

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting
Tuesday, Dec. 9

Speaker:

**Brook Foreman and
Danny Reynaga**

Topic:

Legal Aid of Nebraska

When:

11:30 a.m. to 12:30 p.m

Where:

**Medical Plaza South
Conference Room 1**
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting

[https://RNHN.zoom.us/j/92721301514?](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)
[pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)

Meeting ID: 927 2130 1514
Passcode: 244660

Recap of November meeting

Don't Ignore the Numbers

Our speaker for November was Gene McDowell, PT, from Regional West Medical Center. The discussion centered on why vital signs and lab values matter in stroke prevention and stroke care.

Vital signs, laboratory tests, and diagnostic tests assist medical caregivers in screening for disease and illness. They can assist in ruling out or confirming a diagnosis and show progress in a person's recovery. While there is a range for a particular vital sign that is considered normal, individuals' vital signs can vary due to age, weight, gender, and overall health. Vital signs, such as blood pressure, can also be affected by stress, caffeine, and medications. This is why watching for trends in vital signs is needed in order for physicians to make good judgments and recommendations to their patients for any medications prescribed or treatments offered.

For people at risk of stroke, monitoring blood pressure, pulse rate, blood cholesterol, and blood glucose levels are often measures needed by physicians. This is because common risk factors associated with stroke risk include: high blood pressure, atrial fibrillation, hyperlipidemia, and diabetes.

Some numbers that may indicate good health to a physician or other healthcare worker may include a healthy weight for your height, spending 30 minutes each day engaging in physical activities, and getting approximately eight hours of sleep every day. Work closely with your physician or healthcare provider so that you learn what values are important to understanding your health, such as your blood pressure or blood glucose.

A number that everyone needs to know is 911. If you suspect a stroke, seek help as soon as possible. Call 911, because a stroke is an emergency!

Questions? Contact Gene McDowell at 308-630-1440 or Gene.Mcdowell@rwhs.org.