

National Stroke Awareness Month: Act F.A.S.T. to Save a Life

Source: <https://smchd.org/2017/05/national-stroke-awareness-month-act-f-s-t-save-life/>



May is National Stroke Awareness Month. Every year, more than 795,000 people in the U.S. have a stroke. Someone in the U.S. has a stroke every 40 seconds and every 4 minutes, someone dies of stroke.

What happens during a stroke?

To work properly, the brain needs oxygen. Although the brain makes up only 2% of your body weight, it uses 20% of the oxygen you breathe. A stroke occurs when something happens to block the flow of blood to the brain, depriving oxygen to the brain.

Stroke is a leading cause of serious long-term disability, reducing mobility in more than half of stroke survivors age 65 and over. Including the cost of health care services, medicines to treat strokes, and missed days of work, strokes cost the U.S. an estimated \$33 billion each year.

What is your risk of stroke?

Anyone can have a stroke at any age, but age increases your chances for a stroke. The older you are, the more likely you are to have a stroke. But certain things can increase your chances of having a stroke. While you can't control your age or family history, you can take steps to lower your chances of having a stroke.

What can I do to prevent a stroke?

Stroke is preventable! Up to 80% of strokes could be prevented through healthy lifestyle changes and working with your health care team to control conditions that raise your risk for stroke.

These healthy lifestyle choices can help lower your risk of a stroke

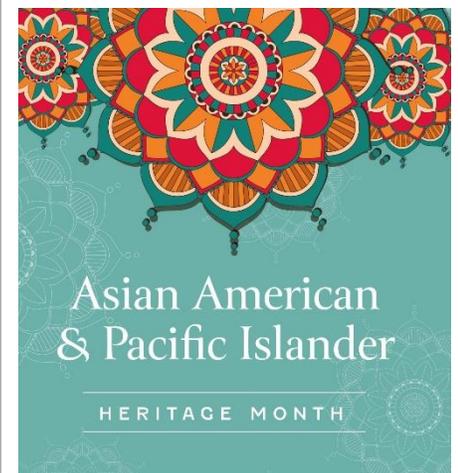
Healthy Diet: Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fats, trans fats, and cholesterol, and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet can also lower your blood pressure.

Healthy Weight: Being overweight or obese increases your risk for stroke. To determine whether your weight is in a healthy range, you can calculate your body mass index (BMI), you can use the CDC's BMI calculator.

Physical Activity: Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. It is recommended that adults get at least 2 ½ hours of moderate-intensity aerobic physical activity, such as a brisk walk, each week. Children and teens should get at least one hour of physical activity every day.

Smoking: Cigarette smoking greatly increases your chances of having a stroke. If you smoke – QUIT! For help with quitting smoking, [click here](#).

Alcohol: Drinking too much alcohol can raise your blood pressure. Men should consume no more than two drinks per day; and women only one.

**May 2024 Calendar**

*Asian American and Pacific Islander
Heritage Month
Jewish American Heritage Month
National Mental Health Awareness Month*

- 1 – May Day / International Workers Day
- 1 - National Interpreter Appreciation Day (US)
- 2 – National Day of Prayer (US)
- 5 – Easter (Orthodox Christian)
- 5 – Cinco de Mayo (Mexico)
- 6-12 – National Nurses Week (US)
- 12 – International Nurses Day
- 12 - Mother's Day (US)
- 13-19 – Mental Health Awareness Week (US)
- 15 – Buddha Day (Buddhism)
- 19 – Pentecost (Christianity)
- 27 – Memorial Day (US)
- 29 – Ascension of Bahau'llah (Bahá Faith)

Control Medical Conditions: Work with your health care team to find out how often you should have your cholesterol and blood pressure checked. If you have diabetes, check your blood sugar levels regularly and find out about treatment options. If you have certain heart conditions, such as coronary artery disease, talk to your health care provider about medical treatment or surgery. Take all medications per your doctor's instructions.

What do you do if you think someone is having a stroke?

Acting quickly is critical if you think someone is having a stroke. Stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms.

If you think someone is having a stroke, remember this F.A.S.T. test:

F – Face: Ask the person to smile. Does one side of the face droop?

