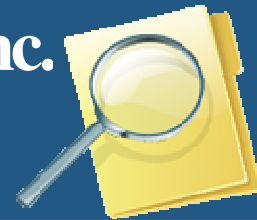


# Newsletter issued by Forensic Nursing, Inc. At Your Service



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*“ All psychological problems, from the slightest neurosis to the deepest psychosis, are merely symptoms of the frustration of the fundamental need for a sense of personal worth. Self-esteem is the basic element in the health of any human personality. “*

*Dr. William Glasser, founder of  
William Glasser Institute*

## STROKE --- WHEN TO CALL 911 !

If you notice one or more of these signs, don't wait. Stroke is medical emergency. Call 9-1-1 or your emergency medical services. Get to a hospital right away!

The American Stroke Association wants you to learn the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Symptoms of stroke depend on the *type and which area* of the brain is affected. *Signs of ischemic (blockage) stroke usually occur suddenly, and signs of hemorrhagic (bleeding) stroke usually develop gradually.*

**Complications:** Stroke is the leading cause of disability in the United States. Complications that may occur within 72 hours of stroke include the following:

- Cerebral swelling (edema)
- Increased intracranial pressure (ICP)
- Intracerebral hemorrhage
- Seizures

## Rotator Cuff....What is the Function?

These muscles arise from the scapula and connect to the head of the humerus forming a cuff at shoulder joint. They are important because they hold the **head of the humerus** in the small and shallow glenoid fossa of the scapula. The glenohumeral joint is often likened to a golf ball sitting on a golf tee. During elevation of the arm, the rotator cuff compresses the glenohumeral joint in order to allow the large deltoid muscle to further elevate the arm. In other words, without the rotator cuff, the humeral head would ride up partially out of the glenoid fossa, lessening the efficiency of the deltoid muscle.

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Your thoughts and comments are welcome!