

By: Zerwas

H.R. No. 2818

R E S O L U T I O N

1 WHEREAS, Health professionals, health advocates, stroke
2 survivors, and others are observing American Stroke Month in May
3 2009, and their efforts are drawing vital attention to this
4 cardiovascular disease that affects nearly 800,000 Americans each
5 year; and

6 WHEREAS, According to the American Stroke Association, a
7 division of the American Heart Association, stroke is the third
8 leading cause of death in this country, a trend reflected
9 statewide, according to the Texas Department of State Health
10 Services; moreover, it is a leading cause of serious long-term
11 disability; while new and effective treatments have been developed
12 to minimize the severity of stroke, much more research is needed;
13 and

14 WHEREAS, Through its campaign, "Power to End Stroke," the ASA
15 is specifically reaching out to African Americans, who not only
16 have almost twice the risk of first-ever strokes compared to Anglos
17 but also higher death rates for stroke; and

18 WHEREAS, Although risk factors for stroke such as age,
19 heredity, race, gender, and a history of prior stroke cannot be
20 changed, those resulting from lifestyle or environment can be; one
21 of the most important controllable risk factors is high blood
22 pressure, often called the "silent killer" because it has no
23 symptoms; others that can be changed, treated, or controlled
24 include smoking, diabetes, physical inactivity and obesity,

1 carotid or other artery disease, atrial fibrillation, transient
2 ischemic attacks, certain blood disorders, high blood cholesterol,
3 excessive alcohol use, and illegal drug use; and

4 WHEREAS, Each minute a stroke goes untreated, the brain is at
5 risk for damage, but disability or death caused by stroke can be
6 prevented by recognizing and quickly responding to the following
7 warning signs: sudden numbness or weakness of the face, arm, or leg,
8 especially on one side of the body; sudden confusion or trouble
9 speaking or understanding; sudden trouble seeing in one or both
10 eyes; sudden trouble walking, dizziness, or loss of balance or
11 coordination; and sudden, severe headache with no known cause; and

12 WHEREAS, By obtaining knowledge, making positive lifestyle
13 changes, and taking immediate action when necessary, individuals
14 can minimize their own risk of being afflicted by this debilitating
15 disease, and they can help their loved ones do the same; now,
16 therefore, be it

17 RESOLVED, That the House of Representatives of the 81st Texas
18 Legislature hereby recognize May 2009 as American Stroke Month and
19 encourage all Texans to familiarize themselves with the warning
20 signs, symptoms, and risk factors associated with stroke.