



NEWS RELEASE

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Home Care Agency Builds Stroke Awareness

May is National Stroke Awareness Month. According to the American Stroke Association, this ailment is the fourth leading cause of death in the U.S., and approximately 795,000 people experience a stroke each year.

"With stroke being the number one cause of adult disability, building awareness in our communities is imperative," said Derek Bullard, founder of Already HomeCare, an in-home care agency in Charleston. "Time is essential in the treatment of a stroke. The earlier a stroke is recognized and the patient receives medical attention, the greater chance of recovery."

Strokes occur when a blood vessel carrying oxygen and vital nutrients to the brain is either blocked by a clot or ruptures. When this occurs, part of the brain is deprived of blood and oxygen, destroying millions of valuable nerve cells within minutes. A stroke can affect speech, mobility, memory and many other common functions.

Already HomeCare provides an array of in-home care services to help stroke victims recover. From shopping, light housekeeping, medication reminders, symptom monitoring to mobility assistance and incontinence care, stroke victims enjoy the increased independence and comfort of recovering in their own homes.

"Our caregivers are extensively trained in providing care for recovering stroke victims, as well as stroke awareness and the identification of the different types of strokes," said Bullard. "We feel that is very important because it helps limit the damage that's caused by a stroke. Furthermore, our caregivers know how to help our clients reduce their risk for strokes."

Common stroke risk factors include high blood pressure, heart disease, diabetes, cigarette smoking and irregular heartbeats.

"If you suspect a stroke, remember the word FAST – F-A-S-T," said Bullard. "F is for face – is your face drooping? A is for arms – can you lift both arms? S is for speech – are you slurring your words and T is for time, call 9-1-1 immediately because with a stroke, time is critical."



About Already HomeCare

Already HomeCare provides an array of in-home care services to persons and families who need assistance with living independently in their own home. We proudly serve the great Charleston, South Carolina area. For more info, visit www.alreadyhomecare.com