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**MAY IS AMERICAN STROKE AWARENESS MONTH**  
***\*\*Hawaii Medical Center Spreads Awareness To Reduce Risks Of Stroke\*\****

HONOLULU – Over 795,000 people will experience a stroke this year. According to the American Heart Association, strokes can happen to anyone regardless of gender, age or ethnicity. As May is American Stroke Awareness Month, Hawaii Medical Center encourages everyone to learn more about this potentially devastating cardiovascular disease.

“While the vast majority of stroke patients are over the age of 65, people should realize that a stroke could occur at any age, as we tragically saw last month with the 18-year-old high school senior who unfortunately suffered a fatal stroke,” said Dr. Collin Dang, CEO of Hawaii Medical Center.

Hawaii Medical Center offers the following advice to reduce the chances of suffering a stroke:

- **Know your blood pressure.** One of the highest risks for stroke is high blood pressure, so have it checked regularly by your doctor.
- **Check for diabetes.** Studies have shown that people with diabetes are at a greater risk for stroke. Thus, it’s important to check with your doctor and have your blood sugar levels monitored.
- **Quit smoking and limit alcohol intake.** Quitting smoking and drinking alcohol in moderation could significantly reduce your stroke risk.
- **Eat a healthy diet and exercise regularly.** Include fruits, vegetables and whole grains in your diet and exercise at least 30 minutes everyday to decrease chances of suffering a stroke.

- **Know and understand your cholesterol levels.** The lower your low-density lipoprotein (LDL), otherwise known as the bad cholesterol, the lower your risk of suffering a stroke. Be sure to have your cholesterol levels screened regularly.

It's also important to recognize the warning signs of a stroke. At the first signs of a stroke, call 911. Stroke symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

The risk of suffering from a stroke is higher in someone who has already had a stroke, than for someone who has not. To find out more information or to learn if you are at risk, talk with your doctor.

### About Hawaii Medical Center LLC

Hawaii Medical Center LLC is a partnership of CHA LLC, a leading U.S. hospital management company, and the over 130 Hawaii-based physicians who form Hawaii Physician Group LLC. Hawaii Medical Center is a full-service, acute and tertiary-care hospital system on Oahu with two campuses – Hawaii Medical Center East and Hawaii Medical Center West.

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