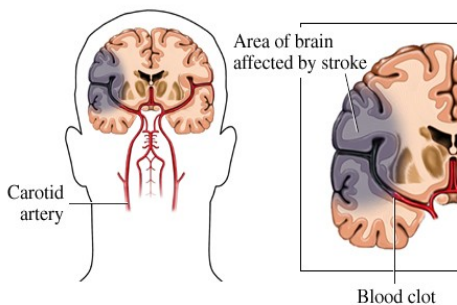




A Stroke is No Joke

What is a Stroke:

A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.



When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged. For example, someone who has a small stroke may experience only minor problems such as weakness of an arm or leg. People who have larger strokes may be paralyzed on one side or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

One half of all African American women will die from stroke or heart disease.

African Americans are twice as likely to die from stroke as Caucasians. The rate of first strokes in African Americans is almost double that of Caucasians, and strokes tend to occur earlier in life for African Americans than Caucasians.

Additionally, African American stroke survivors are more likely to become disabled and experience difficulties with daily living and activities.

The statistics are staggering -- in fact, African Americans are more impacted by stroke than any other racial groups within the American population.

Why?

Not all of the reasons are clear why African Americans have an increased risk of stroke. Some risk factors play a major role. African Americans have a higher rate of:

- **High blood pressure:** The number one risk factor for stroke, and 1 in 3 African Americans suffer from high blood pressure.
- **Diabetes:** People with diabetes have a higher stroke risk.
- **Sickle cell anemia:** The most common genetic disorder amongst African Americans. If sickle-shaped cells block a blood vessel to the brain, a stroke can result.
- **Smoking:** Risk for stroke doubles when you smoke. If you stop smoking today, your stroke risk will immediately begin to decrease.
- **Obesity:** Adopting a lower-sodium (salt), lower-fat diet and becoming more physically active may help lower blood pressure and risk for stroke.

If a person has one or more of these risk factors, it's even more important to learn about stroke symptoms and response and the lifestyle and medical changes that can be made to prevent a stroke.

Stroke Prevention:

Anyone can have a stroke no matter your age, race or gender. But, the chances of having a stroke increase if a person has

certain risk factors, or criteria that can cause a stroke. The good news is that up to 80 percent of strokes can be prevented, and the best way to protect yourself and loved ones from stroke is to understand personal risk and how to manage it.

There are 2 types of risk factors for stroke: controllable and uncontrollable. Controllable risk factors generally fall into two categories: lifestyle risk factors or medical risk factors. Lifestyle risk factors can often be changed, while medical risk factors can usually be treated. Both types can be managed best by working with a doctor, who can prescribe medications and advise on how to adopt a healthy lifestyle. Uncontrollable risk factors include being over age 55, being male, being African American, Hispanic or Asian/Pacific Islander, or having a family history of stroke or transient ischemic attack (TIA).

Know the Symptoms

- Sudden numbness, paralysis, or weakness in your face, arm, or leg, especially on only one side of your body.
- New problems with walking or balance.
- Sudden vision changes.
- Drooling or slurred speech.
- New problems speaking or understanding simple statements, or feeling confused.
- A sudden, severe headache that is different from past headaches

Call 9-1-1 immediately if you have any of these symptoms

Andrea George
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Faith_fitness@yahoo.com
andreageorge@workoutsbyandrea.com



Friendship West Baptist Church
Dr. Frederick D. Haynes, III
2020 W. Wheatland Rd.
Dallas, Texas 75232
972-228-5200



Shape Fitness Center

**Tuesday and Thursday Morning
Yoga/Pilates 9:00 a.m.—9:45 a.m.**

Monday & Wednesday
Fit Kids Workout 5:00pm—5:45pm

Monday—Thursday
Low Impact Aerobics 6:15 pm—7:15 p.m.

Wednesday
Water Aerobics 7:30pm—8:15pm
(Additional Cost 6wks class see Andrea for de-
tails)

Friday No Classes

Saturday
Boot Camp
10:00am-11:00am

**6 WEEKS WATER AEROBICS CLASS. EVERY
WEDNESDAY AT 7:30PM IN COMBINE, TX. CALL
ANDREA FOR DETAILS AT 972-693-6758. LIMITED
SPACE! CLASSES START JUNE 9TH.**



2010 Friendship- West Annual Family Reunion

Saturday, June 12, 2010
Time: 10:00 a.m. - 4:00 p.m.
Location: 2020 W. Wheatland Rd.
Bring the kids, the lawn chairs, the tents and your
appetite! .Cost: \$5.00 per person

June 2010 Fitness Schedule

"Bring a friend or Family member and come ready for a workout!"

Tuesday June 1, 2010

6:45pm-7:45pm - Low Impact Workout Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Thursday June 3, 2010

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Saturday June 5, 2010

9:00am-10:30am- Boot Camp with Ashanta Lewis

Tuesday June 8, 2010

6:45pm-7:45pm - Low Impact Workout Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Thursday June 10, 2010

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Saturday June 12, 2010

No Class Church Picnic

Tuesday June 15, 2010

6:45pm-7:45pm - Low Impact Workout Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Thursday June 17, 2010

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Saturday June 19 2010

9:00am-10:30am- Boot Camp with Ashanta Lewis

Tuesday June 22, 2010

6:45pm-7:45pm - Low Impact Workout Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Thursday June 24, 2010

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Saturday June 26, 2010

9:00am-10:30am-Boot Camp Ashanta Lewis

Tuesday June 29, 2010

6:45pm-7:45pm - Low Impact Workout Andrea George
7:45pm- 8:45pm- Dance For Christ with Wendell Ross



**Congratulations to our
2010 Graduating Seniors.
Good luck and may God
continue to bless you in
your future endeavors.**