



# WOTO GO THUNDER

July 12, 2008

Issue 10

## RECOGNIZE THE WARNING SIGNS OF A STROKE

By Martin L. Mikaya, M.D.

We all know or, at least, have heard about a heart attack. A stroke can be thought of as a “brain attack.” It is caused by any condition that disrupts the flow of blood to a portion of the brain. The most common cause of a stroke is a clot or plaque blocking a blood vessel (artery) that supplies a specific part of the brain. Once the flow of oxygen and other nutrients is cut off, that part of the brain suffers severe injury or even death. A less common cause of stroke, but one with devastating consequences is rupture of a

blood vessel in the brain. In this instance, the blood floods a portion of the brain thus drowning and killing it if no timely treatment is provided.

It is important to be aware of the warning symptoms and



signs of a stroke because early treatment in selected patients can reverse disability and save lives. Stroke treatment is most effective when given within ninety minutes of the onset of symptoms. A person affected by a stroke

may have a combination of the following symptoms and signs:

- Confusion or trouble understanding even simple information.
- Trouble seeing, double or blurry vision.
- Trouble talking: Slurred or garbled speech.
- Trouble walking: Being off balance, unsteady or clumsy.
- Numbness, weakness or paralysis on one side of the face (facial droop), arm or leg.
- Sudden, severe headache usually described as “the worst headache.”

If you or someone you know experiences any of the above symptoms, call 911 or your local emergency number immediately and tell the operator that you believe you are having a stroke. This is important because the EMT's and paramedics have specific stroke protocols including which hospital they must take you to. Even if your symptoms subside quickly, you must still go to an appropriate hospital. In this case, you have what is known as a Transient Ischemic Attack (TIA) or mini – stroke. This is a warning that a full blown stroke will occur. So, learn to recognize the symptoms and signs of a stroke and act fast because time is brain.

## UN MILLENUM DEVELOPMENT GOALS

### 1. Eradicate Extreme poverty and hunger

- Reduce by half the proportion of people living on less than a dollar a day
- Achieve full and productive employment and decent work for all, including women and young
- Reduce by half the proportion of people who suffer from hunger

### 2. Achieve universal primary education

- Ensure that all boys and girls complete a full course of primary schooling

### 3. Promote gender equality and promote Women

- Eliminate gender disparity in primary and secondary education preferably by 2005, and at all levels by 2015

### 4. Reduce Child mortality

- Reduce by two thirds the mortality rate among children under five

### 5. Improve Mental Health

- Reduce by three quarters the maternal mortality ratio
- Achieve, by 2015, universal access to reproductive health

OPTIMISM

DETERMINATION

EDUCATION



## UN MILLENNIUM DEVELOPMENT GOALS

### 6. Combat HIV/AIDS, Malaria and other disease

- Halt and begin to reverse the spread of HIV/AIDS
- Achieve, by 2010, universal access to treatment for HIV/AIDS for all those who need it
- Halt and begin to reverse the incidence of malaria and other major diseases

### 7. Ensure Environmental Sustainability

- Integrate the principles of sustainable development into country policies and programmes; reverse loss of environmental resources
- Reduce biodiversity loss, achieving, by 2010, a significant reduction in the rate of loss
- Reduce by half the proportion of people without sustainable access to safe drinking water
- Achieve significant improvement in lives of at least 100 million slum dwellers, by 2020

### 8. Develop a global partnership for development

- Develop further an open trading and financial system that is rule-based, predictable and non-discriminatory, includes a commitment to good governance, development and poverty reduction— nationally and internationally

- Address the least developed countries' special needs. This includes tariff- and quota-free access for their exports; enhanced debt relief for heavily indebted poor countries; cancellation of official bilateral debt; and more generous official development assistance for countries committed to poverty reduction
- Address the special needs of landlocked and small island developing States
- Deal comprehensively with developing countries' debt problems through national and international measures to make debt sustainable in the long term
- In cooperation with the developing countries, develop decent and productive work for youth
- In cooperation with pharmaceutical companies, provide access to affordable essential drugs in developing countries
- In cooperation with the private sector, make available the benefits of new technologies— especially information and communications technologies

## 2008 Recognition

Bob H. Jonathan, B.A.	Education	Khartoum Technical College
James Hezkia, B.S.	Engineering	Khartoum Technical College
James Nigo, B.A.	Education	University of Juba
Joyce Dusman, B.S.	Business Administration	University of Juba
Khamis Noa, B.A.	Education	University of Juba
Lemeri Stephen, B.S.	Agriculture	Gulu University
Miriam A. Mikaya, A.A.S., B.A., R.N.	Nursing	Broome Community College
Moses Williams, A.S.	Social Science	Salt Lake Community College
Night Roselyn, A.A.	Social Work	Uganda Christian University
Rose A. Natalino, B.A.	Law	University of Juba
Seyida Noel Simbe, B.S.	Medicine	University of Juba
Suzan Benjamin, B.S.	Applied Science	University of Juba
Thomas John, A.S.	Economics	Salt Lake Community College
Wilmas Awile, B.A.	Education	University of Juba
Brian Adeba	Editor	Tech Media Reports Ottawa, Canada

### Contact Information

**Phone:** 801-364-2811

**Email:** rsimbe@yahoo.com

**Skype:** rsimbe