

CORE 4

Serious health issues associated with stroke.



STROKE AND HYPERTENSION

A stroke occurs when an artery carrying oxygen and nutrients to the brain becomes blocked or ruptures. **High blood pressure is the biggest risk factor for stroke.** The force of high blood pressure against the arteries weakens them over time and makes a person more susceptible to stroke.

DIABETES

Diabetes causes blood glucose levels to rise higher than normal. Type 2 diabetes is the most common form of diabetes and it is caused by obesity. Obesity and diabetes are both risk factors for stroke as the added pressure on the heart leads to disease and high blood pressure.

Heart Diseases

Atrial fibrillation is an abnormal heart rhythm that can stagnate the blood in the left atrium of the heart, leading to the development of clots that can travel to the brain and cause strokes. The overall health of an individual's heart directly contribute to their risk of stroke.

Mental Health

Post stroke, a survivor and their families may face an abundance of challenges. It is common for the survivor to experience psychological changes including depression and other mental ailments that hinder their road to recovery and potentially increase their risk of future strokes.

S.M.A.R.T.® OVERVIEW

1

To educate students, K-12 on stroke warning signs, symptoms, risk factors and the core 4. The importance of immediate activation of emergency services (EMS) by calling 911.

2

To improve adult stroke literacy through educating their children in the classroom.

3

Progression towards a healthier future through the S.M.A.R.T.® Program. Coming together to create healthier environments throughout Southern California.

4

80% of all strokes are preventable. Just by a good diet and exercise alone, we can reduce the risk of stroke and make it a disease of the past.

Please consider donating to the RTH Stroke Foundation S.M.A.R.T.® Program. Help us give students a broader exposure to serious health problems that are preventable. Thank you for your support.

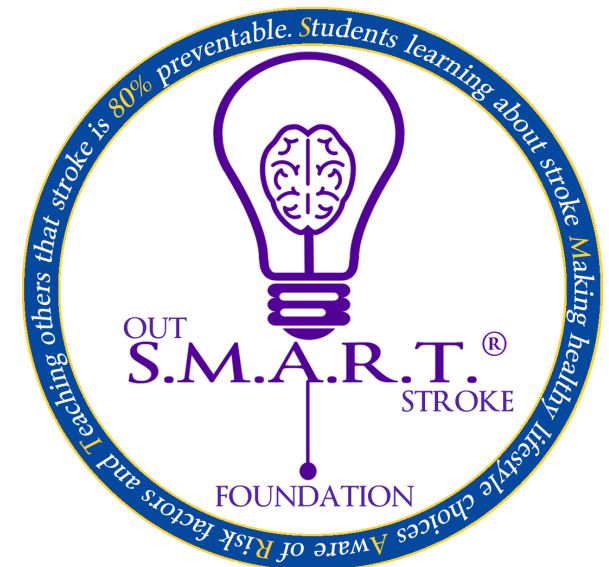
OUT SMART STROKE FOUNDATION

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Students learning about stroke and

Making healthy lifestyle choices

Aware of

Risk factors

Teaching others that stroke is 80% preventable

Purpose of the Program

S.M.A.R.T.® is a program that is designed to teach students that stroke is 80% preventable. A helpful tool being taught will be: B.U.S.Y.® (B-body, U-uneven, S-speech, Y-yes? Call 911.), a fast way of recognizing stroke. The signs and symptoms of stroke will also be taught to the students. They will learn why healthy lifestyle choices are imperative to lower their risk of stroke and obesity. By the students learning the risk factors of the Core 4 health issues revolving around stroke, we hope that they will want to eliminate the choices that will raise their risk of a stroke. Providing the students literacy on the Core 4 will empower them to deliver the information to their parents in hopes that they may change the lifestyle of their home.

Pediatric stroke is one of the primary killers of children, often placed in the top 10. Those that survive may be just as unlucky, since stroke is a leading cause of disability. Education is key since stroke is 80% preventable. In 2016, through our surveys we learned that many of the students thought a stroke occurred in the heart and lungs. We hope that S.M.A.R.T.® will clear up misinformation and stroke illiteracy enough to offset a multitude of potential future strokes from occurring. If students are aware of stroke they can take appropriate action during a stroke event as well as disseminate stroke information themselves. The goal is for all of this knowledge to work together to reduce the prevalence of stroke in our society and bump it down on the list of top killers in the U.S.

S.M.A.R.T.®



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S.M.A.R.T.® is proudly partnered with and approved by:

Keck School of
Medicine of **USC**

HOW DOES THE RTH STROKE FOUNDATION CONTRIBUTE?

2016 was a busy year for S.M.A.R.T.® as well as our first year of operation. We made an impact on over 1,800 students in 5 different schools across LA and OC in over 168 hours of stroke education. Our surveys revealed the students left with an essential understanding of stroke and how to prevent it. Moreover, through take-home assignments the students educated over 800 parents on stroke. We also were told by some of the students that they went on to spot stroke signs in people and several lives may have been saved as a result.

If you are a principal, educator, or authority of a school in the Southern California region, we would like to hear from you.

Our program will include:

- 3 Sessions from our experienced staff members regarding the nature, signs, and symptoms of stroke.
- Oversight from experienced physician, Dr. Joseph Kim, MD, at KECK USC.
- A discussion of risk factors and preventative measures.
- Location, classroom, and time arranged by you with one of our staff members.
- Educational products and materials distributed.
- Call us today to learn more about how we can contribute to the overall health and knowledge of your students.