

STROKE DETECTIVE



COLORING AND ACTIVITY BOOK



PennState Health
Milton S. Hershey
Medical Center

This Stroke Detective book belongs to:

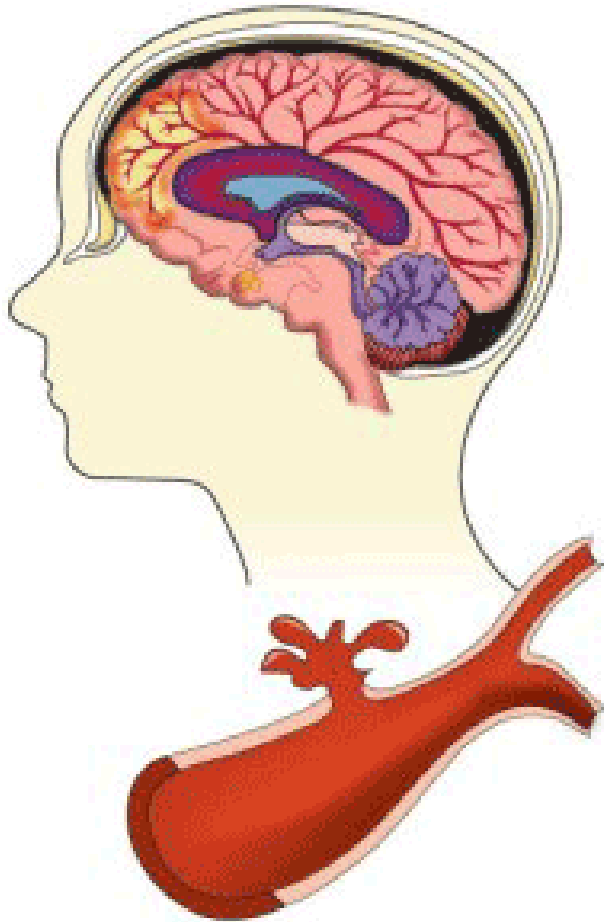


STROKE DETECTIVE

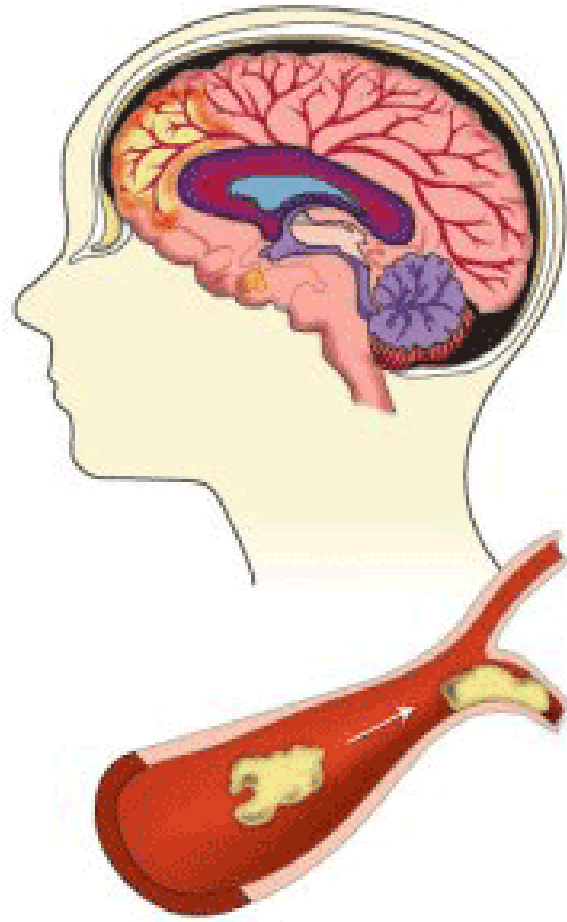
Read and complete this activity and coloring book to become a **Stroke Detective**. By becoming a Stroke Detective, you will have the **knowledge to detect** if someone is having a stroke and know how to help them. You will be able to **share the signs and symptoms** of strokes with your friends and family and teach them ways to help **prevent strokes** from happening.



What is a stroke?



