

Mental health in America, by the numbers

Here's a look at mental health in America, by the numbers:

1 in 5 adults experience mental illness in the United States.

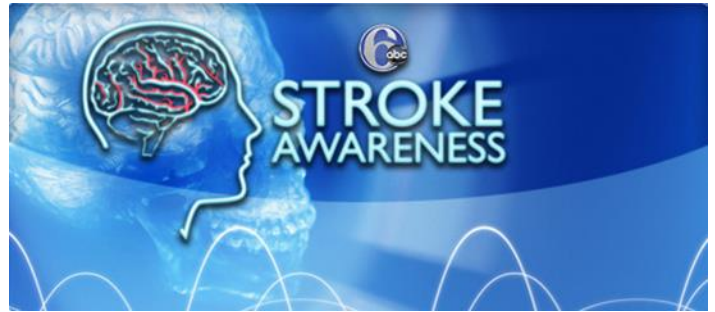
9.8 million adults 18 or older thought about trying to kill themselves in 2015, according to the Centers for Disease Control and Prevention (CDC) Data & Statistics Fatal Injury Report for 2015. Of those 2.7 million made suicide plans and 1.4 million made a nonfatal suicide attempt.

18.1% of U.S. adults have experienced an anxiety disorder in the past year, according to the National Institute of Mental Health.

Suicide is the 10th leading cause of death in the U.S., according to the CDC.

3.4% of adults experienced serious psychological distress during the past 30 days, according to the CDC's National Health Interview Survey for January–March 2016.

Mental illness affects people of all races and ages.



Use the letters in "fast" to spot stroke signs and know when to call 9-1-1.



FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?



ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



SPEECH DIFFICULTY

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the person able to correctly repeat the words?



TIME TO CALL 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, "I think this is a stroke" to help get the person to the hospital immediately. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know.

References: <https://www.google.com/amp/amp.usatoday.com/story/101238906/>, http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp#mainContent, <http://www.stroke.org/understand-stroke/what-stroke>, <http://www.stroke.org/understand-stroke/what-stroke/stroke-facts>, <http://clahrc-gm.nihr.ac.uk/2016/05/blog-support-for-carers-of-stroke-survivors/>

What is stroke?

A stroke is a "brain attack". It can happen to anyone at any time. It occurs when blood flow to an area of brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die. When brain cells die during a stroke, abilities controlled by that area of the brain such as memory and muscle control are lost.

How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the brain is damaged. For example, someone who had a small stroke may only have minor problems such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

Stroke by the Numbers

- Each year nearly 800,000 people experience a new or recurrent stroke.
- A stroke happens every 40 seconds.
- Stroke is the fifth leading cause of death in the U.S.
- Every 4 minutes someone dies from stroke.
- Up to 80 percent of strokes can be prevented.
- Stroke is the leading cause of adult disability in the U.S.

Stroke facts

Although stroke is the fifth leading cause of death in America and a leading cause of adult disability, many myths surround this disease. Test how much you know about stroke today

MYTH: Stroke cannot be prevented.

FACT: Up to 80 percent of strokes are preventable.

MYTH: There is no treatment for stroke.

FACT: At any sign of stroke call 9-1-1 immediately. Treatment may be available.

MYTH: Stroke only affects the elderly.

FACT: Stroke can happen to anyone at any time.

MYTH: Stroke happens in the heart.

FACT: Stroke is a "brain" attack.

MYTH: Stroke recovery only happens for the first few months after a stroke.

FACT: Stroke recovery is a lifelong process.

MYTH: Strokes are rare.

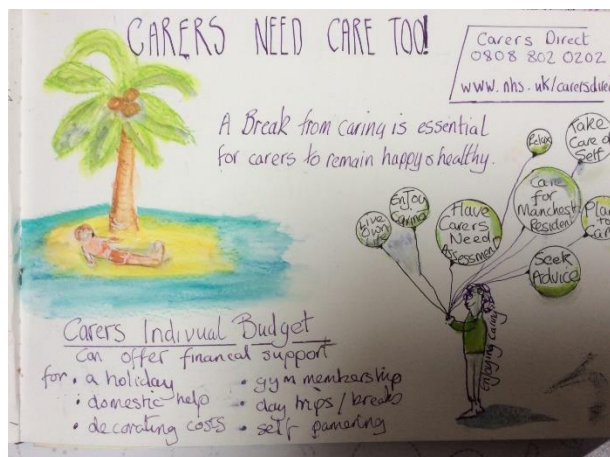
FACT: There are nearly 7 million stroke survivors in the U.S. Stroke is the 5th leading cause of death in the U.S.

MYTH: Strokes are not hereditary.

FACT: Family history of stroke increases your chance for stroke.

MYTH: If stroke symptoms go away, you don't have to see a doctor.

FACT: Temporary stroke symptoms are called transient ischemic attacks (TIA). They are warning signs prior to actual stroke and need to be taken seriously.



As we share God's love to those in need, let's not forget about the carers (care givers) too as so appropriately shared by Mary Burke, a stroke survivor.

In His Service, H-3 ministry

3 John 1:2 "...I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."