



Dated this 17th day of June 2019

Stroke Month Proclamation June 2019

June is Stroke Month in Canada, and with hundreds of thousands of survivors and caregivers living with the effects of stroke in communities from coast to coast, it is more vital than ever that we understand our risks and turn the tide on this disease. In Newfoundland and Labrador, there are over 1300 hospital admissions due to stroke every year¹, taking our friends, family, and loved ones far too soon.

If you suspect that you or someone around you is having a stroke, call 911 right away. It's easy for us to remember how to save the lives of the people we love by acting **FAST**:

FACE; is it drooping on either side?

ARMS; can you raise both?

SPEECH; is it slurred or jumbled?

Then it's **TIME** to call 9-1-1 and get to a hospital right away.

A treatment, called tPA, exists for the most common type of stroke by reducing long-term effects and damage; however, people need the treatment within four-and-a-half hours from the onset of symptoms for it to work. By raising awareness around the signs and symptoms of stroke and advocating for health systems change, Heart and Stroke and our partners in government will help improve the lives of millions of Canadians for generations to come.

Many people in our province are affected by stroke, from children to seniors, as well as the families and caretakers of those living with the effects of stroke. Through Heart and Stroke's mission of creating **More Moments** and **More Life** for Newfoundlanders and Labradorians, we must act by getting active every day and improving what we eat to prevent heart disease and stroke.

By signing this proclamation, we support the movement towards better health in every community across the province and country. The time is now - join us in acting; by working together, we will make a real difference in the lives of Newfoundlanders and Labradorians.

Life. We don't want you to miss it. TM

Jon Kirby
Manager, Government Relations and
Health Promotion
Heart and Stroke

Mayor Danny Breen
City of St John's

¹Newfoundland and Labrador Centre for Health Information. *Provincial Stroke Scorecard Report*. April 2019.