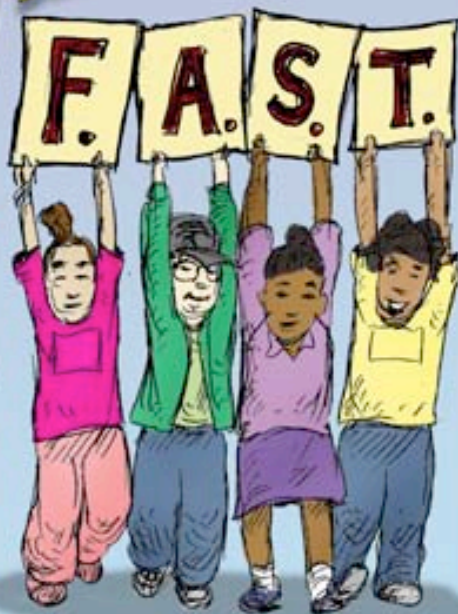


HIP HOP STROKE PRESENTS

STROKE AIN'T NO JOKE!

Featuring
HIP HOP DOG
DOUG E. FRESH
BRAINIAC B



STROKE AIN'T NO JOKE!

Written by Ian Ellis James

Illustrated and Designed by Bill Davis

Academic Supervisor Dr. Olajide Williams

Sponsors:

New York city Council, Office of Inwz Dickens

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Harlem Hospital Center

Friends of Harlem Hospital

Department of Neurology, Columbia University

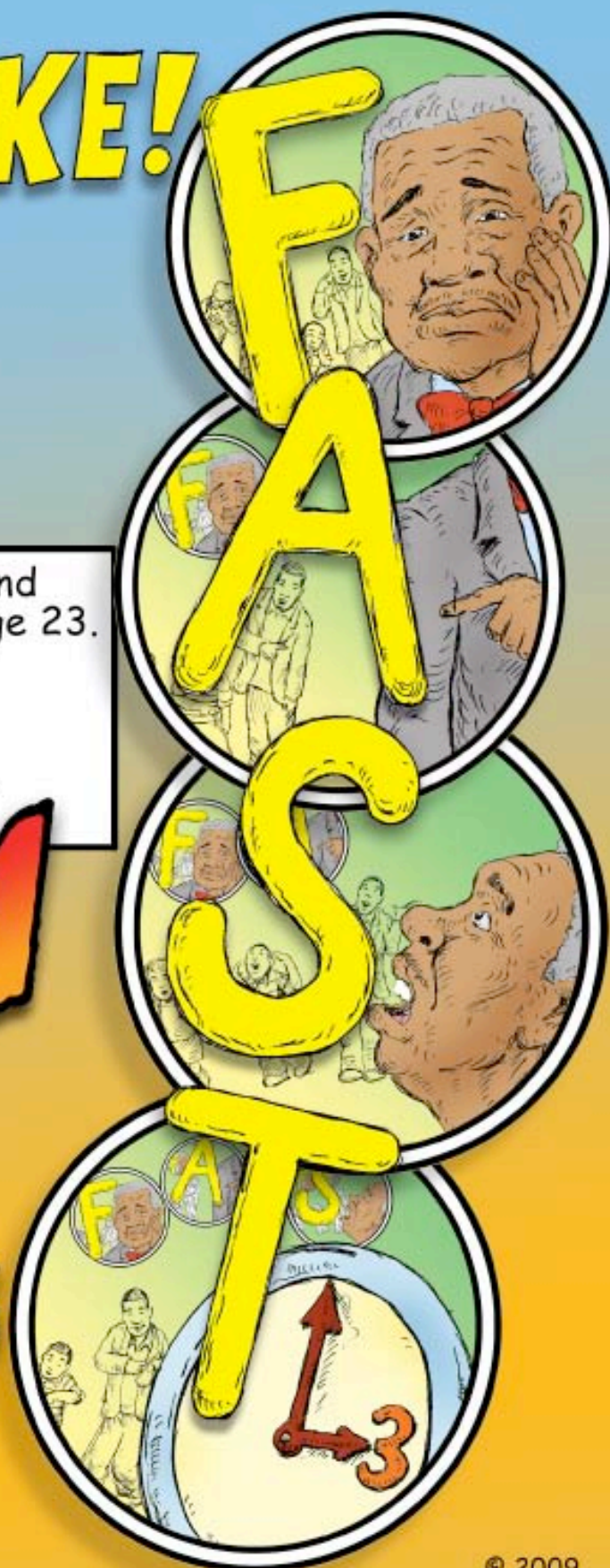
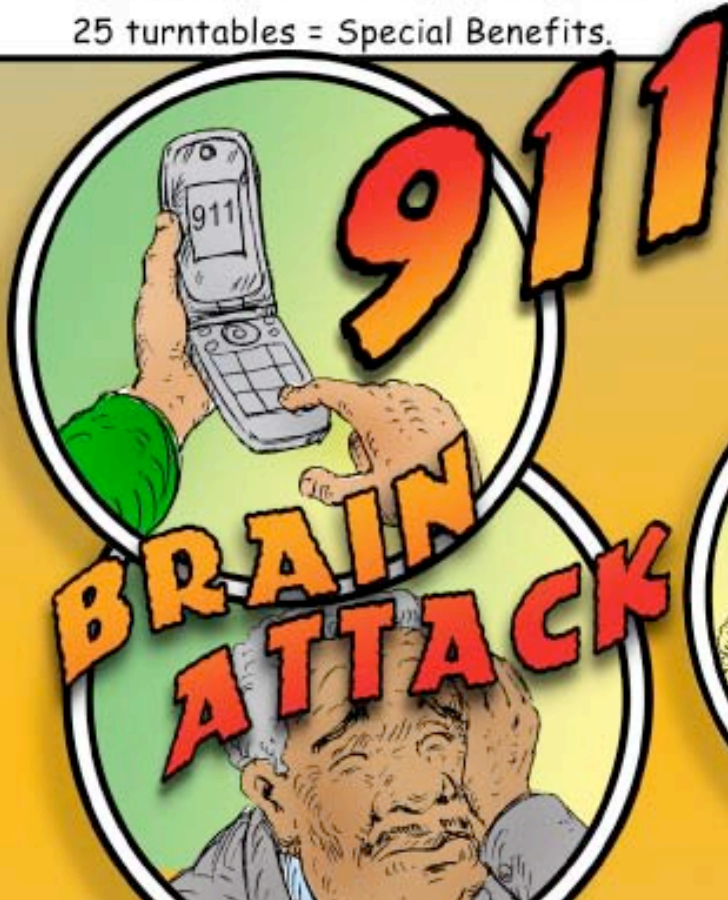
To obtain "turntables" (points) and
redeem them with prizes see page 23.

100 turntables = Gold prize raffle.

