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### **HMH N4N ANNUAL COLOR RUN APPROACHES WALKER COUNTY F.A.S.T.**

(Huntsville, TX) – The Annual Huntsville Memorial Hospital Neon for Neurons Color Run is scheduled for Friday, May 5, 2017.

Last year Huntsville Memorial Hospital announced their commitment to use the proceeds from each year's Run to provide community education and healthcare training. Here is how some of the proceeds from the 2016 Run were used:

- Six outstanding nurses (Ashley Doss, Amanda Kibby, Roxella Harris, Amy LaBarge, Tanya Field, and Corey McCray) were sent to the International Stroke Conference (ISC) in Houston earlier this year. These nurses were chosen to represent Huntsville Memorial Hospital and rewarded for the demonstration of excellence in stroke care shown by each. At the ISC, these six nurses had the opportunity to learn from top researchers and clinicians from around the world.
- Five occupational therapists participated in an intensive neurocognitive disorders training program.
- Two physical therapists attended a course called Clinical Neuroanatomy.
- One physical therapist attended a course called "Stroke Recovery: Interventions to improve functional mobility in upper & lower extremities.
- The Huntsville Memorial Hospital Center for Rehabilitation hosted a two-day continuing education course and 14 HMH therapists along with 21 clinicians from around the state attended.
- Walker County and the surrounding communities continue to benefit from the work that HMH is doing through neurologist Dr. Nhu Bruce, the therapists, and the clinicians who make up the HMH stroke committee.
- HMH has continued to improve tPA administration rates. tPA is a substance that can be given to patients typically within three hours of a stroke to dissolve blood clots within the brain. HMH consistently exceeds the top American Heart Association/American Stroke Association recommended times for door to crucial IV t-PA treatment and is a Joint Commission Certified Primary Stroke Center.

Because quick treatment can make a huge difference in the treatment of stroke, HMH reminds people it's extremely important to identify symptoms of a stroke quickly because the longer the brain is without oxygen, the higher the chance of permanent damage. "We ask people to remember FAST, F-A-S-T, to spring into action. "F" stands for Face. Is there anything abnormal about the patient's face? Is their smile drooping? Is their eyelid drooping? "A" stands for Arms. Ask the person

to raise their arms and observe if one of the arms is drooping. “S” stands for Speech. Listen to the speech carefully. Are they slurring their words? Ask them to repeat a very simple phrase like “the barn is red”. If they cannot repeat that phrase, the higher chance of stroke. And then “T” stands for Time. If you see any of these things, time is of the essence. Call 911 immediately.

A patient receiving the right care, right away – can make all the difference. The advancements in medical treatments have resulted in higher stroke survival rates. Stroke used to rank fourth in leading causes of death of in the U.S. - now it’s fifth. For more information contact Huntsville Memorial Hospital.

**About Huntsville Memorial Hospital**

*Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. In 2016, HMMH was awarded the Joint Commission Primary Stroke Center designation. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home. Your health. Our community. Our commitment.*