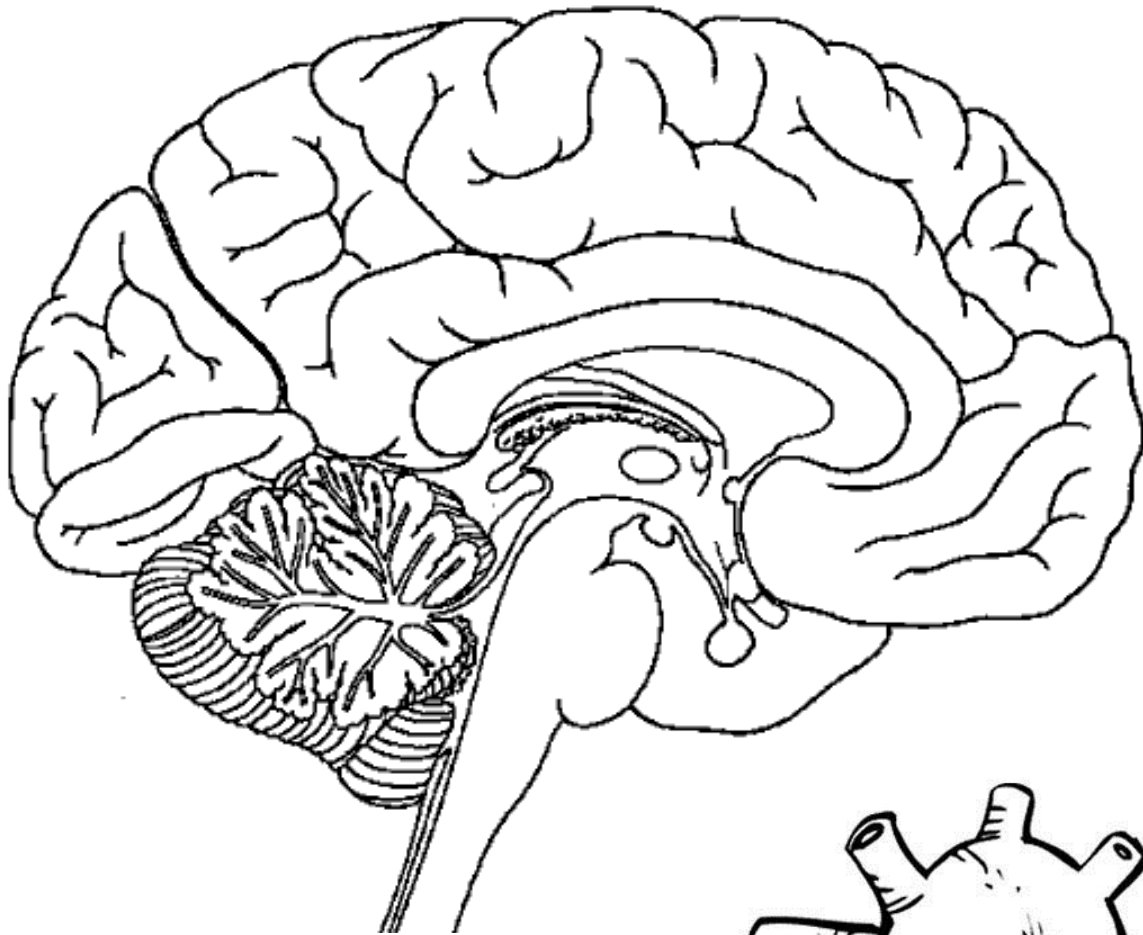
A hemorrhagic stroke occurs when a blood vessel bursts within the brain.



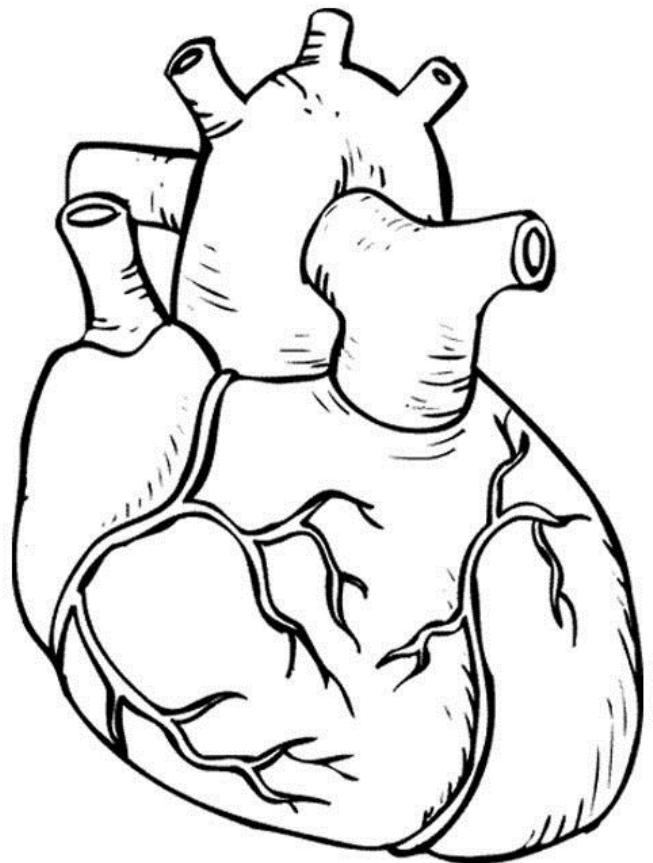
An ischemic stroke occurs when a blood clot blocks the blood flow in an artery within the brain.