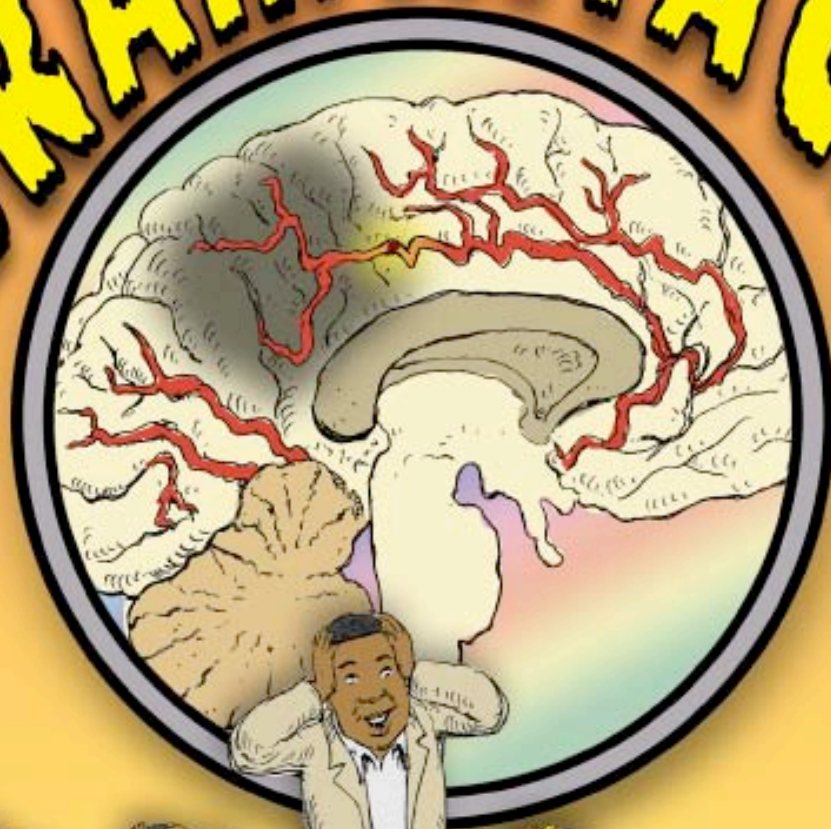
75 turntables = Silver prize raffle.

50 turntables = Bronze prize raffle.

25 turntables = Special Benefits.

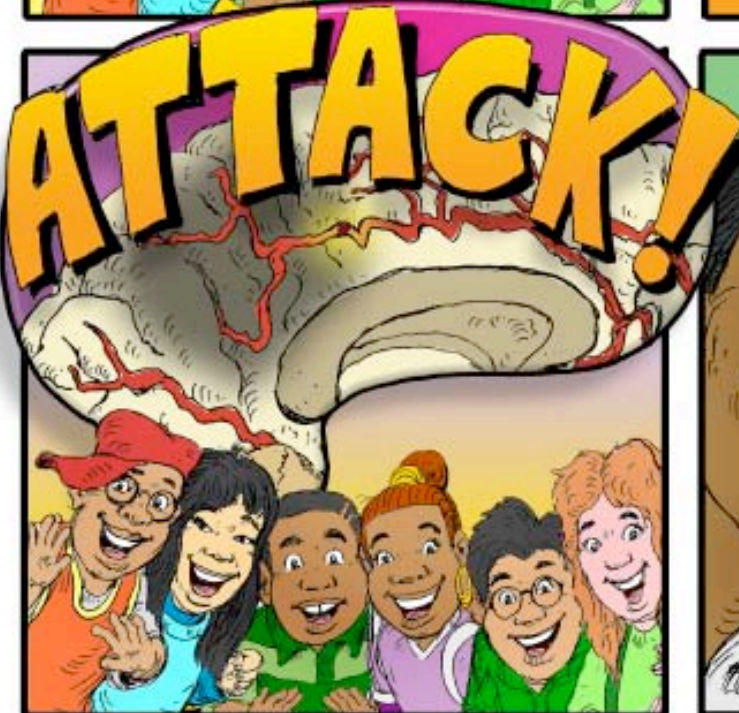


PART ONE
"LEARNING"
BRAIN ATTACK

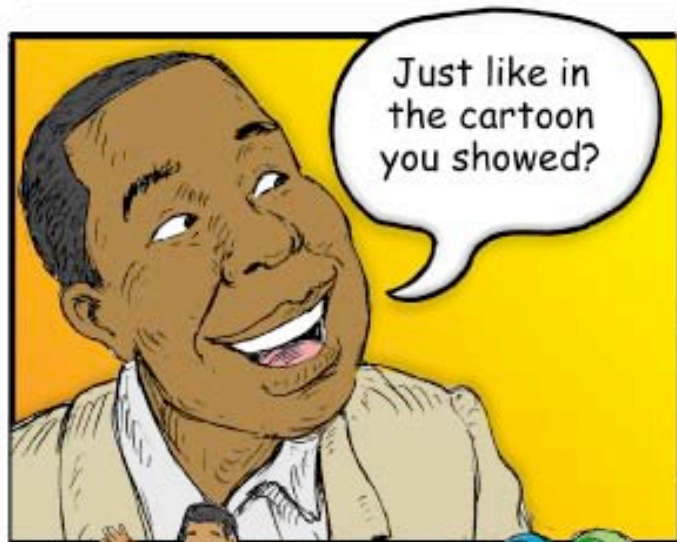
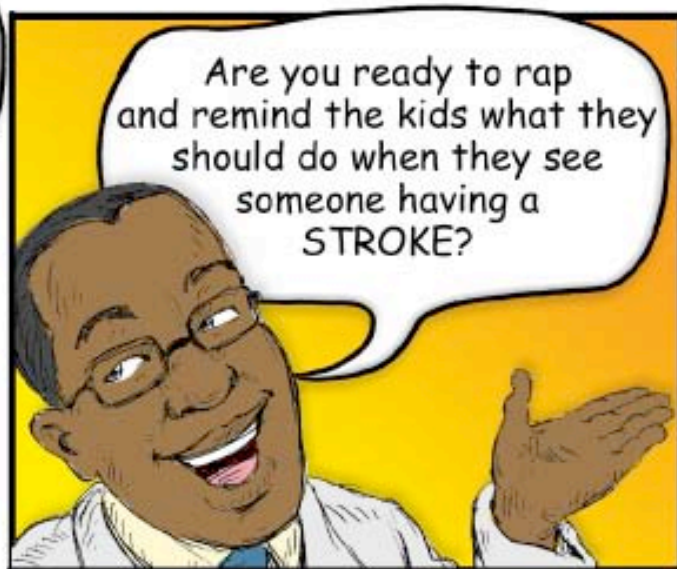
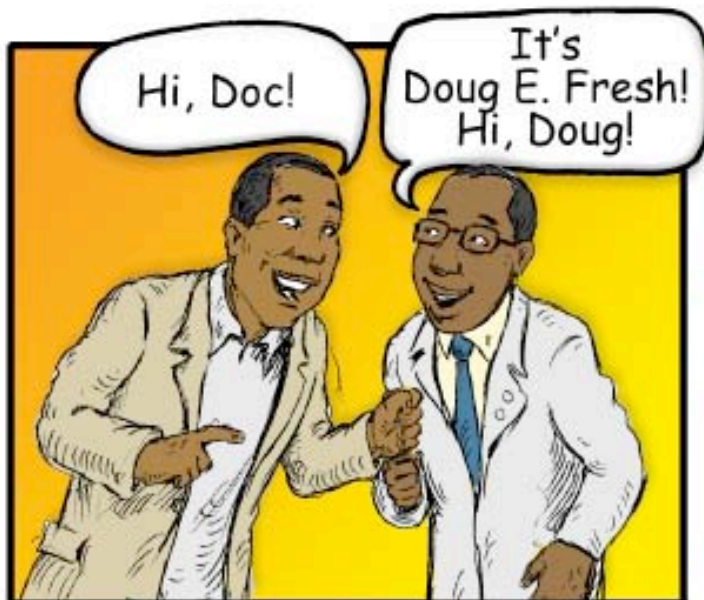


