



# Health Extensions

Community Wellness Programs

## Brain Attack

### *When It Strikes, It's a Stroke*

"Are you drunk?"

That's what the woman asked her husband when he stepped off the train from New York. He assured her that he had not been drinking, but he felt odd. Then he staggered and lost his balance.

Something was clearly wrong. The man recalled events earlier in the day – feeling very cold, weak and thinking he might be getting the flu. But a stroke? That never crossed his mind.

It wasn't until that evening when the diagnosis at Greenwich Hospital's emergency department confirmed it. He was lucky



because the stroke was mild, and after almost a year of physical therapy, he was able to regain just about all of his function. He was unlucky because he didn't get the immediate medical attention that could have prevented much of the damage that took so long to repair.

Meanwhile, a widow rests in a hospital bed after her left arm went numb earlier in the day. When she called her daughter, her speech was slurred. These are the classic signs more commonly associated with stroke, so she dialed 911 at her daughter's

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## *Learn to Live Well at Our Diabetes Fair*

Get advice you can use to live comfortably with diabetes. From nutrition, exercise and stress reduction, to glucose testing, supplies and medication, you'll learn about the latest in diabetes care. See page 4.