

# CHRONIC DISEASES NEWSLETTER

QUARTERLY NEWSLETTER  
JOPLIN CITY AND JASPER COUNTY

**Public Health**  
Prevent. Promote. Protect.



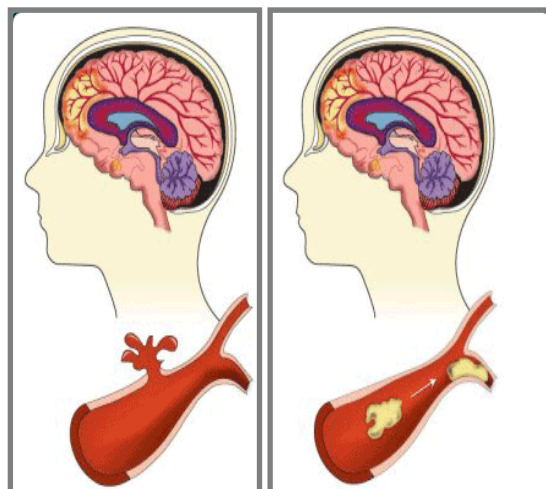
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## Stroke: Brain Attack

A stroke, sometimes called a brain attack, occurs when the blood supply to part of the brain is blocked (ischemic stroke) or when a blood vessel in the brain bursts (hemorrhagic stroke) causing parts of the brain to become damaged or die.

- Stroke kills about 130,000 Americans each year (i.e. 1 out of every 19 deaths).
- On average, one American dies from stroke every 4 minutes.
- Every year, more than 795,000 people in the U.S. have a stroke. About 610,000 of these are first strokes.
- About 185,00 strokes (nearly one of 4) are in people who have had a stroke.
- Most of all strokes occur when blood flow to the brain is blocked.
- It is a leading cause of long-term disability.



**Hemorrhagic stroke:**  
When a blood vessel bursts in the brain

**Ischemic stroke:** When a blood clot blocks blood flow in the brain

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## High Blood Pressure: Silent Killer

High blood pressure, (hypertension), is a major risk factor for heart disease – the number one killer in Missouri. High blood pressure is also the number one risk factor for stroke, and the third most common cause of death nationwide and leading cause of disability in Missouri.

It is estimated that one in three adults has high blood pressure, but many do not know they have it. High blood pressure is called a “silent killer” because it usually has no symptoms until serious problems develop.

However, the condition is easily detected and can usually be controlled. Maintaining a normal blood pressure level can reduce your risk of having a heart attack or stroke.

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## Stroke: The Brain Attack

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### Risk factors for stroke

- High blood pressure
- Heart disease/conditions
- Diabetes
- Cigarette smoking
- Prior stroke

### What can you do to reduce your risk?

- Eat a healthy diet.
- Maintain a healthy weight.
- Be physically active.
- Don't smoke.
- Limit alcohol use.
- Prevent or treat high cholesterol.
- Prevent/treat high blood pressure
- Prevent or treat diabetes.



### Recovery time after a stroke

It can take weeks, months, or even years. Some people recover fully, but others have long-term disabilities such as;

- Paralysis, weakness, or both on one side of the body.
- Trouble with thinking, awareness, attention, learning, judgment, and memory.
- Problems understanding or forming speech.
- Trouble controlling or expressing emotions.
- Numbness or strange sensations.
- Pain in the hands and feet that worsens with movement and temperature changes.
- Trouble with chewing and swallowing.
- Problems with bladder and bowel control.
- Depression.

Before you are discharged from the hospital, social workers can help you find care services and caregiver support to continue your long-term recovery. It is important to work with your health care team to find out the reasons for your stroke and take steps to prevent another stroke.

Emergency Room due to Stroke: Jasper County		
Year	Number	Rate
2009	103	0.8
2010	105	0.8
2011	118	1.0
2012	123	1.0
Rates Per 1,000 Age Adjustment: 2000 Standard Population		

Inpatient Hospitalization due to Stroke: Jasper County		
Year	Number	Rate
2009	410	32.8
2010	442	35.2
2011	398	31.5
2012	407	32.8
Rates Per 10,000 Age Adjustment: 2000 Standard Population		

Deaths due to Stroke: Jasper County		
Year	Number	Rate
2009	60	47.1
2010	57	45.0
2011	42	31.7
2012	50	41.0
Rates are per 100,000 : Age adjustment: 2000 standard population		

Data source: MICA, DHSS

## HEALTH DEPARTMENTS

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# High Blood Pressure

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There are eight main ways you can control your blood pressure, which are:

- [Eat a better diet](#), which may include [reducing salt](#)
- [Enjoy regular physical activity](#)
- [Maintain a healthy weight](#)
- [Manage stress](#)
- [Avoid tobacco smoke](#)
- [Comply with medication prescriptions](#)
- [If you drink, limit alcohol](#)
- [Understand hot tub safety](#)



Adopting a healthy lifestyle is critical for the prevention of HBP and an indispensable part of managing it. Think of these changes as a "lifestyle prescription" and make every effort to comply with them. Whether you have been [diagnosed with high blood pressure](#), also called hypertension, or are concerned because you have some of the [risk factors](#) for the disease, understand this: while there is no cure, **high blood pressure is manageable.**

For more information, visit: [DHSS](#) and [AHA](#)

A SNAPSHOT

**DIABETES**  
IN THE UNITED STATES



## Did you know that:

- ◆ 29 million people in the United States (9.3 percent) have diabetes.
- ◆ 1.7 million people aged 20 years or older were newly diagnosed with diabetes in 2012.
- ◆ Non-Hispanic black, Hispanic, and American Indian/Alaska Native adults are about twice as likely to have diagnosed diabetes as non-Hispanic white adults.
- ◆ 208,000 people younger than 20 years have been diagnosed with diabetes (type 1 or type 2).
- ◆ 86 million adults aged 20 years and older have prediabetes.

Diabetes is a serious disease that can be managed through physical activity, diet, and appropriate use of insulin and oral medications to lower blood sugar levels. Another important part of diabetes management is reducing other cardiovascular disease risk factors, such as high blood pressure, high cholesterol and tobacco use. People with diabetes are at increased risk of serious health complications including vision loss, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death.

For more information about diabetes and CDC's diabetes prevention efforts, visit [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).

*"Tell me and I'll forget. Teach me and I'll remember. Involve me and I'll learn".*

*Benjamin Franklin*