Hi, kids! Welcome
to the
Stroke Aint No Joke
Comic Book.
I'm the Hip Hop Doc!

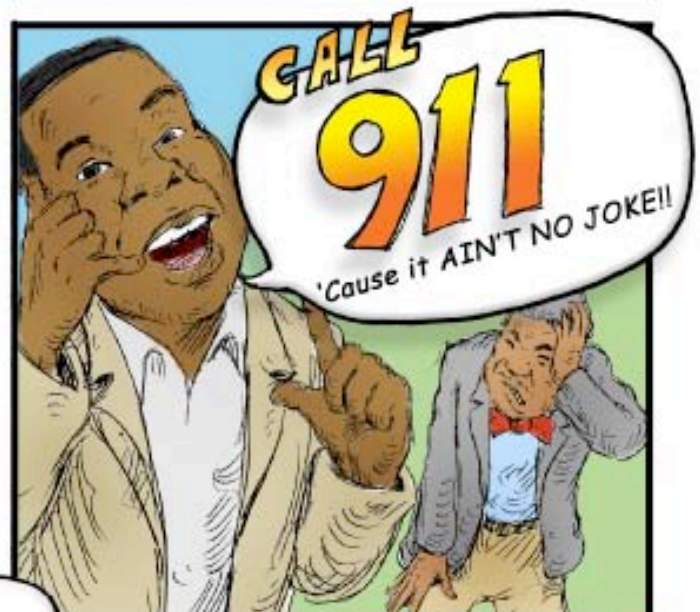
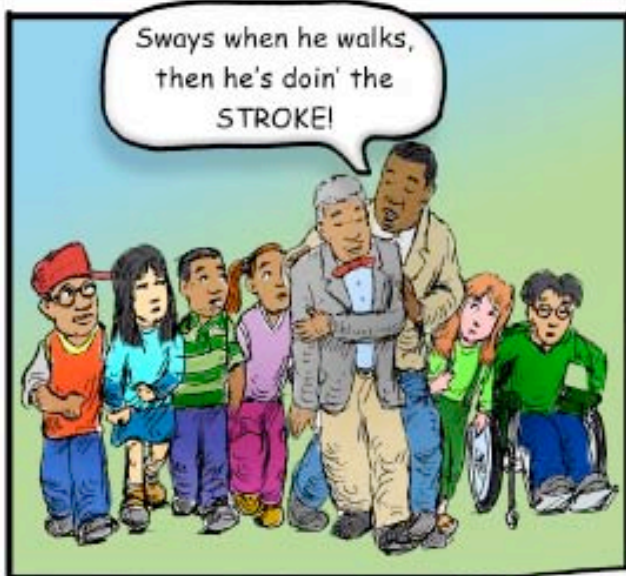
And I'm Brainiac B here
to remind you that a
stroke happens in
your AMAZING BRAIN.
When I say BRAIN,
you say...

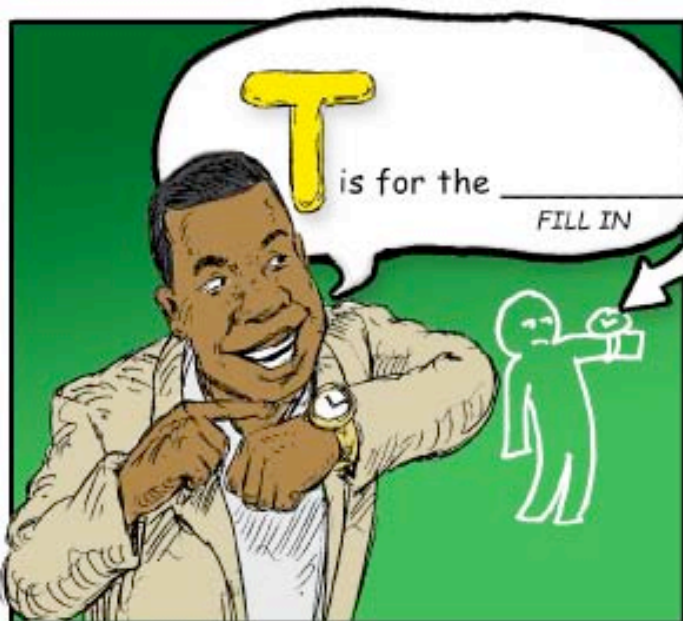
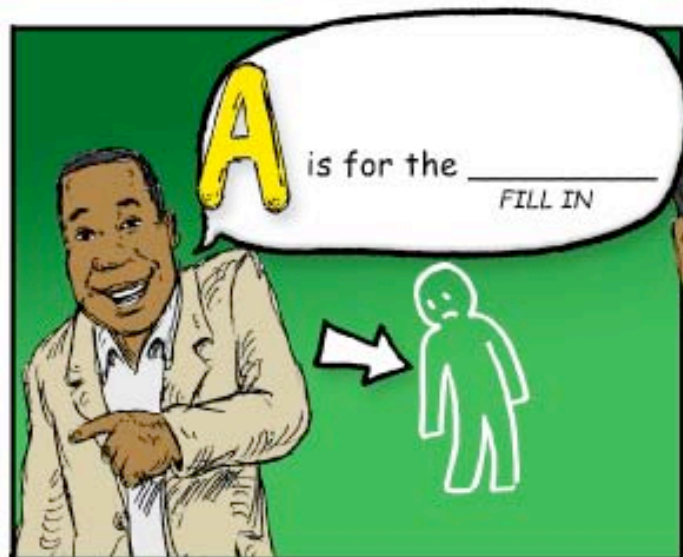
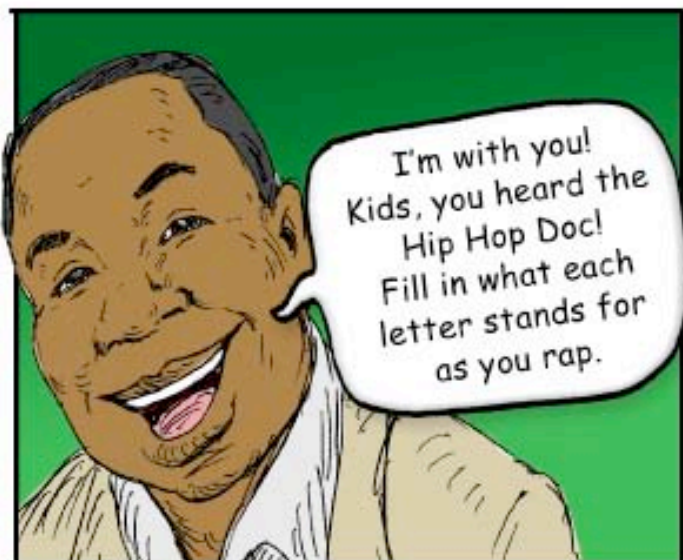


