

BEFORE THE BOARD OF COUNTY COMMISSIONERS  
FOR MULTNOMAH COUNTY, OREGON

**PROCLAMATION NO. 06-078**

Proclaiming the Month of May 2006 as American Stroke Month in Multnomah County, Oregon

**The Multnomah County Board of Commissioners Finds:**

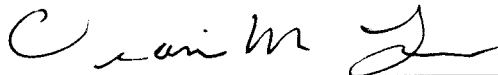
- a. Strokes are the third leading cause of death in the United States and a leading cause of severe, long-term disability.
- b. Every year about 700,000 people in the United States suffer a stroke, resulting in nearly 158,000 deaths.
- c. On average a stroke occurs every 45 seconds in the United States.
- d. On average, someone dies of a stroke every 3 minutes.
- e. In 2006 the estimated direct and indirect cost of stroke will be about \$57.9 billion dollars.
- f. Despite a national decrease in the stroke death rate, Oregon has seen an alarming increase in stroke deaths in the past decade, up 19 percent.
- g. Oregon has the fifth highest death rate from stroke in the nation, accounting for more than 8 percent of all deaths in the state.
- h. The majority of Americans are not aware of their risk factors for a stroke, nor are they aware of the signs and symptoms of an impending stroke.
- i. Warning signs of stroke include: 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; and sudden severe headache with no known cause.
- j. New and effective treatments have been developed to treat and minimize the severity and damaging effects of strokes, but much more research is needed.
- k. On Saturday, May 20, the American Heart Association is presenting the Portland Metro American Heart Walk to help educate people about stroke and raise money to help fund further research.

## The Multnomah County Board of Commissioners Proclaims:

1. The month of May 2006 is American Stroke Month in Multnomah County. We urge everyone to familiarize themselves with the warning signs, symptoms, and risk factors associated with stroke so that we might begin to reduce the devastating effects that stroke has on our population.
2. The Board of County Commissioners encourages all community members to participate in the Portland Metro American Heart Walk to be held on Saturday, May 20, 8:00 AM to Noon, at the World Trade Center, SW First and Salmon, Portland, Oregon.

ADOPTED this 18th day of May, 2006.

### BOARD OF COUNTY COMMISSIONERS FOR MULTNOMAH COUNTY, OREGON



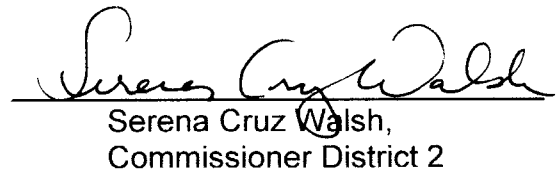
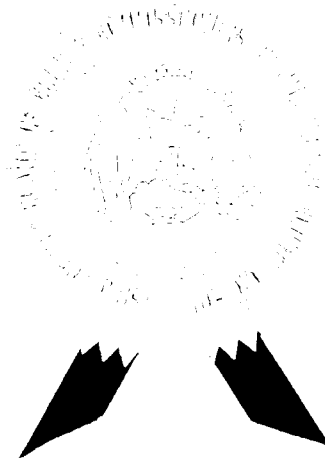
Diane M. Linn, County Chair



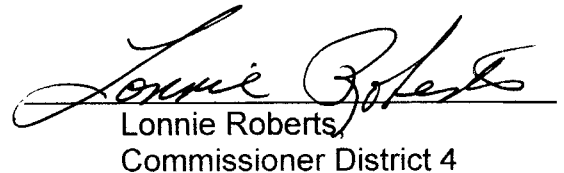
Maria Rojo de Steffey,  
Commissioner District 1



Lisa Naito,  
Commissioner District 3



Serena Cruz Walsh,  
Commissioner District 2



Lonnie Roberts,  
Commissioner District 4