



Heat Stroke vs. Stroke?

Global Stroke Resource Offers Summertime Health Safety Tips

Orlando, Fla. (July 9, 2014) – You want a healthy sun-kissed glow this summer, but would you be able to recognize when your body has had far too much exposure to sun or heat? It is important to know the signs of *heat stroke* during these sweltering months and, according to Global Stroke Resource Inc. (Bcenter.com), a nonprofit serving stroke survivors and caregivers, equally as important to understand the signs of *stroke* at all times.

Despite possessing a similar diagnostic name and some comparable symptoms, heat stroke and stroke are vastly different medically. Heat stroke, as defined by the Centers for Disease Control and Prevention (CDC), is the most serious heat-related disorder which happens when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body struggles to cool down. When heat stroke occurs, the body temperature can rise to 106°F within minutes and cause death or disability if emergency treatment is not given.

To protect yourself from heat stroke, avoid strenuous activity outside when possible during the hottest time of the day (mid-morning to late afternoon) and wear lightweight, light-hued garments. Additionally, drink plenty of water! If you're well hydrated, your urine will be light in color; whereas, a darker yellow or orange likely indicates dehydration.

Signs of HEAT STROKE:	Signs of STROKE:
<ul style="list-style-type: none">• Hot, dry skin or profuse sweating	<ul style="list-style-type: none">• Severe headache
<ul style="list-style-type: none">• Hallucinations	<ul style="list-style-type: none">• Slurred speech
<ul style="list-style-type: none">• Chills	<ul style="list-style-type: none">• Numbness or weakness (especially on one side of the body)
<ul style="list-style-type: none">• Throbbing headache	<ul style="list-style-type: none">• Blurred vision
<ul style="list-style-type: none">• High body temperature	<ul style="list-style-type: none">• Confusion/dizziness
<ul style="list-style-type: none">• Confusion/dizziness	
<ul style="list-style-type: none">• Slurred speech	

A stroke, also referred to as a brain attack, is the leading cause of adult disability in the U.S. & Europe and is the second leading cause of death worldwide (fourth in the U.S.). Stroke occurs when a blood vessel feeding the brain gets clogged or bursts. As a result, neither that part of the brain nor the part of the body it controls can then function properly. As with heat stroke, a stroke requires emergency intervention; if you or someone you are with is having a stroke, call 9-1-1 immediately.

Every two seconds, someone in the world suffers a stroke. A stroke can happen to anyone though age, heredity, race, and gender can increase one's risk. To prevent stroke, one should partake in proper nutrition and physical activity and control cardiovascular risk factors, such as diabetes, hypertension, and high cholesterol. For more information, visit www.Bcenter.com.

About Bcenter: Global Stroke Resource, Inc., dba Bcenter.com, is a 501(c)(3) **nonprofit organization** with a mission to empower, educate and light the path to recovery for stroke survivors and families. Bcenter is dedicated to providing treatment resources, hope and direction. **Founder Valerie Greene** personally overcame grim odds in the aftermath of two debilitating strokes that nearly took her life at just 31 years old. Acknowledging that her miraculous survival and recovery could impact others afflicted by stroke or any disability, Greene crusaded for years to support healthcare advocacy, programs and education, and now serves as a stroke coach. Visit Bcenter.com or call (888) 942-Bwell (9355).