

Neurotrauma Program - Stroke Awareness 2021, Aging Well with Diane Ako KITV4 Island News

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Welcome back.

Thousands of people in Hawaii have a stroke every year and many of them are seniors.

Doctors say, changing your lifestyle to prevent a stroke can help people in aging well.

KITV4's Diane Ako, gives us some advice on what you can do.

Sixty-nine year old, Roland Manuel needs a walker to stand two years after suffering a stroke.

I was devastated, I mean I didn't know I was slurring until my friend told me that I'm going to rush to you the hospital.

Manuel went to rehab and changed his lifestyle.

I've become more aware of my health.

My blood pressure, my cholesterol and everything else is controlled through medication.

The Department of Health says stroke is the number one cause of disability and the third leading cause of death in Hawaii.

It occurs when um, vessels that carry blood to the brain is either blocked by a clot or it ruptures.

And so when this happens the brain is deprived from the oxygen.

La'a wants people to recognize these symptoms and act fast.

Face drooping, arm weakness, speech difficulty, and the T is for time to call 9-1-1.

If you had a stroke before, are you at greater risk to have it again?

You know according to John Hopkin's Medicine, the answer is yes.

Um, and you know this would make sense because even if you survive a stroke, you still have a lifetime of plaque that can cause a clog.

A good diet, regular exercise, and a healthy lifestyle can reduce your risk of stroke.

Doctors say no matter what your current health is, it's never too late to minimize the impact of a stroke.

Diane Ako, KITV4 Island News.