



**-FOR IMMEDIATE RELEASE-**  
**Prevent Stroke by Knowing Your Risks**

(SALEM, OHIO) – May 18, 2022 – May is National Stroke Awareness Month, and it's important to know that up to 80 percent of strokes are preventable.

“A stroke, or brain attack, occurs when blood flow to your brain is stopped or disrupted,” explained Steven Swain, M.D., FAAFP, a board certified Family Medicine physician affiliated with Salem Regional Medical Center (SRMC) and SRMC Primary Care-Salem. “Brain cells begin to die after just a few minutes without blood or oxygen, which can lead to brain damage, disability and sometimes even death.”



**Dr. Steven Swain**

“Although strokes are most common in older adults, a stroke can happen to anyone at any age. Making healthy lifestyle choices can significantly reduce your risk.”

**What You Can Do to Help Prevent a Stroke:**

- Take steps to prevent or manage chronic health conditions that can increase the risk of stroke, such as high blood pressure, diabetes, obesity and high cholesterol
- Eat a healthy diet low in sodium with plenty of fruits and vegetables
- Maintain a healthy weight
- Be physically active
- Don't use tobacco products
- Limit alcohol

According to Dr. Swain, it's important to be aware of the warning signs of a stroke and seek immediate medical attention if symptoms appear.

**Use F.A.S.T. to Remember the Sudden Signs of a Stroke:**

**F- Face Drooping:** Ask the person to smile. Does one side droop?

**A- Arm Weakness:** Ask the person to raise both arms. Does one arm drift downward?

**S- Speech Difficulty:** Ask the person to repeat a simple sentence. Are the words slurred?

**T- Time to Call 9-1-1:** If the person shows any of these signs, call 9-1-1 immediately.

“A stroke is a medical emergency; the faster stroke treatment can be given, the better chance a patient has for recovery,” Dr. Swain added.

Steven Swain, M.D., FAAFP, Family Medicine, treats patients of all ages at SRMC Primary Care – Salem, located at 2235 East Pershing Street in Salem. Appointments with Dr. Swain can be scheduled by calling 330-332-7803. He is affiliated with Salem Regional Medical Center's medical staff.