

# Residents to take part in stroke screens

By MARY BARGDILL  
Staff Writer

**NEW BREMEN** — Area residents interested in protecting themselves from a possible stroke will have an opportunity to do so at a local screening.

Life Line Screening will hold a stroke screening at St. Paul United Church of Christ, 119 N. Franklin St., New Bremen Thursday.

Life Line Screening Communications Coordinator Kerry Heffernan said they are offering the screenings to encourage people to take preventative steps.

"The goal is to identify it early so they can take steps at prevention before they get worse," she said. "Education and awareness of these screenings are a big part of it."

According to the National Stroke Association, stroke is the third leading cause of death in the United States following heart disease and cancer.

As many as 700,000 strokes occur in the country each year and is the leading cause of permanent disability in

adults.

A stroke occurs when a blood clot blocks an artery or blood vessel, blocking blood flow to the brain. Brain cells will die, resulting in brain damage.

One of the main causes of stroke is atherosclerosis or plaque blockage, a fatty sticky substance that builds up over time along the walls of arteries, Heffernan said.

"Blood flow brings vital oxygen to the brain," she said. "When that is blocked that can lead to a stroke."

Heffernan said that four out of five people who experience a stroke have no apparent prior symptoms.

During a stroke, an individual could experience symptoms such as a sudden loss of speech, confusion, trouble seeing, or loss of feeling on one side of the face or body.

Certain risks factors, such as being over the age 55, family history, high blood pressure, high cholesterol and diabetes will increase an individual's chances of having a stroke, Heffernan said.

"As you get older, your risk increases," she said.

# Powder deemed not toxic

**YELLOW SPRINGS** (AP) — Authorities say white powder inside an envelope mailed to Antioch University in western Ohio turned out to be a non-harmful substance.

Colin Altman of Miami Township Fire and Rescue said the envelope was opened Friday at the university's administration building in Yellow Springs.

Altman says the 20 people at the building remained inside while the substance was tested. Altman says authorities were also concerned because someone had hacked in to the university's Web site.

Yellow Springs is about 15 miles east of Dayton.

"People go (to screenings) because they know their mom or dad had this condition."

According to the National Stroke Association, as much as 80 percent of strokes are preventable.

To prevent stroke, the association suggests individuals avoid smoking, maintain a diet low in sodium and fat, drink alcohol in moderation and exercise.

Treatment for an individual who experienced a stroke may include dietary changes, drug therapy and exercise, Heffernan said.

For more information on stroke prevention or to make an appointment for the screening at St. Paul United Church Christ in New Bremen, call 800-697-9721.

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