

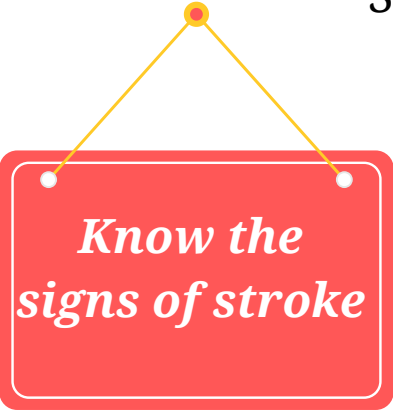


# CHATTING ABOUT HEALTH

## STROKE AWARENESS MONTH

### May is National Stroke Awareness Month.

Stroke is a leading cause of death in the United States.  
Stroke is preventable and treatable.



*Know the  
signs of stroke*

- 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.

### Some common medical conditions can increase your chances of having a stroke.

- Previous stroke or TIA
- High blood pressure
- High cholesterol
- Coronary artery disease or atrial fibrillation
- Diabetes
- Obesity
- Sickle cell disease



### Certain behaviors can increase your risk of stroke.

- Diet high in fat and cholesterol
- Not getting enough physical activity
- Drinking too much alcohol
- Tobacco Use

***Call 9-1-1  
immediately  
if you think  
someone  
might be  
having a stroke***



Learn more about  
stroke from CDC:



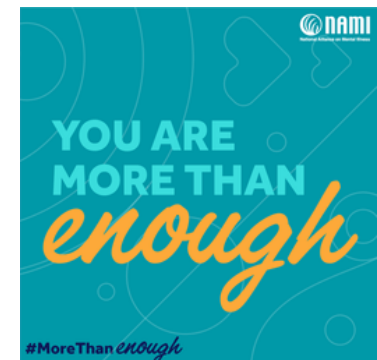
<https://www.cdc.gov/stroke/index.htm>

# MENTAL HEALTH AWARENESS MONTH

Since 1949, Mental Health Awareness Month has been observed to raise awareness, fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.



- Millions of people in the U.S. are affected by mental illness every year.
- A mental illness is a condition that affects a person's thinking, feeling or mood.
- These conditions can impact day-to-day living and can affect the ability to relate to others.
- Early identification of signs of a possible mental health condition can help lead to the best outcomes.
- Getting a diagnosis is an important first step in identifying the best treatment approach - therapy, medication, self care, etc



Learn more from



National Alliance on Mental Illness

[www.nami.org/About-Mental-Illness](http://www.nami.org/About-Mental-Illness)

## COVID-19 VACCINES AND BOOSTERS

CDC recommends that everyone stay up to date with COVID-19 vaccines, including a bivalent booster dose.

Certain people may be eligible for a second booster.

Visit CDC to learn more about vaccine recommendations :

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/services-2>



[WWW.CHATHAMHEALTH.ORG](http://WWW.CHATHAMHEALTH.ORG)