A stroke occurs when there is a lack of blood flow to the brain caused by a block or break of a blood vessel. A stroke is a **BRAIN ATTACK** and is an emergency, like just a heart attack is an emergency. It can be **PREVENTED**, and if it's caught in time, a stroke can be **TREATED**.

*A stroke is a **BRAIN ATTACK***



A stroke happens in the
BRAIN, not in the
heart.



Who can have a stroke?

Anyone can have a stroke, but there are certain risk factors that make someone more likely to have a stroke. There are controllable risk factors (things we can change) and uncontrollable risk factors (things we can't change).

Controllable Risk Factors:

- High blood pressure
- Atrial Fibrillation
- High Cholesterol
- Diabetes
- Atherosclerosis
- Circulation problems
- Smoking
- Alcohol
- Physical inactivity
- Obesity

Uncontrollable Risk Factors:

- Age
- Gender
- Race
- Family history
- Previous stroke



Strokes can happen to people of all ages. Staying active and eating healthy can help you reduce your risk for a stroke.

How can I "detect" a stroke?

Different people can have different symptoms or feelings when they have a stroke. Below are the most common ones. Be sure that you can recognize the signs of a stroke. The key to detecting a stroke is recognizing the **SUDDEN** onset of these symptoms. Be sure that your friends and family know the signs of a stroke too!



Activity: Tell at least 5 people the signs and symptoms of a stroke.

What if I "detect" a stroke?

Think **FAST**

F
A
C
E

Does the person's face droop when they smile?



A
R
M

Can the person raise both arms at the same time?



S
P
E
E
C
H

Does the person have trouble speaking?



T
I
M
E

Time to get to the phone and call 911!



Stroke Scramble

Activity: find all the words in the Stroke Scramble. Think about how they relate to having a stroke or stroke prevention.

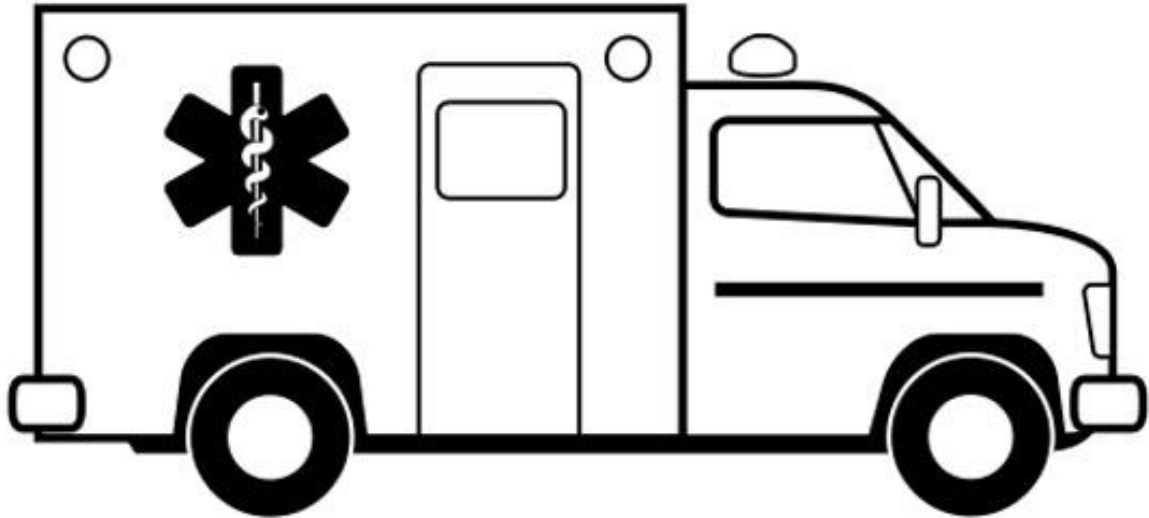
M C E R U H M B D I T H U L H
P L E L C G R H A E V O H P Y
W A W E B A A I X K S S E Y Z
D F E Z Q A X S A O N P G Y C
E P J E V U T M M R I I F I W
S S J V D C B E U T A T R M V
E G I Z G U P Z G S R A U Y D
B M R C L Q Z C G E B L I I S
N I E A R I L O P N V B T F M
U X N R W E E C A F Y C Y K W
C C V G G E X C O Y M A G U H
E S C V U E P E P B J N D T I
R V K Q E H N M F J F R F V O
K E M I T S L C Q N O R X D P
D I A Y K U W S Y F B E Y R P

AMBULANCE
ARM
BRAIN
EMERGENCY

EXERCISE
FACE
FRUIT
HOSPITAL

SPEECH
STROKE
TIME
VEGETABLE

What happens when you call 911?