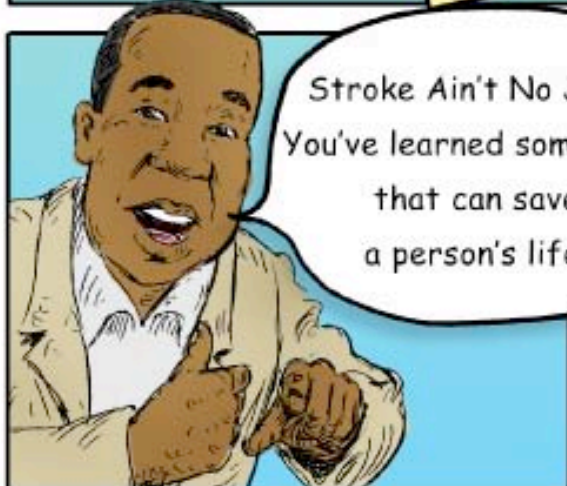
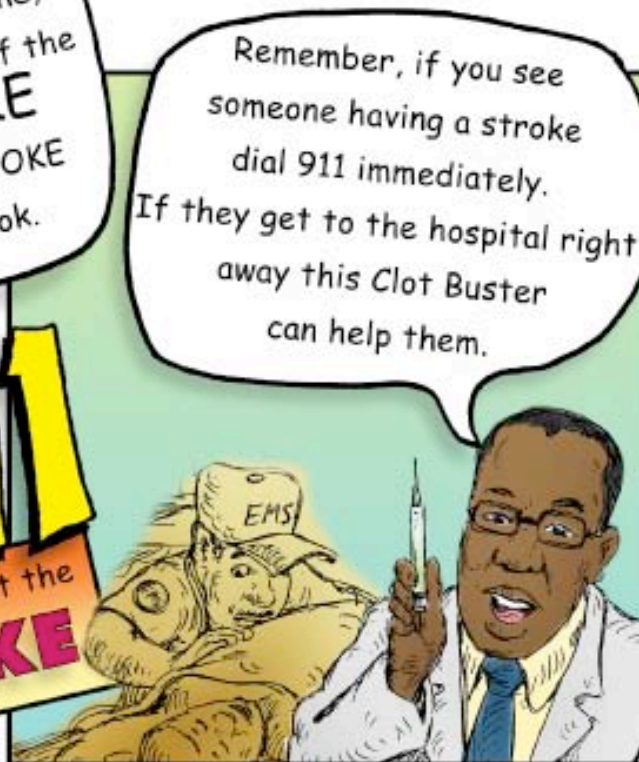
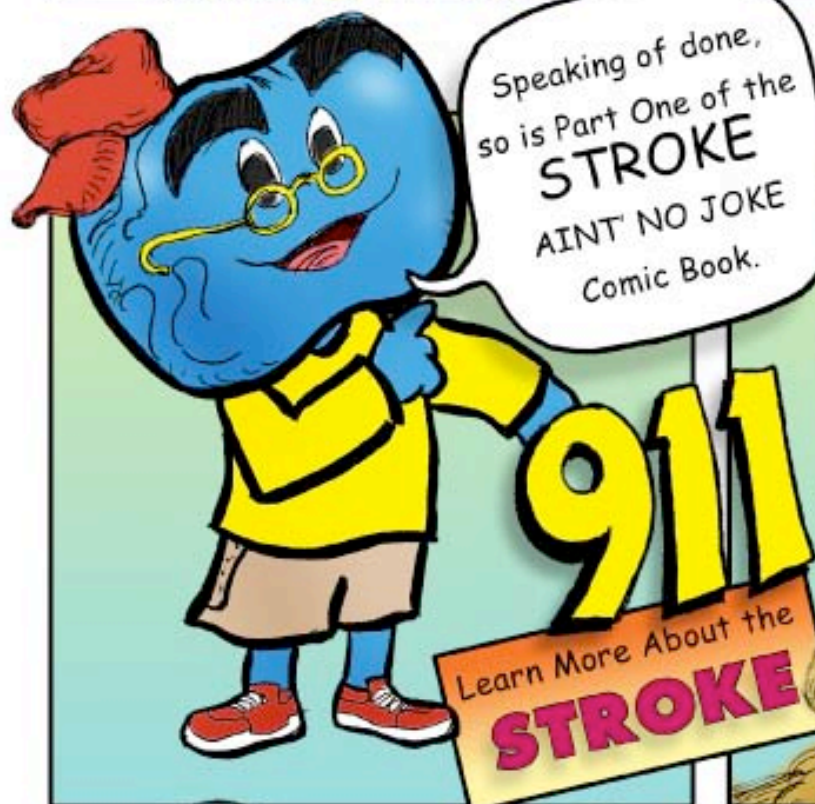
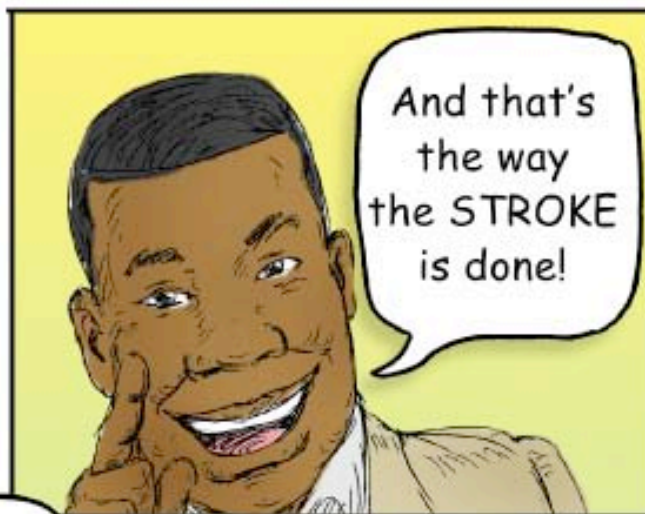
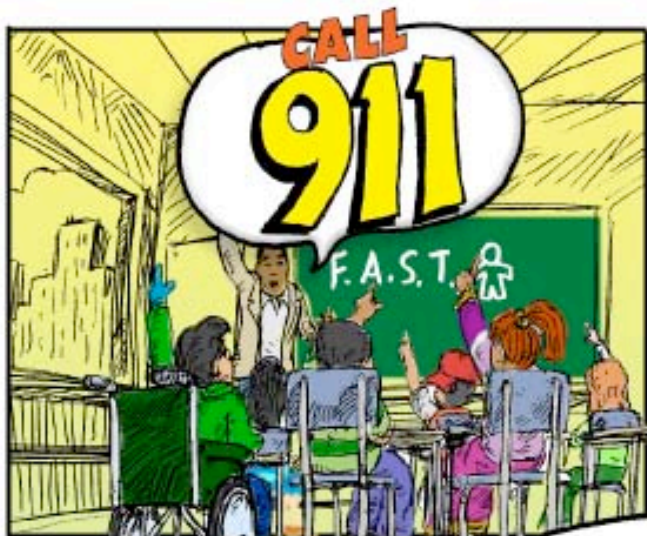
Nice job,
Brainiac B!
Good job, kids!





