This Stroke Detective book belongs to:
Read and complete this activity and coloring book to become a Stroke Detective. By becoming a Stroke Detective, you will have the knowledge to detect if someone is having a stroke and know how to help them. You will be able to share the signs and symptoms of strokes with your friends and family and teach them ways to help prevent strokes from happening.
A stroke occurs when there is a lack of blood flow to the brain caused by a block or break of a blood vessel. A stroke is a BRAIN ATTACK and is an emergency, like just a heart attack is an emergency. It can be PREVENTED, and if it’s caught in time, a stroke can be TREATED.
A stroke is a BRAIN ATTACK

A stroke happens in the BRAIN, not in the heart.
Anyone can have a stroke, but there are certain risk factors that make someone more likely to have a stroke. There are controllable risk factors (things we can change) and uncontrollable risk factors (things we can't change).

**Controllable Risk Factors:**
- High blood pressure
- Atrial Fibrillation
- High Cholesterol
- Diabetes
- Atherosclerosis
- Circulation problems
- Smoking
- Alcohol
- Physical inactivity
- Obesity

**Uncontrollable Risk Factors:**
- Age
- Gender
- Race
- Family history
- Previous stroke

Strokes can happen to people of all ages. Staying active and eating healthy can help you reduce your risk for a stroke.
Different people can have different symptoms or feelings when they have a stroke. Below are the most common ones. Be sure that you can recognize the signs of a stroke. The key to detecting a stroke is recognizing the **SUDDEN** onset of these symptoms. Be sure that your friends and family know the signs of a stroke too!

**Activity:** Tell at least 5 people the signs and symptoms of a stroke.
What if I "detect" a stroke? Think FAST

**Face**
Does the person's face droop when they smile?

**Arm**
Can the person raise both arms at the same time?

**Speech**
Does the person have trouble speaking?

**Time**
Time to get to the phone and call 911!

Pictures courtesy of the New York State Department of Health.
Stroke Scramble

Activity: find all the words in the Stroke Scramble. Think about how they relate to having a stroke or stroke prevention.

AMBULANCE  EXERCISE  SPEECH
ARM  FACE  STROKE
BRAIN  FRUIT  TIME
EMERGENCY  HOSPITAL  VEGETABLE
What happens when you call 911?

When you call 911 for help, an ambulance will come and take the person to the hospital.
At hospitals like Hershey Medical Center, the doctors try to keep the stroke from causing more problems. They may be able to give medicines or do surgeries to remove the blockages. The doctors, nurses, and therapists will work together to help make the person strong and healthy again.
What can adults do to prevent strokes?

- Eat healthy foods
- Control blood pressure
- Don't smoke, or quit smoking if they already do
- Have regular checkups
What can kids do to prevent strokes?

1. Eat healthy foods
2. Exercise
3. Don't smoke
You should eat **THREE BALANCED MEALS** each day with **HEALTHY SNACKS** in between. A healthy meal has foods from each of the sections of the MyPlate. You should eat foods like colorful veggies, fresh fruit, lean meats and whole grains. Don’t forget to drink milk with your meals, and include dairy like cheese and yogurt. Avoid greasy or salty snacks, and stay away from too many sweet desserts—eat very small portions of these foods if you have any!
Activity: Design a healthy meal by choosing one food item from each category. Draw the food on MyPlate. Remember portion sizes—fruits and vegetables should take up half of your plate!
You should exercise for at least **60 MINUTES EVERY DAY**. That sounds like a lot, but you can exercise while you're playing! Try sports practices, playing at the park, riding bike, dancing or any other activity that gets you up and moving!
Smoking cigarettes is a **BAD HABIT** which may cause illness in almost **EVERY** part of the body! Don’t ever start smoking, and if you have a family member that smokes, ask them to stop.

**Activity:** Design your own NO SMOKING sign in the box below.
1. Does a stroke hurt your brain or your heart?

________________________________________________________________________

2. Name 3 ways kids can stay healthy?

________________________________________________________________________

3. How much exercise do I need every day?
   - 60 minutes
   - 30 minutes
   - None
   - 15 minutes

4. What should you do if you think someone is having a stroke?

________________________________________________________________________

5. Smoking is good for you.
   - True
   - False
Stroke Detective Pledge

We are stroke detectives. We’re healthy every day. We eat our fruits and veggies. We run and jump and play! We are stroke detectives– teaching what we learned is key. We help our friends and families stay healthy and stroke-free!

Act F.A.S.T. if you “detect” a stroke, and get emergency help – call 911!

Great Job!

You are officially a “Stroke Detective”. Share this book to help your friends and family become stroke detectives too!
For more information on stroke prevention, please contact Kathy Morrison, Stroke Program Manager at 717-531-1104.