

Risks, Warning Signs for Stroke Focus on Prevention



Dora Lee Nonne completes an exercise under the watchful eye of physical therapist assistant Doyle Marvin at Providence Portland Medical Center.

Recovering from Stroke

First comes quick action

Dora Lee Nonne remembers starting to dress on that Saturday morning. "I got one leg in my pants, and my other leg wouldn't move," she recalls. "The last thing I remember is falling to the floor."

Nonne's daughter heard her 78-year-old mother hit the ground. Her eyes didn't track, and the left side of her face drooped dramatically. Palanuk knew her mother had suffered a stroke. And she knew time was of the essence.

Fire department crews responded to the 9-1-1 call. Palanuk rode with her mother in the ambulance and demanded they be taken to the acute stroke program at Providence Portland Medical Center where they expected to get expert stroke care.

The stroke team was alerted. Palanuk was tested and a clot-busting drug was administered. Palanuk and her siblings were amazed at what happened next. "We literally watched the movement come back," remembers Palanuk. "Her left arm started to move again, her face relaxed, her eyes started to see us again and follow movement."

Nonne's stroke was debilitating enough she could have died or at the least been significantly dis-

abled for the rest of her life. Instead the tiny, gray-haired woman walked out of Providence after 12 days of treatment and rehabilitation with only the slightest remnants of the stroke. What seems like a miracle recovery is really the result of timing and attention.

"Dora Lee was lucky to be with someone who recognized the signs of stroke and called 9-1-1," said Dr. Lisa Yanase, medical director of the Providence stroke program. "If everyone who thought they were having a stroke or witnessing a stroke would call 9-1-1, we could save many people from severe disability and even death."

Palanuk knew how a stroke manifested because her maternal aunt had suffered a debilitating one years ago. She also knew time was important - she remembered seeing huge Providence Brain Institute billboards along the freeway that stated in cases of stroke "Time lost is brain lost."

Strokes occur when a blood vessel supplying blood to the brain either bursts or is blocked by a blood clot. In a matter of minutes, brain tissue within that area is damaged, and may die without proper treatment.

What is the number three killer in the United States, behind heart disease and cancer? Congratulations if you've answered stroke.

Knowing the warning signs of stroke can save a life.

In support of National Stroke Awareness Month, experts from Providence Portland Medical Center and the Providence Brain Institute ask that people invest a few minutes of their time to raise their awareness about stroke.

The phrase "time is brain" is often used in association with stroke, due to a limited window of

time in which injured brain tissue can be saved - approximately three hours after symptoms begin. So, the sooner you recognize the signs and the sooner you can call 9-1-1, the better the chance of survival.

Two recent studies found that stroke patients that arrived at the hospital by ambulance are more likely than other patients to be evaluated by a staff physician and receive the necessary diagnostic measures and be admitted to the hospital or Intensive Care Unit.

Losing someone special in your life to a stroke takes only an instant.

The Providence medical providers urge you to remember the following warning signs of stroke and you could save a life:

- 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

Some people are at higher risk for stroke, yet much of this risk can be reduced with the help of a physician to manage the "modifiable" risk factors that can be controlled, such as high blood pressure; heart disease, especially atrial fibrillation; smoking; high cholesterol; and diabetes.

Talk with Providence experts to find out how high your risk of stroke is; to learn the difference between the risk factors you can and cannot control; and for those you can control, how best to manage them.

Heart, Brain Healthy Recipe

Savory Tuna and Rice Wedges

(Serves 6; 1 wedge per serving)

- Vegetable oil spray
- 1 1/2 cups water
- 1 1/2 cups uncooked instant brown rice
- 12-ounce can albacore tuna in distilled or spring water, rinsed, drained, and flaked
- Whites of 2 large eggs plus 1 whole large egg, or egg substitute equivalent to 2 eggs
- 14.5-ounce can no-salt added diced tomatoes, drained
- 1 cup plain dry bread crumbs (1 tablespoon reserved for topping)
- 2 medium green onions, finely chopped
- 3/4 teaspoon dried oregano, crumbled
- 1/2 teaspoon salt-free all-purpose seasoning blend
- 1/8 teaspoon salt
- 3 ounces fat-free or light cream cheese, softened
- 1/3 cup fat-free or low-fat grated Cheddar cheese
- 2 medium Italian plum tomatoes, diced (optional)

Preheat the oven to 350°F. Lightly spray a 9-inch pie pan with vegetable oil spray.

In a small saucepan, bring the water to a boil over high heat. (The amount of water may differ from the directions on the package.) Stir in the rice. Reduce the heat and simmer, covered, for the time specified in the package directions.

Meanwhile, in a large bowl, whisk together the tuna, egg whites, and

egg. Stir in the tomatoes, bread crumbs (except 1 tablespoon), green onions, oregano, seasoning blend, and salt.

