

## **Mayo Clinic Minute**

### **Stroke and heat concerns**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Does weather impact your risk of having a stroke?
<b>Robert Brown, M.D.</b> <b>Neurology</b> <b>Mayo Clinic</b>	“There is some influence of weather and temperature on the occurrence of stroke, and it ends up that it’s oftentimes temperature extremes - very, very hot, very, very cold.”
<b>Vivien Williams</b>	Or very, very humid. Dr. Robert Brown says the increased risk of stroke may have to do with the impact extreme heat, humidity and cold have on the body.
<b>Robert Brown, M.D.</b>	“Factors related to blood pressure and even some factors related to certain heart conditions.”
<b>Vivien Williams</b>	Stroke is a medical emergency. The faster you get treatment, the better your chances are of recovery.
<b>Robert Brown, M.D.</b>	“There are a number of treatments that are available at the time of stroke-related symptoms.”
<b>Vivien Williams</b>	Symptoms include sudden onset of weakness of the face, arm or leg, sudden numbness on one side of the body; sudden difficulty seeing, speaking, understanding others; sudden unsteadiness or a sudden, severe headache. Call 911. For the Mayo Clinic News Network, I’m Vivien Williams.