

## Recognize Warning Signs And Prevent A Stroke

(NAPSA)—Stroke is the third leading killer in the U.S., just behind heart disease and cancer. Despite the fact that more than half of all strokes are preventable through education and simple lifestyle changes, the incidence of stroke has remained relatively steady for the past several years. According to the American Stroke Association, about 600,000 Americans suffer a stroke each year, and the effects on the survivors, their families and loved ones can be devastating.

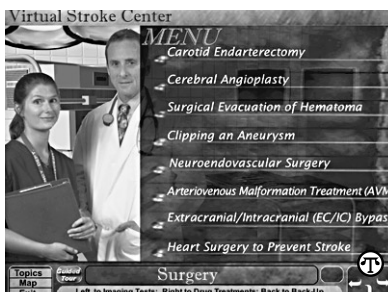
In order to help reverse this disturbing trend, Atlantic Health System's NeuroScience Institute and the American Stroke Association, a division of the American Heart Association, have designed a Virtual Stroke Center CD-ROM. The interactive CD-ROM is easy to use and understand for people of all ages, and is fast becoming an indispensable tool in preventing stroke through education and heightened awareness. People are familiar with the word "stroke," but when it comes down to those crucial first minutes of danger, most people ignore, or fail to recognize, the symptoms.

The following are stroke warning signs:

- Sudden numbness or weakness of face, arm or leg, especially on one side of the body;
- Sudden confusion, trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination; and
- Sudden severe headache with no known cause.

As a leading cause of severe, long-term disability, stroke is a devastating event not only for the survivor but for family and friends as well.

"There's never been anything like this CD before," says Dr.



**Dr. Richard Hodosh, a leading neurosurgeon and a key developer in the Virtual Stroke Center, recommends learning about the warning signs and prevention of stroke via this new CD-ROM.**

Richard Hodosh, renowned neurosurgeon and medical director, Atlantic Neuroscience Institute. "It takes you through each and every aspect of not only surviving a stroke but more importantly, how to prevent a stroke. There are warning signs and risk factors associated with stroke prevention that everyone should be aware of. All of that information is on the CD. There's even a special 'Kids Only' section where young children can learn about what a family member might be going through and understand how a stroke has affected them."

With stimulating graphics and a gentle voice, the Virtual Stroke Center CD-ROM takes the user on a guided virtual tour exploring everything from the causes of stroke to diagnostic testing, surgery, rehabilitation, risk factors, drug therapies and much, much more.

You'll walk away from your computer knowing you might be able to save a life one day with what you've learned—maybe even your own.

The Virtual Stroke Center CD-ROM is available for a \$5 shipping and handling fee by contacting 1-800-AHS-9580 or visiting [www.AtlanticHealth.org](http://www.AtlanticHealth.org).