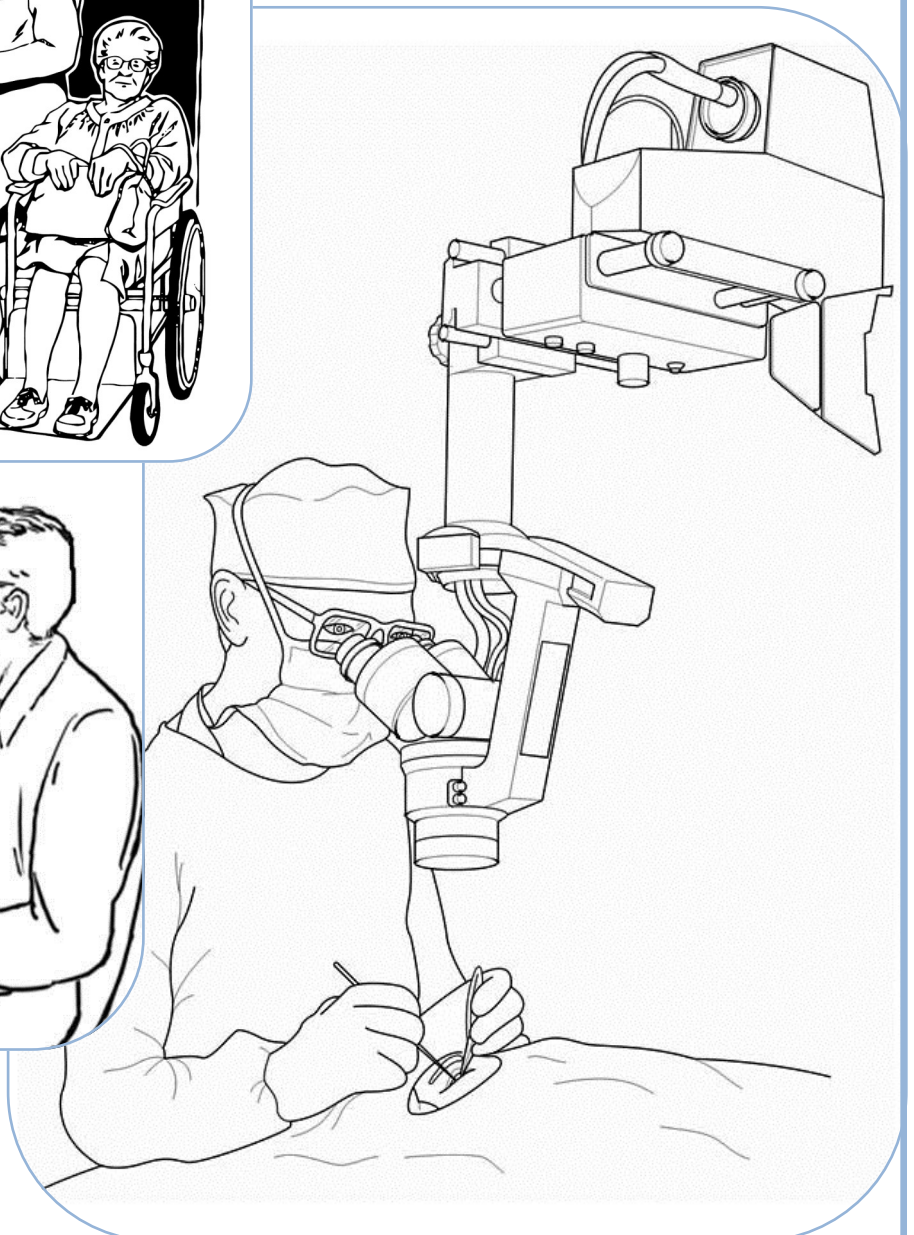


When you call 911 for help, an ambulance will come and take the person to the hospital.



