, visit www.GlobalHealth.com.

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