



**Oklahoma House of Representatives  
Media Division**

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**FOR IMMEDIATE RELEASE:**

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**House health policy leader joining statewide initiative to  
educate Oklahomans about the realities of a stroke**

**OKLAHOMA CITY (Dec. 12, 2007)** -- State Rep. Doug Cox, the chair of the House Public Health Committee as well as a practicing physician from Grove, is partnering with the state Health Department's Act FAST! campaign to educate Oklahomans about how to quickly aid someone suffering from a stroke.

A stroke is a sudden "brain attack" that cuts off the blood flow and oxygen to the brain. Stroke is the third leading cause of death in the nation, and Oklahoma ranks second for the number of deaths from stroke or cardiovascular diseases. Every year over 700,000 people in the U.S. die from a stroke. Rep. Cox says any Oklahoman can become a stroke hero by acting FAST! to educate themselves and their community about a simple and accurate way to identify a stroke.

FAST! Stands for Face droop, Arm drift, Speech slurred, and Time to call 911. Act FAST! is a statewide initiative from the Oklahoma State Stroke Systems Advisory Committee and the Oklahoma State Health Department. The Health Department has a free toolkit for Act FAST! equipped with a three-minute animated DVD, short instructions, posters, bookmarks, a list of frequently asked questions about stroke and a pre- and post-test evaluation with a postage-paid return envelope. All that is needed to prepare for the event that a friend or loved one should suffer a stroke is a toolkit, a TV and DVD player, and approximately 15 minutes.

To become a stroke hero, you can present the Act FAST! materials to a group of people in your community, at work, at your civic organizations, at your children's school, your church, or to your family. In 15 minutes you can become a hero by educating and possibly saving your family and friends from death or permanent disability from a stroke.

Rep. Cox encourages citizens to please call the Oklahoma State Health Department for their toolkit today. Educate yourself and others about stroke and help save the life of a fellow Oklahoman.

For your free Act FAST! toolkit, call 1-888-669-5934.