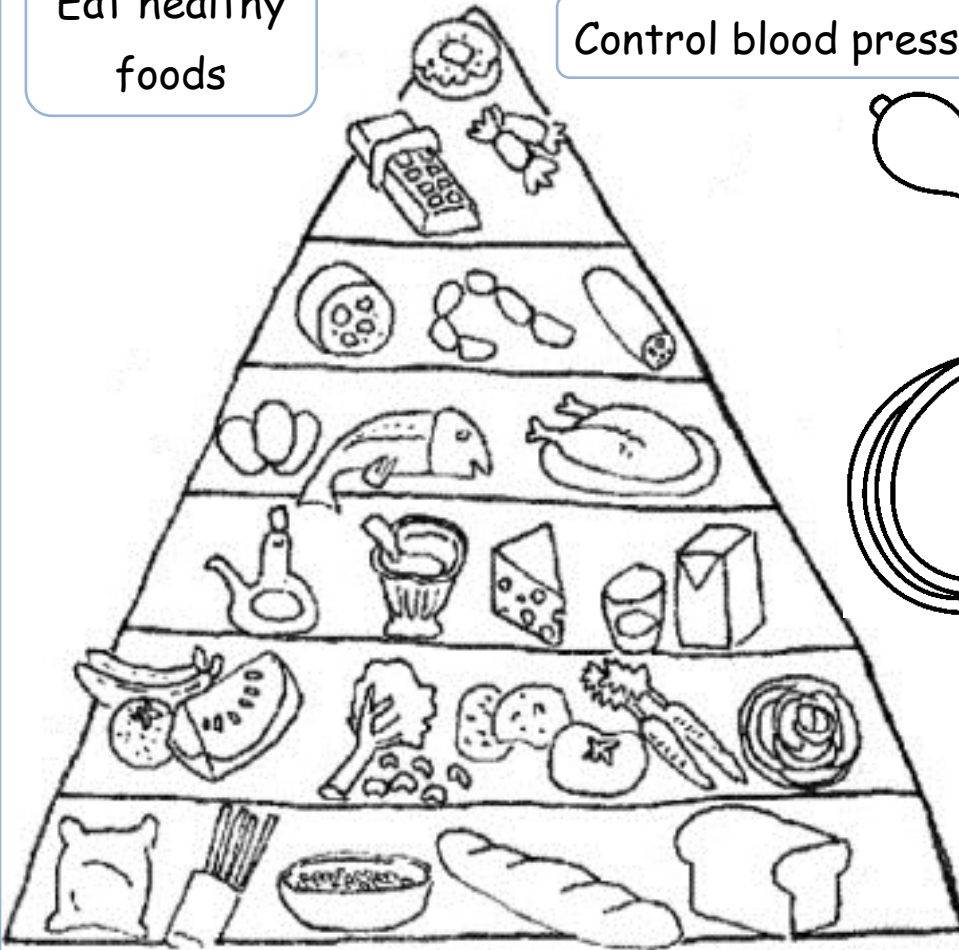
Can we fix people who have strokes?

At hospitals like Hershey Medical Center, the doctors try to keep the stroke from causing more problems. They may be able to give medicines or do surgeries to remove the blockages. The doctors, nurses, and therapists will work together to help make the person strong and healthy again.

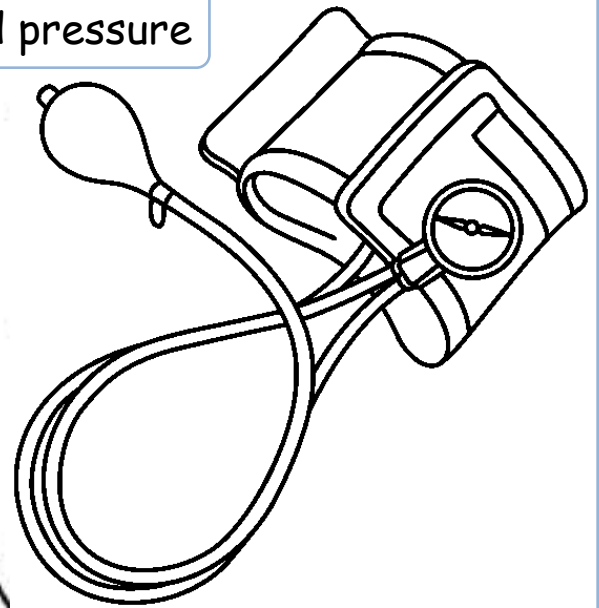


What can adults do to prevent strokes?

