

**Attention:** News Media – For Immediate Release  
**Date:** April 28, 2008  
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### **Health District Offers Free Stroke Screenings**

Naugatuck Valley Health District will take part in the 2008 StrokeAlert! campaign by offering appointments for free stroke screenings at locations in the district. Public Health Nurses will provide blood pressure and free cholesterol testing at the Huntington Branch of Plumb Library in Shelton from 10:00 AM to 12:00 PM on Tuesday May 20, at the Whittemore Library in Naugatuck from 10:00 AM to 12:00 PM on Wednesday May 21, and at the Ansonia Public Library on Thursday, May 22 from 1:00 to 3:00 PM. Educational materials and consultation with the public health nurses will also be available. The screening sessions are open to all those living or working in the district's municipalities of Ansonia, Beacon Falls, Naugatuck, Seymour and Shelton.

Stroke is the third leading cause of death in America. According to the American Stroke Association, someone suffers a stroke every 45 seconds, and every 3 minutes someone dies from a stroke. Strokes claim nearly 168,000 American lives annually, and is also a leading cause of severe, long-term disability as it can cause paralysis, vision problems, memory loss and speech or language problems. A stroke is a brain attack, therefore getting to the emergency room within three hours of symptoms will increase the likelihood of a good outcome by 50 percent.

Stroke can affect adults of all ages, and even children. Symptoms to look for include: Sudden numbness or weakness of face, arm or leg - especially on one side of the body; Sudden confusion, trouble speaking or understanding speech; Sudden trouble seeing in one or both eyes; Sudden trouble walking, dizziness, loss of balance or coordination; Sudden severe headache with no known cause.

**Stroke Symptoms are a Medical Emergency.** If you, your loved one or your co-worker experiences any of the symptoms of a stroke - Don't wait. Call 911. Treatment can be effective if given quickly. Remember - every minute counts!

For more information or to make an appointment for a stroke screening, please call Naugatuck Valley Health District, 881-3255, Monday through Friday from 8:30am to 4:00pm. The Naugatuck Valley Health District office is located at 98 Bank Street, Seymour, and serves residents from the municipalities of Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton. ~ ~ ~ ~ ~End