



## Spotlight

**HH Senior Horizons**  
welcomes you to attend

**The Smarter Weigh to a  
Healthier Lifestyle**

**Thursday, May 28**  
**2 p.m.**

**Trinity United  
Methodist Church  
Wesley Hall**

**Light refreshments**

**Please call 265-7950 by  
May 20 to register.**

Huntsville Hospital Wellness  
*Center's Anna Holland, registered  
dietitian, will share tips on weight  
loss and how portions affect  
blood sugar levels. This event is  
appropriate for all ages, and you do  
not have to be a Senior Horizons  
member to attend.*

## May is Stroke Awareness Month – Know the Signs

Huntsville Hospital was recently awarded the [American Stroke Association Get With the Guidelines<sup>SM</sup>](#)–Stroke Silver Performance Achievement Award. This means that Huntsville Hospital has successfully implemented a higher standard of stroke care to ensure that stroke patients receive treatment according to nationally accepted standards and recommendations. The “Silver” award recognizes Huntsville Hospital’s compliance on seven measures for 12 consecutive months.

Stroke is a serious medical emergency that requires an immediate response. The sudden appearance of any of these stroke warning signs means every second counts. Know these signs and teach them to others:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

If you or someone with you has one or more of these signs, **don't delay** because time lost is brain lost! Immediately **call 9-1-1** so an ambulance (ideally with advanced life support) can be dispatched. Also, check the time so you'll know when the first symptoms appeared.

It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

For the second year in a row, Huntsville Hospital will be recognized in an upcoming *U.S. News & World Report* by The American Heart/American Stroke Association for Triple Performance Achievement for quality care in stroke, coronary artery disease and heart failure.

Source: [strokeassociation.org](http://strokeassociation.org)

Find us on **Facebook!**

*In the search box type in "Huntsville Hospital Laugh & Learn."*

## Stewed Tomatoes and Okra ([diabetes.org](http://diabetes.org))

8 large fresh tomatoes  
2 teaspoons low-calorie margarine  
2 chopped onions

1 chopped green bell pepper  
16 ounces okra, fresh or frozen  
1 cup frozen corn, thawed

2 teaspoons sugar  
½ cup dry breadcrumbs

*Plunge tomatoes in boiling water for 1 minute to make them easier to peel. Peel and chop tomatoes. Heat margarine in large skillet and sauté the tomatoes, onions and bell pepper. Add the okra, corn and sugar and simmer for 25 minutes. To thicken, add the breadcrumbs and stir well. (Makes 8 servings. Per serving: 128 calories, 2 grams fat)*

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