

# SUDDEN ILLNESS

- Fainting
- Diabetes
- Seizures
- Stroke

# FAINTING

- When someone suddenly loses consciousness and then reawakens.
- Fainting is not usually harmful and the person will recover quickly.

# FAINTING - TREATMENT

- Lower the person to the ground or other flat surface and position him/her on his/her back.
- Raise the person's legs 8-12 inches if possible.
- Loosen any tight clothing.
- Do not give the person anything to eat or drink.
- Call 9-1-1

# DIABETES

- More than 18 million people in the United States have diabetes.
- Diabetes is the 6<sup>th</sup> leading cause of death in the United States.
- Diabetes can also lead to other medical conditions such as blindness, nerve disease, kidney disease, heart disease, and stroke.

# DIABETES

Definition: The inability of the body to convert sugar from food into energy.

Diabetes occurs when the hormone insulin is not produced or used in the proper amount.

# TYPES OF DIABETES

TYPE I (Juvenile Diabetes)

TYPE II (Adult Onset Diabetes)

# TYPE I DIABETES

- This type of diabetes, which usually begins in childhood, occurs when the body produces little or no insulin.
- People with Type I diabetes must inject insulin into their bodies daily, and are therefore considered to be insulin dependant.

# TYPE II DIABETES

- Most common type of diabetes, affecting about 90-95 percent of the people with diabetes.
- With Type II diabetes, the body produces insulin, but not enough for what the body needs.
- Type II diabetes is considered non-insulin dependant.

# DIABETIC EMERGENCIES

Hyperglycemia – sugar levels are too high  
and insulin levels are too low.

Hypoglycemia – insulin levels are too high  
and sugar levels are too low.

# DIABETIC EMERGENCIES

If a diabetic becomes suddenly ill but remains conscious, give the person sugar, preferably in liquid form. Most fruit juices and non-diet soft drinks contain enough sugar to be effective. If the person does not feel better in 5 minutes or if you cannot find sugar, call 9-1-1.

If the person is unconscious, do not give them anything by mouth. Call 9-1-1 immediately and carefully monitor the breathing and heart rate of the victim.

# SEIZURES

Loss of body control which results when the electrical activity of the brain becomes irregular due to an injury, disease, fever or infection.

# SEIZURES

Seizures may be caused by acute and/or chronic conditions.

**Acute** – extreme heat (febrile seizures), a diabetic condition, or an injury to the brain.

**Chronic** – epilepsy, which is a condition affecting over 2 million Americans. Epilepsy is usually controlled by medication.

# SEIZURES

Seizures can take various forms:

- Blank stare or period of distorted sensation during which the person is unable to respond.
- Convulsions – uncontrolled muscular contractions which last several minutes.

# TREATMENT OF SEIZURES

- Do ***NOT*** try to stop the seizure, it should only last a few minutes.
- Do ***NOT*** hold or restrain the person.
- Do ***NOT*** put anything in the person's mouth.

# TREATMENT OF SEIZURES

- Remove nearby objects that might cause injury.
- Protect the person's head by placing a thin cushion under it.
- If there is fluid in the person's mouth, such as saliva, blood or vomit, roll him or her on one side so that the fluid drains from the mouth.

# TREATMENT OF SEIZURES

- When the seizure has ended, check to see if the person was injured.
- Keep bystanders away.
- Reassure and comfort the person.
- Remain with the person until he or she is fully conscious and aware of the surroundings.

# TREATMENT OF SEIZURES

CALL 9-1-1 IF:

- Seizure lasts more than 5 minutes.
- The person has multiple seizures.
- The person appears to be injured.
- The person is pregnant.
- The person is a diabetic.
- The seizure follows a quick rise in the person's temperature.
- The person fails to regain consciousness.

# STROKE

- The 3<sup>rd</sup> leading cause of death in the United States.
- About 700,000 Americans will suffer a stroke this year.
- A ***stroke***, also called a “brain attack,” is caused when blood flow to a part of the brain is cut off, or when there is bleeding into the brain.

# STROKE

- A stroke is usually caused by a blockage in the arteries that supply blood to the brain.
- When the blood flow is cut off, that part of the brain starts to “suffocate” and die, unless the blood flow can be restored.

# MINI-STROKE

- A mini-stroke is when a person has the signals of a stroke, which then completely go away.
- A person who suffers a mini-stroke is at extreme risk of suffering a full blown stroke within 2 days.

# STROKE PREVENTION

- Control your blood pressure.
- Do not smoke.
- Eat a healthy diet.
- Exercise regularly.
- Control diabetes.

# CARE FOR A STROKE

- Call 9-1-1 immediately
- Note the time the stroke signals started.
- If the victim is unconscious, make sure that he/she has an open airway and care for life-threatening conditions.
- If fluids or vomit is in the victim's mouth, position him/her on one side to allow fluids to drain out of the mouth.
- Remain with the victim until help arrives.