



## Legislation Text

File #: 18-0115R, Version: 0

### Introductory\*

### City of Baltimore Council Bill (Resolution) R

Introduced by: President Young

### A Resolution Entitled

A Council Resolution concerning

#### **Recognizing October 29 as World Stroke Day**

For the purpose of recognizing that October 29 is World Stroke Day, that 1 in 6 people will have a stroke during their lifetime, that “FAST” can be used to remember the symptoms of a stroke, and that people can take certain steps to reduce their stroke risk, and that stroke victims should pursue rehabilitation.

### Recitals

October 29 is World Stroke Day. Stroke is the second leading cause of death globally, and 1 in 6 people will have a stroke during their lifetime. Fortunately, more people than ever before are surviving strokes.

The difference between surviving and dying from a stroke can be the speed with which the stroke is spotted and treatment is obtained. The mnemonic “FAST” describes the symptoms of a stroke: facial numbness or weakness, arm numbness or weakness, slurred speech, and time to call 911. The faster that treatment is obtained after having a stroke, the better the chances to recover with little or no disability - stroke patients treated with “clot busting” tissue plasminogen activator within the first 90 minutes of the onset of symptoms are 3 times more likely to recover with little or no disability.

While the specific reason for many strokes cannot be identified, the American Stroke Association recommends people manage their blood pressure, control their cholesterol, reduce their blood sugar, get active, eat better, lose weight, and stop smoking to reduce their stroke risk. Tobacco smoking, including second-hand smoke, is one of the top 3 leading risk factors for disease.

It is important to remember the 3 “r’s” of stroke - recognition, rehabilitation, and recovery. Stroke rehabilitation is one of the most important phases of recovery, but 1 in 3 stroke survivors do not pursue rehabilitation. Someone who has had a stroke should talk to his or her healthcare provider about rehabilitation.

**Now, therefore, be it resolved by the City Council of Baltimore,** That the Baltimore City Council recognizes October 29 as World Stroke Day, that 1 in 6 people will have a stroke during their lifetime, that “FAST” can be used to remember the symptoms of a stroke, and that people can take certain steps to reduce their stroke risk, and that stroke victims should pursue rehabilitation.

**And be it further resolved,** That a copy of this Resolution be sent to the Mayor's Legislative Liaison to the City Council.