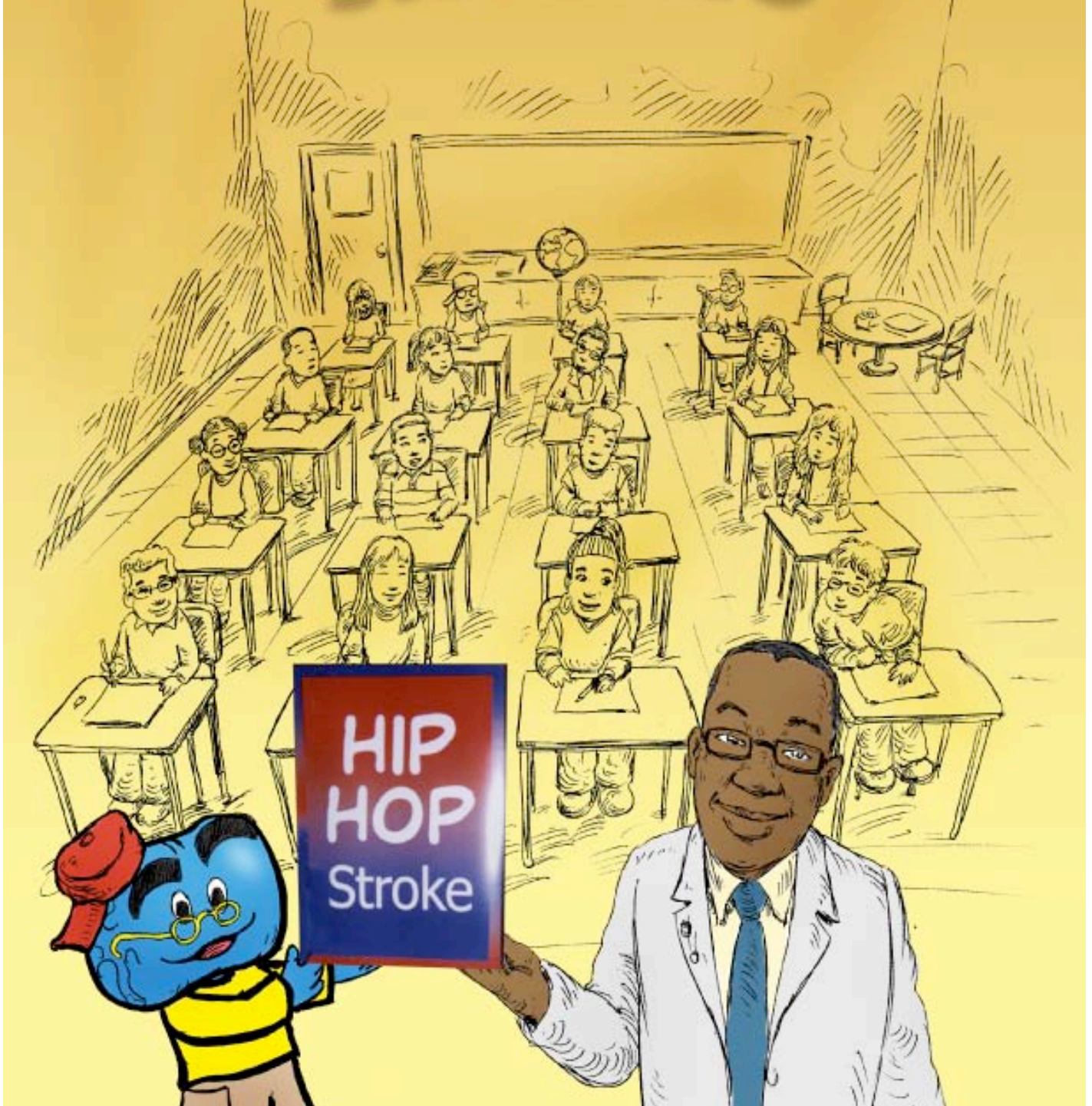






PART TWO

"SHARING"



Remember,...
doin' the STROKE
ain't no joke, right
Hip Hop Doc?

Right, Doug E. Fresh.
That's why we need the
kids to help us spread
the word!

Tell someone in your
family all the
stroke symptoms as
soon as you
get home.

All of a sudden, a
really bad headache
like an ice pick
in your head!

A person having a
stroke might
all of a sudden
get a twisted face!

You have
Sudden
Clumsiness!

