



*“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease”  
- Thomas Edison*

**June is STROKE AWARENESS month!**  
<http://www.heartandstroke.ca>

### Signs of stroke

Stroke is a medical emergency. Learn the signs. If you experience any of these signs, call 9-1-1 or your local emergency number immediately. Acting quickly can improve your survival and recovery. Do not drive to the hospital. An ambulance will get you to the best hospital for stroke care.

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

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### DID YOU KNOW?

**80% of STROKES  
are  
PREVENTABLE!**

**Know your risk  
factors:**

- Age
- Atrial fibrillation
- Smoking
- Diabetes
- Lack of exercise
- Excess alcohol

### SELF-MANAGEMENT

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**Patient self-management** is a philosophy of health wherein the individual living with a chronic disease has the knowledge, skills, judgement, ability and confidence to be an advocate and an expert in the management of their own health and wellness.

**Self-management support** refers to the multiple and varied activities and techniques used by health care practitioners, health provider organizations and patients to achieve optimal self-management of chronic disease. Self-management support can be offered in groups or in one-to-one interactions.

**Self-management of chronic illness** requires that patients accomplish three main tasks:

- Optimal medical management of disease(s)
- Management of life roles and activities
- Management of the emotional impact of living with a chronic illness.

