

Transient Ischemic Attack (TIA)

Employee Anniversaries

Marie J.P.	4/05/2004
Mavis C.	4/07/2003
Estela L.	4/20/2002
Hesper M.	4/21/2009
Clive W.	4/26/2010
Marie C.	4/28/2007
Myrlande D.	5/01/2010
Pauline W.	5/02/2010
Dieulange M.	5/14/2008
Abby H.	5/16/2008
Sattie R.	5/21/2008
Clarissa S.	5/28/2010
Theresa B.	5/31/2010
Roda M.	6/01/2009
Suza E.	6/01/2004
Esrene R.	6/05/2008
Nellie D.	6/05/2007
Chandra A.	6/06/2009
Ruby S.	6/15/2010
Beatriz G.	6/16/2010
Marie C.	6/16/2006
Rose Marie C.	6/24/2006
Rosemarie C.	6/27/2002
Katina J.	6/28/2010
Myrtle S.	6/29/2002
Mae R.	6/30/2008
Debbie S.	6/30/1994

IN THIS ISSUE:

Employee Anniversaries.....	1
Transient Ischemic Attack.....	1
Employee of the Quarter.....	2
Identity Theft.....	2
Employee Birthday's.....	2

What is a transient Ischemic Attack (TIA)?

Some people call transient ischemic attack (TIA) a mini-stroke, the symptoms are like those of a stroke but do not last long. A TIA happens when blood flow to part of the brain is blocked or reduced, often by a blood clot. After a short time, blood flows again and the symptoms go away. With a stroke, the blood flow stays blocked, and the brain has permanent damage.

A TIA is a warning: It means you are likely to have a stroke in the future. If you think you are having a TIA, **call 911**. Early treatment can help prevent a stroke. If you think you have had a TIA but your symptoms have gone away, you still need to call your doctor right away.

What are the symptoms?

Symptoms of a TIA come on suddenly.

- One side of your body may feel numb, tingly, or heavy.
- You may not be able to move your arm, your leg, or your face on one side of your body.
- Things may look blurry or dim. You may have double vision or not be able to see.
- It may be hard to speak. You may have slur or mix up your words.
- It may be hard to understand words.
- You may feel unsteady, dizzy, or clumsy. You may have trouble walking.

What causes a transient ischemic attack?

A blood clot is the most common cause of a TIA. Brain cells are affected within seconds of the blockage. That causes symptoms in the parts of the body controlled by those cells. Once the clot dissolves, blood flow returns, and the symptoms go away. Sometimes a TIA is caused by a sharp drop in blood pressure that reduces blood flow to the brain. This is called a "low-flow" TIA.

How is it treated?

If tests show that the blood vessels (carotid arteries) in your neck are too narrow, you may need surgery to open them up (carotid endarterectomy). Another type of surgery is carotid artery stenting. The doctor puts a small tube called a stent inside your carotid artery. This helps keep the artery open.

You can do a lot to reduce your chance of having another TIA or a stroke such as:

- Keep your blood pressure and cholesterol under control.
- If you have diabetes, keep your blood sugar in a target range.
- Take a daily aspirin or other medicines, if your doctor advises it.
- Eat a heart-healthy diet.
- Get plenty of exercise.
- Stay at a healthy weight.
- Avoid getting sick from the flu. Get a flu shot every year.

Employee of the Quarter



Sattie R. is recognized for being an exceptional person and wonderful caregiver. We received a complimentary letter from a family member in reference to Sattie taking such good care of her mother. She keeps in touch with the daughter on a regular basis about the well being of her mother. The daughter truly believes that her mother can still live in her own home largely because of the great care Sattie gives her. Sattie is skilled, patient, kind, attentive and above all she really cares about her clients. Responsive appreciates an employee like you.

IDENTITY THEFT

Some Facts About Identity Theft:

- 30 million Americans have been victims of identity theft in the last five years, including 9.91 million people or 4.6% of the population in the last year alone.
- Nearly 85% of all victims find out about their identity theft case in a negative manner.
- 43% say it was a friend, relative or co-worker who stole their identity.
- Children are increasingly becoming victims of identity theft.

How You Can Help Protect Yourself From Identity Theft:

- Carry only the credit cards you need in your wallet.
- Make a copy of all your credit cards, front and back, and keep that list in a safe (locked) place in case your wallet or purse is stolen.
- Make sure your medical insurance card does not list your social security number.
- Buy a shredder to shred any mail or documents with sensitive information.
- Keep track of when your credit card bills normally arrive.
- Check your credit report at least once a year.

What To Do If It Happens To You:

- File a police report.
- Notify the credit bureaus.
- Fill out a fraud affidavit form.
- Order your credit report.

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Employee Birthdays

Abby H.	April 01
Cedilia C.	April 08
Marie E.	April 08
Michelda S.	April 10
Lellieth K.	April 11
Thelma S.	April 11
Alice G.	April 13
Sandra O.	April 16
Stephanie P.	April 17
Beth S.	April 20
Hilma H.	April 22
Senorina P.	April 22
Theresa B.	April 26
Rose Marie C.	April 26
Jennifer S.	April 26
Vidya J.	April 30
Marie J.P.	May 01
Martine D.	May 02
Jenefer W.	May 02
Inna O.	May 05
Yvonne W.	May 06
Audrey H.	May 11
Talia D.	May 13
Elna B.	May 15
Edith J.	May 16
Angela R.	May 20
Kerlyne St.L	May 30
Elva J.P.	June 04
Melony Mc.	June 06
Ella N.	June 07
Atasha R.	June 08
Marck J.B.	June 13
Rita J.	June 15
Balnave M.	June 15
Olga W.	June 16
Karen P.	June 17
Liverta D.	June 18
Everton G.	June 21
Carole I.	June 22