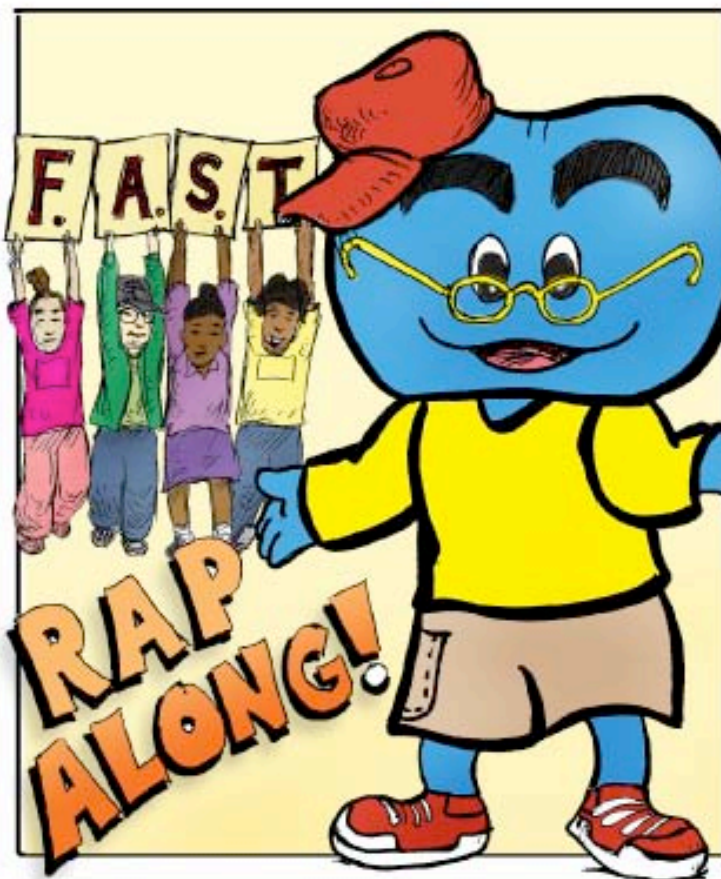
All of a sudden
blindness or
blurry vision

All of a sudden
you can get
weakness on
one side!

All of a sudden,
you slur your speech!
Your words don't
make sense!

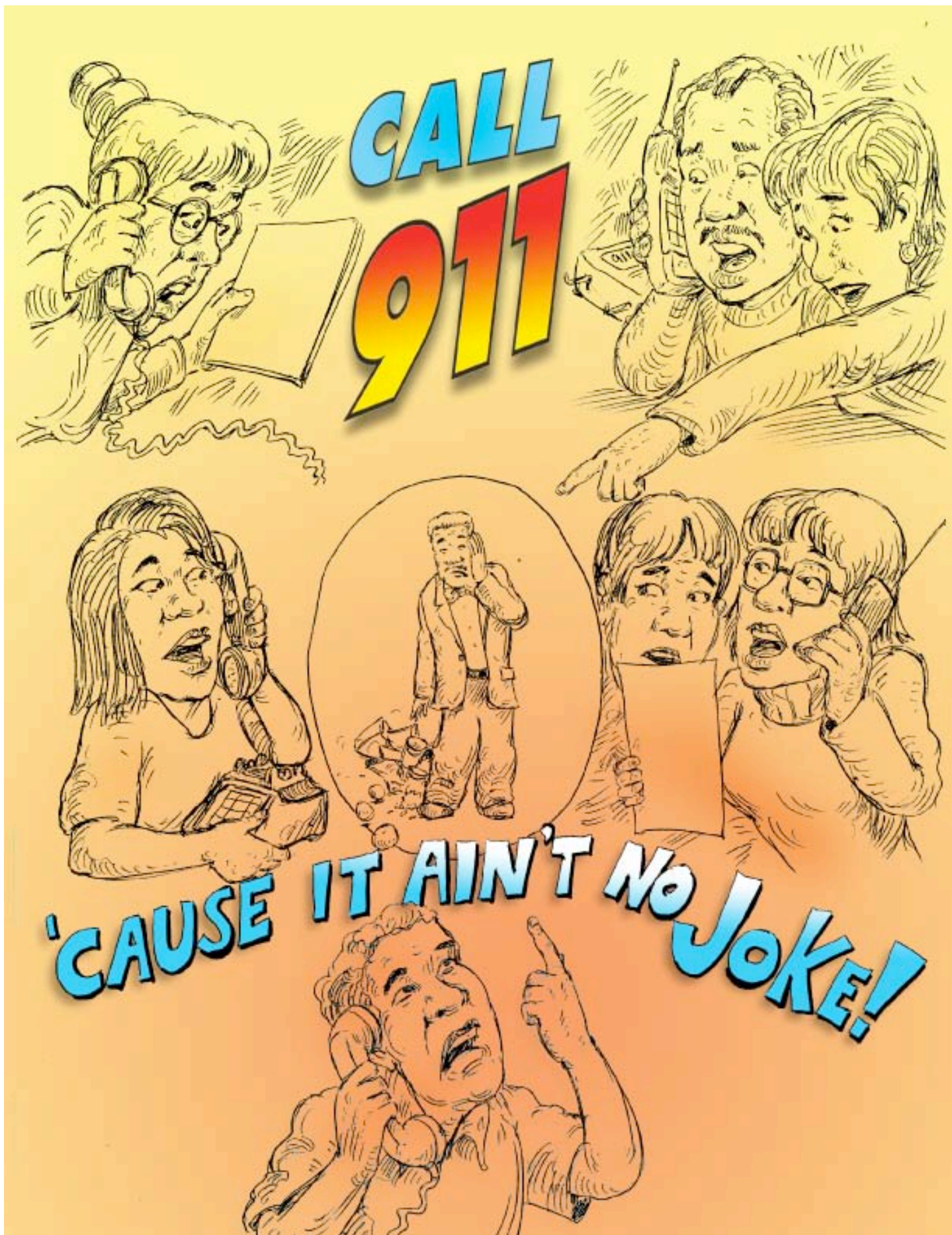
F
A
S
T





Your Mom, Dad, or Guardian
should also know F.A.S.T.
Put on the
"Stroke Ain't No Joke" CD
and teach them the F.A.S.T. rap.









Now it's time to spread the word to your neighborhood or your community!

See if someone you know other than a family member knows the signs and symptoms of a **STROKE!**

In Part Three of the "Stroke ain't No Joke" comic book, find out if a teacher, your neighbor or your local store owner is aware of the signs and symptoms of a **STROKE!**

We need you to be a Hip Hop Hero, so grab your pencils or pens and get going!

PART THREE

"DOING"

Come on, kids!
The Hip Hop Doc
needs us out there
in the neighborhood!

I'm down!

Let's roll!



See if one of your parents can do this Stroke Awareness Crossword Puzzle.

The puzzle on the next page has the correct answers. Keep that one hidden and see if they can do this one. Try the crossword puzzle on someone else you know.

Stroke Awareness Crossword Puzzle

Fill in, use a pencil - erase - then use again.