Gently stir the cream cheese into the cooked rice until thoroughly combined. Stir into the tuna mixture. Spread evenly in the pie pan and sprinkle with the reserved bread crumbs.

Bake for 25 minutes. Remove from the oven and sprinkle with the Cheddar. Return to the oven and bake for 2 to 3 minutes, or until melted. Cut into wedges. Garnish with the diced tomato.

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Nutrients per Serving	
Calories	292
Total Fat	4.5 g
Saturated	1.0 g
Polyunsaturated	1.5 g
Monounsaturated	1.5 g
Cholesterol	63 mg
Sodium	429 mg
Carbohydrates	36 g
Total Sugars	5 g
Dietary Fiber	4 g
Protein	25 g

Dietary Exchanges
2 starch
1 vegetable
2 1/2 very lean meat

SAFEGWAY Ingredients for life.

Smart savings this **Memorial Day**

4.79 lb
CLUB PRICE

Rancher's Reserve Angus Beef Ribeye Steak
Bone-in.

VALU PACK
BUY BIG & SAVE

99¢ lb
CLUB PRICE

Brother's Choice Bigger Beef Patties
Frozen. Sold in 10-lb. box for \$9.90 ea. SAVE up to \$12.09 ea.

5.99¢ for
CLUB PRICE

Sweet White or Yellow Corn
Club Price: 19¢ ea. SAVE up to \$1.55 on 5

99¢ lb
CLUB PRICE

Pork Spareribs
Frozen. Only sold in a 10-lb. box for \$9.90 ea. SAVE up to \$16.00 ea. 4.49.

4.99 lb
CLUB PRICE

Fresh King Salmon Fillets
Farm raised. Color added. SAVE up to \$2.00 lb.

VALU PACK

99¢ lb
CLUB PRICE

Tree Sweetened Yellow Peaches
Large size. SAVE up to \$2.00 lb.

99¢ lb
CLUB PRICE

On the Vine Cluster Tomatoes
SAVE up to \$2.00 lb.

3.99
CLUB PRICE

Arrowhead Mountain Spring Water
24-4-pack. 0.5-liter bottles. SAVE up to \$2.00

13.99

24-Pack Budweiser, Miller or Coors
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$5.50

FREE
EQUAL OR LESSER VALUE FREE

Lay's or Wavy Lay's Potato Chips
11 to 11.5-oz. Selected varieties. SAVE up to \$2.99 on 2

3.498 for
CLUB PRICE

Nabisco Snack Crackers
7 to 10-oz. Selected varieties. Club Price: \$1.66 ea. SAVE up to \$4.59 on 3

75¢
CLUB PRICE

Gatorade or Propel
32-oz. Gatorade or 700-ml. Propel. Selected varieties. SAVE up to \$1.00

FREE
EQUAL OR LESSER VALUE FREE

Dreyer's Grand Ice Cream
1.75-qt. Selected varieties. SAVE up to \$5.99 on 2

4.99 ea
CLUB PRICE

8-Piece Fried Chicken
2 Breasts, 2 Legs, 2 Wings, 2 Thighs.

9.98

Kendall Jackson VR, J Lohr or Toasted Head
750-ml. Selected varieties. Plus deposit in Oregon.

SUPER COUPONS! ONE WEEK ONLY! Valid Wednesday, May 24 thru Tuesday, May 30, 2006

SAFEGWAY COUPON

ONE WEEK ONLY! May 24-30

3.99

24-Pack Pepsi
12-oz. cans. Selected varieties. Plus deposit in Oregon. Limit 1 with card and coupon.

SUPER COUPONS!

This coupon must be presented at time of purchase. One offer per coupon. One coupon per customer. Valid 5/24/06 thru 5/30/06. CLUB CARD NOT REQUIRED.

SAFEGWAY COUPON

ONE WEEK ONLY! May 24-30

3.99

24-Pack Coca-Cola
12-oz. cans. Selected varieties. Plus deposit in Oregon. Limit 1 with card and coupon.

SUPER COUPONS!

This coupon must be presented at time of purchase. One offer per coupon. One coupon per customer. Valid 5/24/06 thru 5/30/06. CLUB CARD NOT REQUIRED.

SAFEGWAY COUPON

ONE WEEK ONLY! May 24-30

99¢

Kraft Cheese Singles
12-oz. American only. Limit 1 with card and coupon.

SUPER COUPONS!

This coupon must be presented at time of purchase. One offer per coupon. One coupon per customer. Valid 5/24/06 thru 5/30/06. CLUB CARD NOT REQUIRED.

SAFEGWAY COUPON

ONE WEEK ONLY! May 24-30

99¢

Capri Sun Drinks
10.6-7.5-oz. pouches. Selected varieties. Limit 1 with card and coupon.

SUPER COUPONS!

This coupon must be presented at time of purchase. One offer per coupon. One coupon per customer. Valid 5/24/06 thru 5/30/06. CLUB CARD NOT REQUIRED.

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