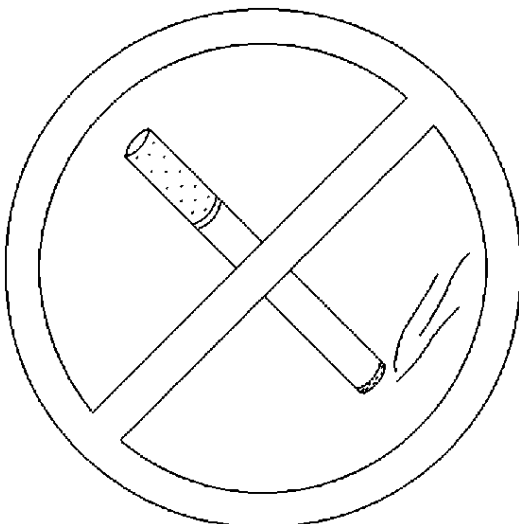
Eat healthy foods



Control blood pressure



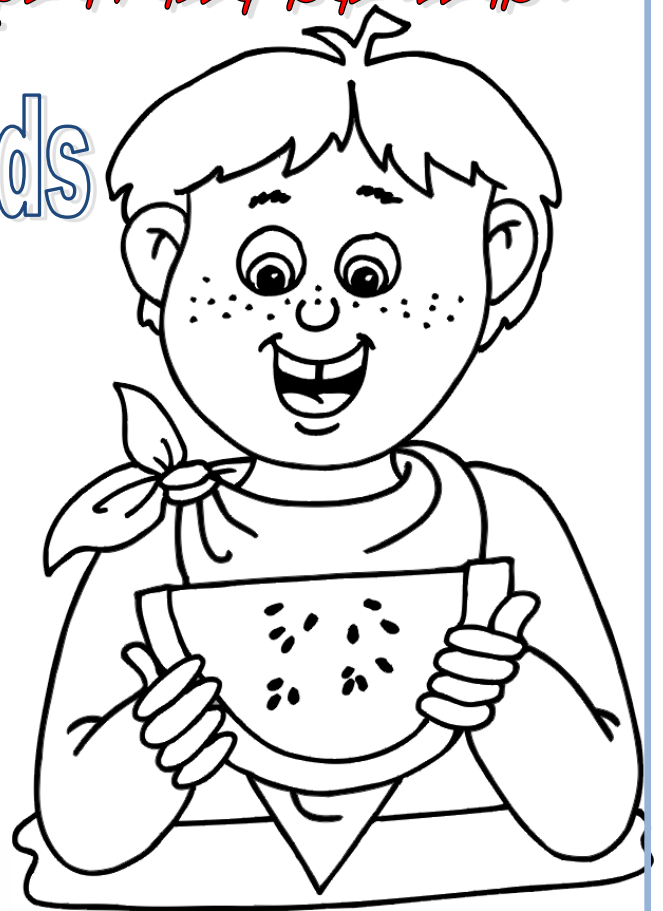
Don't smoke, or quit smoking if they already do



Have regular checkups

What can kids do to prevent strokes?