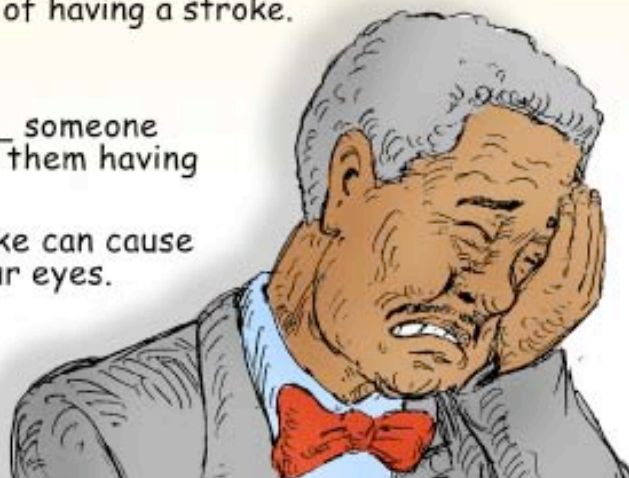


DOWN

1. Ice Pick _____ (Already filled in).
2. _____ vision can be a result of having a stroke.

ACROSS

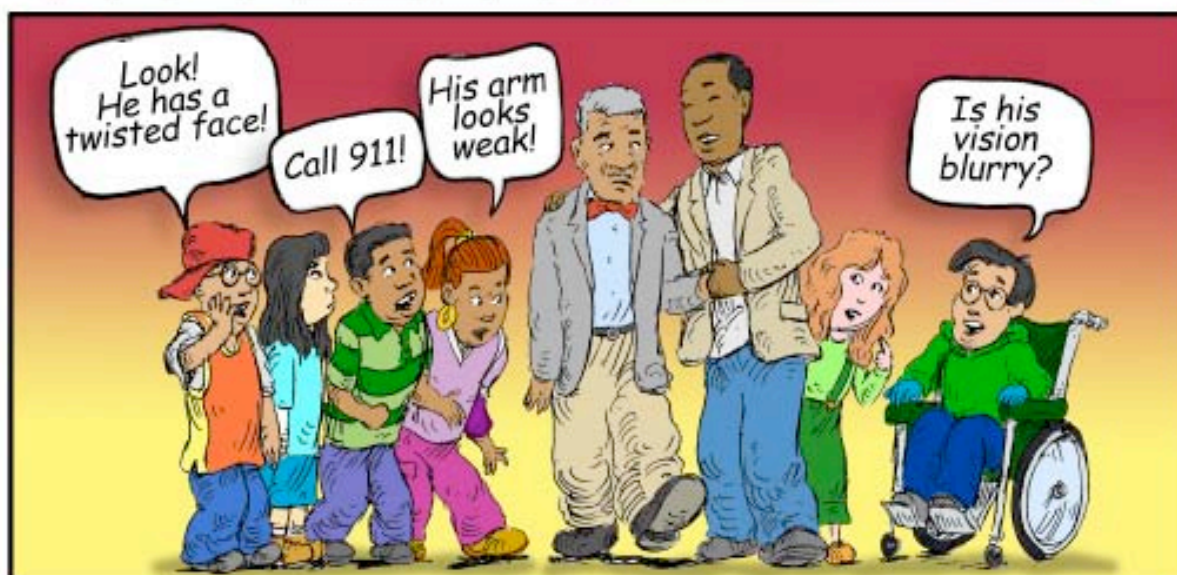
1. _____ someone if you see them having a stroke.
2. A stroke can cause this in your eyes.

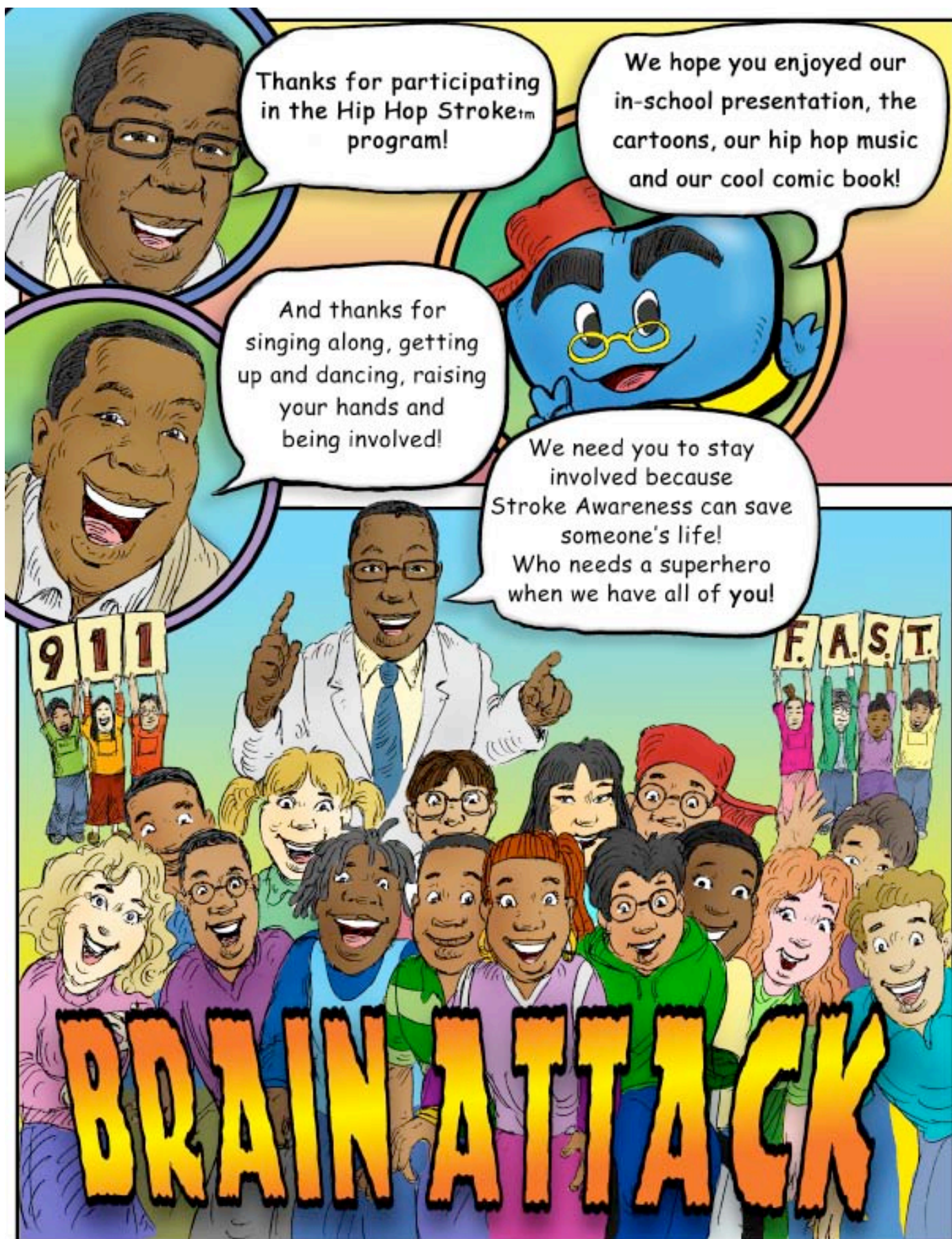


3. 'T' is for the _____.
4. 'A' s for the _____.
5. 'F' is for the _____.
6. What you should do on a phone if someone is having a stroke.
7. 'S' is for the _____.
8. A stroke can leave a person unable to move or _____.
9. A stroke happens in the _____.

