



**May is National Stroke Education Month**

Twin County Regional Healthcare encourages everyone to learn about the signs and symptoms of stroke. If you or someone you know is experiencing any of these signs, don't delay in getting them to a hospital. A stroke is a "brain attack", so time delays can cause loss in brain function.

**F**ace



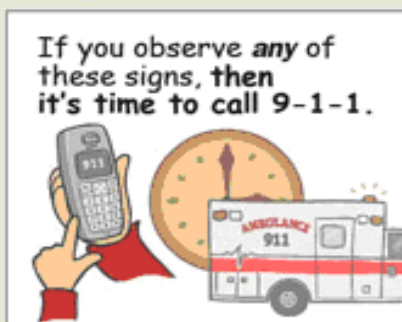
**A**rm



**S**peech



**T**ime



**Learn these signs of stroke.**

**Be a hero. Save a life.**

**Call 9-1-1**

**TCRH Pursuing Stroke Certification**

Twin County Regional Hospital (TCRH) is working toward acquiring a certificate of distinction as a Primary Stroke Center from the Joint Commission. The Joint Commission is a national hospital governing agency. The Joint Commission's Certificate of Distinction for Primary Stroke Centers recognizes centers that make exceptional efforts to foster better outcomes for stroke care. Achievement of certification signifies that the services provided have the critical elements to achieve long-term success in improving outcomes.

**Twin County Surgery Welcomes New Physician**  
**Dr. Mahmoud "Mike" Jawhar**



Twin County Surgery of Twin County Regional Healthcare (TCRH) is pleased to welcome Mahmoud O. "Mike" Jawhar, MD. Dr. Jawhar received his degree from Eastern Virginia Medical School in Norfolk in 1996. Dr. Jawhar returned to his home state of Virginia after completing his surgical residency. He most recently practiced in Pearisburg, Virginia. Dr. Jawhar joins a team of surgeons including Dr. Mark W. Mattson and Dr. W. Wade Peery. To schedule an appointment, please call (276) 236-6906.



**Are You At Risk For Stroke?**

If you can answer “yes” to two or more of the following, see a healthcare provider for a complete assessment of your risks.

- ⇒ You are a man over 45 years old, a woman over 55 years old OR you have passed menopause or had your ovaries removed and are not taking estrogen.
- ⇒ An immediate relative had a stroke OR your father or brother had a heart attack before age 55 OR your mother or sister had a heart attack before age 65.
- ⇒ Your blood pressure is usually 140/90 or higher.
- ⇒ You smoke or live or work with people who smoke tobacco regularly.
- ⇒ You have diabetes.
- ⇒ Your total cholesterol is 240 or higher.
- ⇒ Your HDL (good cholesterol) is less than 35 or you don't know your HDL level.
- ⇒ Your physical activity is less than 30 minutes per day.
- ⇒ You are overweight by more than 20 pounds for your height and build.
- ⇒ You have been told you have carotid artery disease OR disease of the leg arteries OR a high red blood cell count OR sickle cell anemia.
- ⇒ You have heart disease OR have had a heart attack.

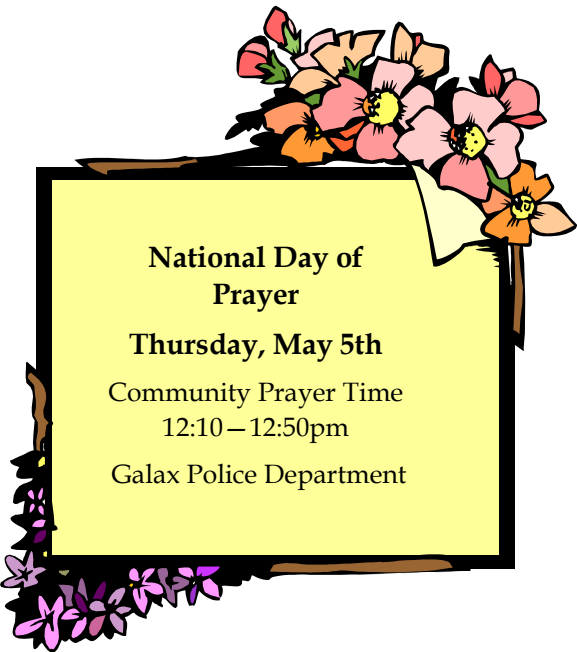
*Source: American Stroke Association*

The Faith Community Nursing program was started in October of 2008 as an outreach of Twin County Regional Healthcare in Galax. The Faith Community Nurse program is just one way TCRH fulfills it's mission to promote, preserve and restore the health of our community.

For more information on Twin County Regional Healthcare or its services, please visit [www.tcrh.org](http://www.tcrh.org)

**Save-A-Date !**

**17th Annual  
TCRH Foundation Golf Classic  
Wednesday, May 18, 2011  
Blue Ridge Country Club  
Galax, Virginia 24333  
(276) 236-1654 or [www.tcrh.org](http://www.tcrh.org)**



**May 6-12 is National Nurses Week. Take time this week to thank your volunteer Faith Nurse for their ministry in your church.**