1. Eat healthy foods

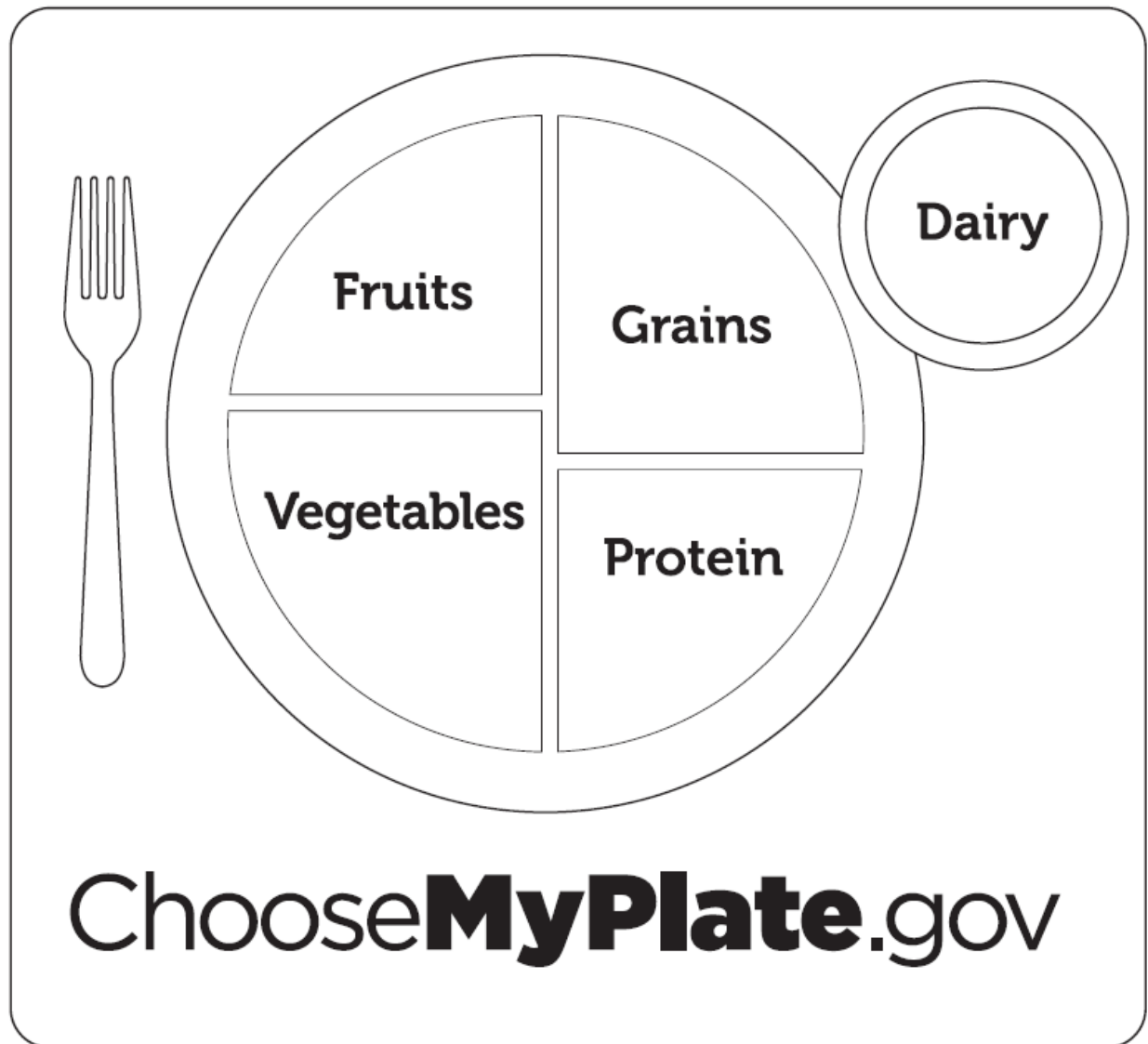


2. Exercise



3. Don't smoke

How can I eat healthy?



You should eat **THREE BALANCED MEALS** each day with **HEALTHY SNACKS** in between. A healthy meal has foods from each of the sections of the MyPlate. You should eat foods like colorful veggies, fresh fruit, lean meats and whole grains. Don't forget to drink milk with your meals, and include dairy like cheese and yogurt. Avoid greasy or salty snacks, and stay away from too many sweet desserts—eat very small portions of these foods if you have any!

Design a healthy meal

Activity: Design a healthy meal by choosing one food item from each category. Draw the food on MyPlate. Remember portion sizes—fruits and vegetables should take up half of your plate!