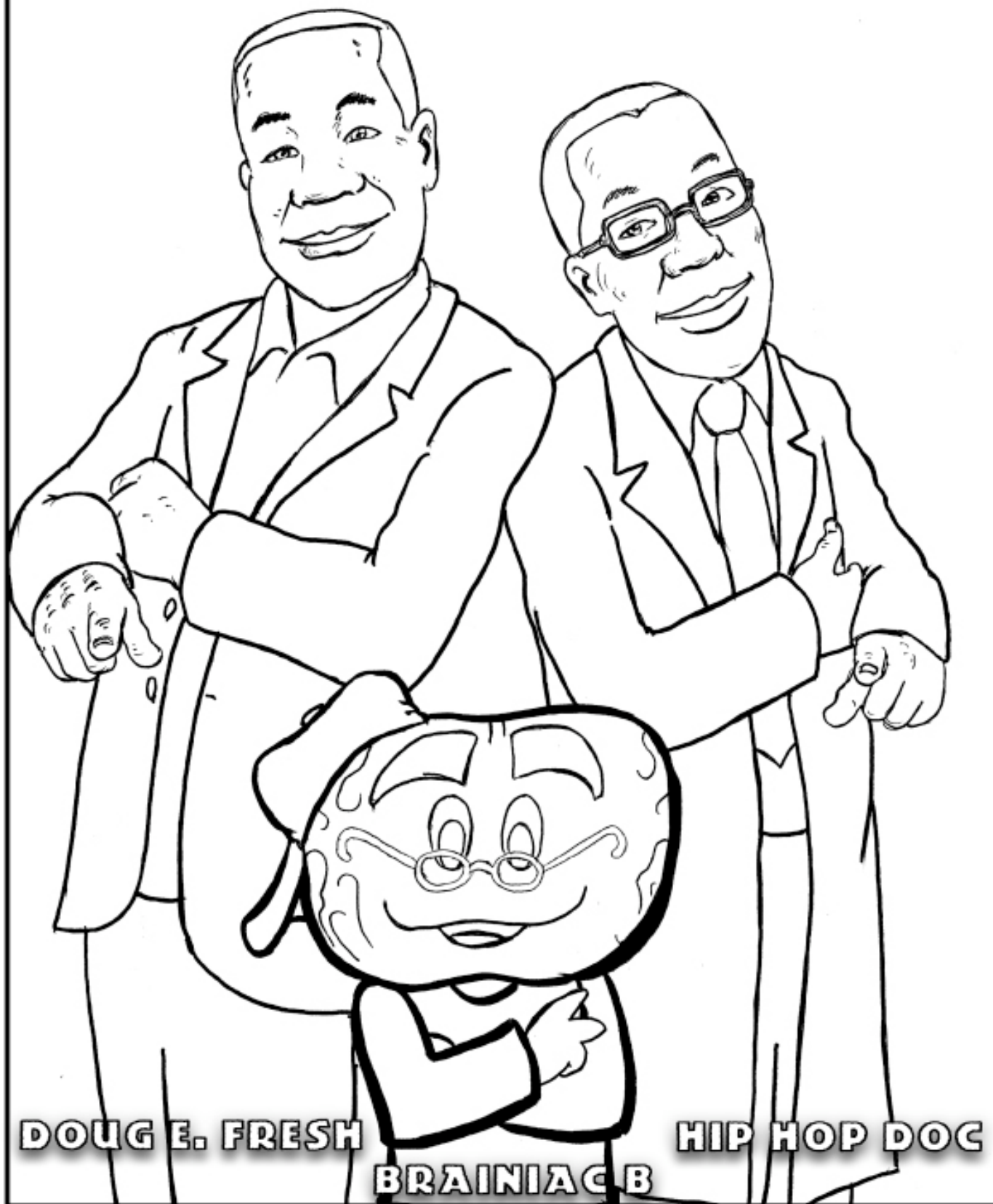


ANSWER KEY (Cover Up)





COLORING PAGE



DOUG E. FRESH

HIP HOP DOC

BRAINIAC B

Special Thanks to Our **SPECIAL STAFF**

NATIONAL STROKE ASSOCIATION


James Baranski-Chief Executive Officer
Diane Mulligan
Jeannie Price




HIP HOP PUBLIC HEALTH EDUCATION CENTER

Olajide Williams, MD, MS - Founder and Director
James Noble, MD, MS, CPH
Alexandra Desorto, MPH
Vanessa Sawyer, RD, MS
Monique Hedmann, MPH
Easy AD Cold Crush Brother
Tiffany Newton
Nancy Simmons





That's not all! Let's see if you can answer this list of questions.



As a Hip Hop Hero, find out what other people know. Ask them these questions. If one of your parents or guardians answers all the questions correctly and send it to us, you will earn 100 turntables and will be entered into a raffle to win a Gold prize.

Check the flyer or website (hiphoppublichealth.org) for a list of prizes. Remember, one out of every 20 entries we receive will WIN a prize.

Cut out and mail back to Hip Hop HEALS Program.

ASK A FAMILY MEMBER OR AN ADULT IN YOUR HOME
IF THEY KNOW THE 411 ABOUT STROKE SYMPTOMS AND SIGNS.

Name of Parent/Grandparent/Relative/Other adult
(circle one then write name AND AGE of adult person)

1. In what part of the body does a stroke occur? (Circle one answer)

SHOULDER

HEART

LUNG

BRAIN

2. What are the signs of a stroke? (Circle as many as you know)

COUGHING SUDDEN VISION LOSS OR BLURRY VISION CHEST PAIN

SUDDEN CLUMSINESS OR WALKING UNSTEADY SNEEZING

BLEEDING NOSE SUDDEN ICE PICK HEADACHE TOOTHACHE
LAUGHING FEVER

SUDDEN SLURRING OF SPEECH OR CONFUSION RUNNY NOSE

SUDDEN WEAKNESS OR NUMBNESS ON ONE SIDE OF THE BODY

3. What does the stroke acronym F.A.S.T. mean? (Fill in the blanks)

F _____ **A** _____ **S** _____ **T** _____

4. What is another name of a stroke? (Circle one)

HEART ATTACK

BRAIN ATTACK

ALLERGY ATTACK

PANIC ATTACK

HIP HOP HERO _____

(Print your Hip Hop Hero number, School name, and Date)

Don't forget to visit our website at:
hiphoppublichealth.org.

It's a great place for you and
your parents to hear more music,
watch some videos, play games,
and ask the Hip Hop Doc a question!
Redeem turntables and win prizes!

Cut Out



Fold Here



REMEMBER TO CUT OUT
AND MAIL
IN ENCLOSED ENVELOPE!

