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IN TOUCH

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## Stroke facts

WELL BEING

On average, someone in the United States has a stroke every 40 seconds, according to 2008 updated statistics from the American Heart Association.

Each year, about 60,000 more women than men have strokes. High blood pressure is the most important risk factor for stroke, but smoking doubles a person's risk.

Warning signs of a stroke include: Sudden numbness of the

face, arm or leg

 Sudden confusion or trouble speaking or understanding
Sudden trouble walking,

dizziness or loss of balance or coordination

Sudden trouble seeing in one or both eyes

■ Sudden severe headache If you notice any of these signs, doctors advise calling 911 immediately and also checking the time so you can say when the symptoms first appeared. It's very important to take immediate action. A clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke if given within three hours of the start of symptoms.

# **Power of water**

Everyone knows **staying hydrated is important to your health**, but here are some H20-related facts you may not know:

#### Two-thirds

Amount of water weight in the body. And here is how it breaks down:

Blood is 83 percent water Muscles are 75 percent water The brain is 74 percent water Bone is 22 percent water It's recommended we drink 8 glasses of water a day.

#### 884 million

The number of people in the world who do not have access to safe water. This is roughly one in eight of the world's population.

1.8 million