



**PROCLAMATION**

**STROKE AWARENESS MONTH  
May 2021**

*WHEREAS, stroke, also known as a brain attack, occurs when the blood supply to the brain is blocked (ischemic stroke) or when a blood vessel in the brain bursts (hemorrhagic stroke). The lack of blood or bursting of blood vessels causes brain tissue to die, leading to brain damage, disability, or death; and*

*WHEREAS, a stroke can happen to anyone, including children, at any given time. According to the American Heart Association, around 800,000 Americans have a stroke every year, 150,000 which result in death; and*

*WHEREAS, projected medical expenses associated with stroke recovery will reach \$183 billion per year by 2030; and*

*WHEREAS, eighty percent of strokes are preventable, and risk can be reduced when appropriate lifestyle changes are made. Lifestyle changes such as lowering blood pressure and cholesterol levels by exercising and limiting alcohol consumption can reduce your risk; and*

*WHEREAS, the F.A.S.T acronym can help recognize the warning signs of a stroke: face drooping, arm weakness, and speech difficult. These warning signs mean it is time to call; and*

*WHEREAS, we must continue to work together to improve the quality of life for Pennsylvanians.*

*THEREFORE, I, Tom Wolf, Governor of the Commonwealth of Pennsylvania, do hereby proclaim May 2021, as STROKE AWARENESS MONTH. I encourage all Pennsylvanians to spread awareness of this serious issue and work towards making our commonwealth a stroke smart state.*



*GIVEN under my hand and the Seal of the Governor, at the city of Harrisburg, on this first day of May two thousand twenty-one, the year of the commonwealth the two hundred and forty-fifth.*

*Tom Wolf*  
**TOM WOLF**  
Governor