

NONPROFIT
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by M. Scott Stanley, MS, Wellness Coordinator

This month is American Stroke Month. Coincidentally, it is also National High Blood Pressure Education Month. High blood pressure is one of the leading risk factors for stroke. Strokes are the third leading cause of death in the United States, killing over 160,000 Americans each year. As more than 700,000 strokes occur each year, it is the leading cause of long-term disability in the U.S. Although a stroke can occur at any age, 75% of strokes occur in those over the age of 55. African-Americans are more susceptible to strokes than Caucasians. A stroke occurs when the blood supply to a part of the brain is either blocked or when a blood vessel bursts. This leads to severe damage to the brain.

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by M. Scott Stanley, Wellness Coordinator

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