Heading Off a Brain Attack – Act FAST!

Every 40 seconds, someone suffers a stroke. Stroke is an attack on the brain that cuts off blood flow and oxygen, so it’s important to know the signs and act FAST: Face – Ask the person to smile. Does one side of the face droop? Arms – Ask the person to raise both arms. Does one drift downward? Speech – Ask the person to repeat a simple phrase. Is their speech slurred or strange? Time – If you observe any of the preceding signs, call 911 immediately. Every day in May, which is American Stroke Month, we will offer stroke education in the hospital lobby as well as online at our Stroke Awareness page.

Be Sun Smart

As the weather continues to get warmer, you’ll undoubtedly be spending more time outdoors. Make sure to protect yourself, and your family, from the sun’s harmful ultraviolet (UV) rays with these helpful tips:

- Avoid sun exposure during hours of peak sun ray intensity, which is between 10 a.m. and 4 p.m.
- Apply generous amounts of sunscreen with a sun protection factor (SPF) of at least 30. Pay special attention to your face, nose, ears, and shoulders. The higher the SPF, the greater the protection.
- Apply sunscreen 30 minutes prior to sun exposure to allow penetration. Re-apply after swimming and every 2 hours while you are outdoors.
- Wear sun hats. There is also SPF clothing and swimwear available.
- Wear sunglasses with UV protection.
• Use a lip balm with sunscreen.

It is Melanoma/Skin Cancer Detection and Prevention Month. Skin cancer is the most common form of cancer in the United States. If you are worried about your risk, or have questions, call Shady Grove Adventist Hospital's Cancer Care Services Line at 240-826-6297. You can also learn the **ABCDs of moles and melanoma risk**.

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**Thank a Nurse Today!**

National Nurses Week runs through May 12. This year’s theme, “Nurses Trusted to Care,” is fitting, as nursing is often described as an art and a science for the many roles nurses play in caring for patients, families and communities. Shady Grove Adventist Hospital invites you to express your thanks by sending an e-card to a nurse who expertly cares for patients and brings comfort to them and their families during challenging times.

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**Find a Top Doc at Shady Grove**

Shady Grove Adventist Hospital can help you find the right physician for you. We are proud to be affiliated with so many “Top Doctors” as rated by the Spring/Summer 2011 issue of Consumers’ Checkbook. More than 200 physicians who practice at our hospital are considered Top Docs in their specialty by Consumers’ Checkbook and Washingtonian Magazine. Find a doctor now!

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