A – Arms: Ask the person to raise both arms. Does one arm drift downward?

S – Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T – Time: If you see any of these signs, call 9-1-1 immediately!

STROKE is an Emergency.
Every minute counts.
ACT F.A.S.T!

	FACE	Does one side of the face droop? Ask the person to smile.
	ARMS	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	SPEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	TIME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

Tips to Improve Your Remote Simultaneous Interpretations

Source: <https://atlasls.com/tips-to-improve-your-remote-simultaneous-interpretations/#:-:text=Listen%20Hard,line%20of%20interpretation%20to%20another.>

Remote Simultaneous Interpretation (RSI) is the process of interpreting speech in real time while working remotely and streaming through video. Interpreters work for any client in need of services at any location in the world. There are many problems that could occur during a session, and half of the problems come with being unprepared. Review the following tips on how to improve your performances.

Listen Hard

Interpreters must perform two tasks at the same time. They have to listen well and speak whenever they're not listening. Listening carefully helps you to think ahead and anticipate the words that are coming next. This prevents any delays as you move from one line of interpretation to another.

Understand the Culture

Understand the culture of the language that you're interpreting. This improves your interpretations by reducing errors in grammar and pronunciation. Every language has cultural words and phrases that are known only to people who speak that language. Although interpreting slang is not common, it's possible that you'll face unusual words that cannot be translated accurately without having some cultural knowledge.

Control Your Speed and Tone

Maintain a consistent speed and tone of voice as you interpret. Speaking too fast is a common mistake that interpreters make when trying to keep up with the other speaker. Overall, speak in a way that ensures your comfort as long as it's overblown by being too loud or too fast.



Remain Calm During Bad Situations

Misinterpreting what the speaker said and not hearing what was said are common mistakes that you'll face. It's important to backtrack and correct every mistake that was made. However, do not dwell too much on small mistakes or you will miss the rest of the conversation that is being spoken.

If the speaker is talking too quickly or loudly, you have the right to confront him or her and ask for a more proper exchange. Working with an unreasonable speaker is frustrating for everyone, so make sure that you are being treated fairly and given the chance to do your work properly.

Finding an interpreter is easy, but finding one who can perform RSI effectively is a challenge. Miscommunications and technical problems could occur during a remote video session. Much of the responsibility is placed on you, the interpreter, so continue to improve your skills and knowledge

New Staff Profile: Yasamin Barkzai



Yasamin is the newest Pashto, Dari, and Farsi interpreter joining the UC Davis Health medical interpreting team. Yasamin was born in Afghanistan and moved to the United States 10 years ago, overcoming significant challenges along the way. When Yasamin first moved to the United States, there were few Afghans around, and English posed a significant hurdle for her. However, Yasamin viewed these challenges as opportunities to discover something truly fulfilling.

Yasamin began to interpret when she volunteered to help her fellow Afghans navigate their new lives in the US. For Yasamin, it was tough work, but it felt like the right thing to do. Volunteering sparked a passion in Yasamin to help others. About five years ago, she decided to dive into the healthcare field as a nurse assistant. To Yasamin this has been quite the journey, and she is balancing work and school as a nursing student.

To Yasamin, being there for Pashto, Dari, and Farsi-speaking patients when they need someone who speaks their language is very rewarding. Especially being a female interpreter, Yasamin has noticed that many patients appreciate having a woman to communicate with, especially in delicate medical situations. It's incredibly rewarding to see their faces light up when they realize they can communicate comfortably. Being part of a team that helps make that happen is a privilege she holds.

Outside of work and studies, Yasamin enjoys spending time with her family or planning her next adventure. Yasamin describes herself as a big fan of exploring new places and soaking up different cultures. She travels to Afghanistan annually to stay connected to her roots.

Additionally, Yasamin has a passion for designing dresses, especially bridal dresses, and in her free time, she is working on building her small business. She is currently operating online, but her dream is to one day opening a physical store location to showcase all of her creations.

Moreover, Yasamin is also working on improving her Hindi language skills. As a child, she grew up watching Indian movies and picked up a lot of the language. While she is able to understand Hindi well, she is still working on building her speaking skills through practice and dedication.

Welcome to the Medical Interpreting team, Yasamin!

