



**FOR IMMEDIATE RELEASE**

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## **Oklahoma-based HMO releases educational and prevention information during National Stroke Awareness Month**

**OKLAHOMA** – May is National Stroke Awareness Month, and GlobalHealth, an Oklahoma based insurance provider, has released a simple-to-follow list of preventative tips, as well as common warning signs for identifying stroke and its accompanying risk factors.

A stroke occurs when there is blockage of the blood supply to part of the brain, or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. Strokes can cause lasting brain damage, long-term disability, and even death. According to the Centers for Disease Control and Prevention (CDC), a stroke is the fifth-leading cause of death in the United States, and a major cause of serious disability for adults.

“Arming Oklahomans with knowledge and preventative measures during National Stroke Awareness Month is not meant to alarm, but rather inform,” said Dr. Wesley Williams, medical director at GlobalHealth. “It’s important to know the signs of stroke, and it’s just as important to understand that it is preventable and treatable.”

**Focus on prevention.** When it comes to stroke, the CDC stresses prevention. For example, cigarette smoking greatly increases your chances of having a stroke. If you don’t smoke, don’t start. If you do smoke, quitting will lower your risk for stroke. Your primary care physician can suggest ways to help you quit. Also avoid drinking too much alcohol, as it can raise your blood pressure. Men should have no more than two drinks per day, and women only one.

**Choose a healthy lifestyle.** Some additional lifestyle changes that can help prevent stroke include choosing healthy meal and snack options. Be sure to eat plenty of fresh fruits and vegetables. Also, physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends two and a half hours of moderate-intensity aerobic physical activity, such as a brisk walk, each week.

**Know the signs of stroke.** Knowing how to identify the signs of stroke is key, and always call 9-1-1 if you think someone might be having a stroke. The faster the treatment, the better the outcome. The signs of stroke in men and women, include:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination
- Sudden severe headache with no known cause
- Call 9-1-1 right away if you or someone else has any of these symptoms

### **About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma by providing genuine care and optimal health for the members it serves. As an industry leader, GlobalHealth is an Oklahoma-based health insurance provider 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 individuals who are eligible for Medicare, state, education and municipal employees and federal employees. To learn more, visit [www.GlobalHealth.com](http://www.GlobalHealth.com).

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