Grains

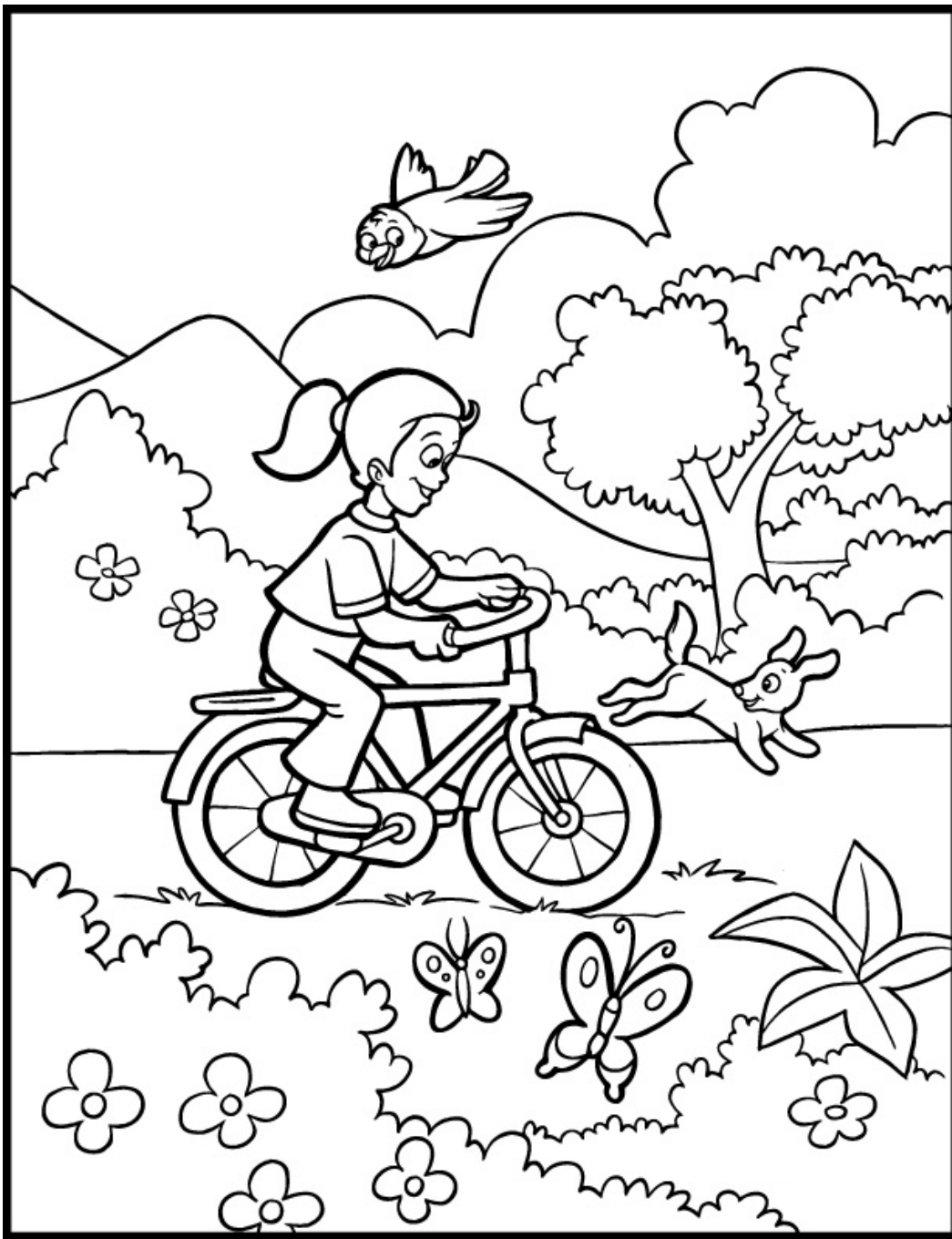
Vegetables

Fruits

Protein

Dairy

How much exercise do I need?



You should exercise for at least **60 MINUTES EVERY DAY**.
That sounds like a lot, but you can exercise while you're playing!
Try sports practices, playing at the park, riding bike, dancing or
any other activity that gets you up and moving!

Why is smoking bad?

Smoking cigarettes is a **BAD HABIT** which may cause illness in almost **EVERY** part of the body! Don't ever start smoking, and if you have a family member that smokes, ask them to stop.

Activity: Design your own NO SMOKING sign in the box below.

A large, empty rounded rectangular box with a light blue border, intended for the student to design their own NO SMOKING sign.

Stroke Quiz

1. Does a stroke hurt your brain or your heart?

2. Name 3 ways kids can stay healthy?

3. How much exercise do I need every day?

60 minutes

30 minutes

None

15 minutes

4. What should you do if you think someone is having a stroke?

5. Smoking is good for you.

True

False

Stroke Detective Pledge

We are stroke detectives. We're healthy every day.

We eat our fruits and veggies. We run and jump and play!

We are stroke detectives- teaching what we learned is key.

We help our friends and families stay healthy and stroke-free!

Act F.A.S.T. if you
“detect” a stroke,
and get emergency
help – call 911!

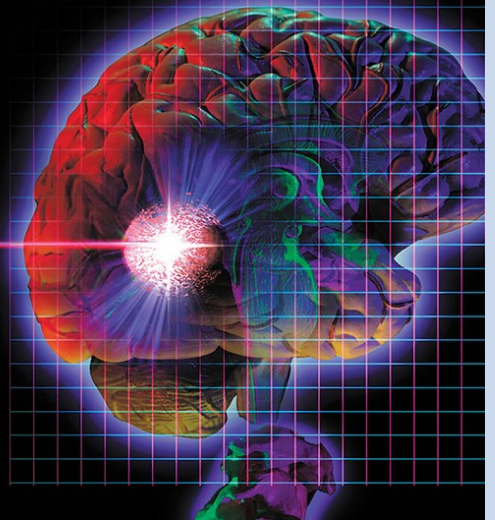


Great Job!

You are officially a “**Stroke Detective**”.

Share this book to help your friends and family become stroke detectives too!

Stroke Center



PennState Health
Milton S. Hershey
Medical Center

**inspired
together**



For more information on stroke prevention,
please contact Kathy Morrison, Stroke Program
Manager at 717-531-1104.