

## Risk Factors

There are several factors that increase your risk of a stroke. Although some risk factors cannot be controlled such as family health history, age, and gender; others can be modified through lifestyle changes.

You are at greater risk of having a stroke if you:

- Are 55 or older
- Have a family history of stroke
- Have previously had a stroke
- Have high blood pressure
- Smoke
- Have diabetes
- Have a cardiovascular disease
- Have an increased red blood cell count
- Are overweight
- Have a sedentary lifestyle

There are simple changes you can make to reduce your risk of a stroke:

- Don't smoke
- Don't abuse drugs or alcohol
- Eat a healthy diet that is lower in saturated and trans fats
- Drink plenty of water
- Exercise regularly
- Maintain a healthy weight
- Control your blood pressure and cholesterol levels
- Reduce your stress
- Pay attention to warning signs of a stroke
  - Weakness- sudden loss of strength or sudden numbness in the face arm or leg
  - Trouble speaking – sudden difficulty speaking or understanding or sudden confusion
  - Vision Problems- sudden trouble with vision
  - Headache- sudden severe and unusual
  - Dizziness- sudden loss of balance

Department of Neurological Surgery  
Doctors Office Building  
90 Bergen St  
Suite 8100  
Newark NJ, 07103

# UMDNJ Stroke Activity Group



**UMDNJ Newark Campus  
Doctors Office Building  
Neurological Institute of New Jersey  
Suite 8100  
90 Bergen St  
Newark New Jersey 07101  
973-972-1164**

Approximately 700,000 people in the United States will suffer from a stroke this year; that is about 1 person every 45 seconds, and nearly 1/3 of these strokes are recurrent. Stroke still remains a leading cause of long- term disability in the United States.

### Benefits of Support Groups

Evidence has shown that participating in a support group can greatly benefit patients and families coping with the aftermath of a stroke.

Support Groups can:

- Provide stroke survivors, their friends and family with the opportunity to meet other stroke survivors as well as caregivers to exchange experiences and information.
- Offer a ready-made support network of people knowing what you are going through
- Provide a non-judgmental environment to express feelings/ concerns
- Help gather useful advice regarding stroke and daily activities to achieve full recovery
- Assist in identifying the best local resources
- Validate and support your feelings

### Benefits of Physical Activity

After suffering from a stroke, it is important to begin rehabilitation as soon as possible. Research has shown that continued rehabilitation beyond the usual 6-month period can still provide health benefits in smaller steps.

Rehabilitation helps stroke survivors:

- Regain body functions they lost after a stroke
- Improve cardiovascular risk factors
- Strengthen muscles and bones
- Improve flexibility
- Cope with disabilities and depression caused by a stroke
- Learn skills to resume daily routines and re-enter the workforce

The Neurological Institute of New Jersey is pleased to announce 2 programs offered for stroke survivors.

The University Hospital Stroke team is holding a monthly stroke support group meeting for stroke survivors, and their family/ friends.

The Stroke Support Group is held every 3<sup>rd</sup> Wednesday of the month at 1pm, in the Medical Science Building, Rosemary Gallene Room (Room B-515). The Medical Science Building is located at 185 South Orange Ave. Newark NJ, 07103

The stroke support group offers support in various forms of activities and education. There will be a guest speaker each month who will discuss relevant topics in a stroke survivors life, followed by a question and answer period.

The group will last approximately 1 hour with lunch being served after to allow time for socialization with others.

### Is it a stroke? Check these signs FAST!



Act FAST. Call 9-1-1 at any sign of stroke!

Massachusetts Department of Public Health

To register or for more information about the Stroke Support Group offered at UMDNJ

Please contact:

Adriana R. Faria, CMA

973-972-7852

fariaar@umdnj.edu

UMDNJ- Department of Neurological Surgery has teamed up with the New Jersey Stroke Activity Center (NJSAC) to offer a free bi-monthly stroke activity group every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 11am-1pm in the **Dental School Building** (110 Bergen St), **room B-842**, for individuals who have completed their physical therapy after suffering from a stroke.

The group is directed by qualified instructors who will address the physical, cognitive, emotional and social aspects of stroke rehabilitation. You will be led through various low impact physical activities, transitioning from seated to standing exercises allowing each individual to work within their own limitations.

The group will last approximately 1 hour and all participants are encouraged to stay after to enjoy a free lunch and time to socialize with others in a caring environment. Caregivers are also welcome to attend with their loved ones.



To register or for more information about the Stroke Activity Group offered at UMDNJ

Please contact:

Mary Jo Schreiber MSN, RN

973-450-4114