

HEALTH TIPS FOR AFRICAN AMERICANS

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THE MONTH OF MAY IS STROKE AWARENESS MONTH; OSTEOPOROSIS PREVENTION MONTH; PHYSICAL FITNESS AND SPORTS MONTH; MENTAL HEALTH MONTH; and HIGH BLOOD PRESSURE EDUCATION MONTH.

Stroke Awareness Month – Stroke is the third leading cause of death and a leading cause of disability, but many people don't understand the importance of educating themselves and others to reduce the incidence of stroke. **ANYONE** can have a stroke no matter their age, race or gender. The chances of having a stroke increase if a person has certain risk factors that can cause a stroke. According to the National Stroke Association, up to 80 percent of strokes **CAN** be prevented, and the best way to protect yourself and your loved ones is to understand personal risk and how to manage it. The National Stroke Association encourages everyone to take time during May to spread awareness about how to:

STOP primary and secondary stroke through risk factor management.

Act **F.A.S.T.** to increase recognition of and response to stroke symptoms.

F is facial weakness.

Ask the person to smile, both sides should move together.

A is arm weakness.

Ask the person to raise both arms, if one or both are not moveable seek medical aid.

S is speech.

Is the person able to make coherent speech?

T is time.

If one or more of these symptoms are present, the person must get medical aid within 2 hours and the effects may be reversible.

Spread **HOPE** about recovery from stroke.

GET THE BEST OF STRESS – Keeping tension at bay calls for day-to-day stress management. Learn healthy ways to unwind, such as yoga, meditation, or reading uplifting books. Stay ahead of clutter by putting things away promptly and organizing paperwork. To prevent small issues from growing problems, talk them out with someone you trust. Getting enough sleep, exercise, and good nutrition also fortifies you to combat stress.

NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH –

Osteoporosis makes your bones weak and more likely to break.

- If you are 65 years old or older, get a bone density test.
- Get a bone density test before age 65 if you are between the ages of 60 and 64, weigh less than 154 pounds, and don't take estrogen.
- Help keep your bones strong by eating foods rich in calcium and vitamin D, engaging in weight-bearing physical activity, and quitting smoking.

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

Regular physical activity can help lower your risk of many conditions, including heart disease, stroke, type 2 diabetes, colon and breast cancers, and depression. These health benefits are gained by doing the following each week:

- 2 hours and 30 minutes of moderate-intensity aerobic physical activity OR
- 1 hour and 15 minutes of vigorous –intensity aerobic physical activity OR
- A combination of moderate and vigorous-intensity aerobic physical AND
- Muscle-strengthening activities on 2 or more days.

