

# BRAIN POWER

PUZZLES, RIDDLES AND MIND BENDERS

STROKE AWARENESS



Presented by



Carolinas HealthCare System

# BRAIN POWER

## STROKE AWARENESS

**Knowledge is POWER.** Use this Brain Power guide to boost your awareness about stroke while keeping your mind sharp with puzzles, riddles and mind benders brought to you by the Neurosciences Institute, the brain experts at Carolinas HealthCare System.

### STROKE IS AN EMERGENCY

Call 911 right away if you or someone you're with exhibits any of these symptoms.

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headaches with no known cause and vomiting (these symptoms are more common in bleeding strokes)

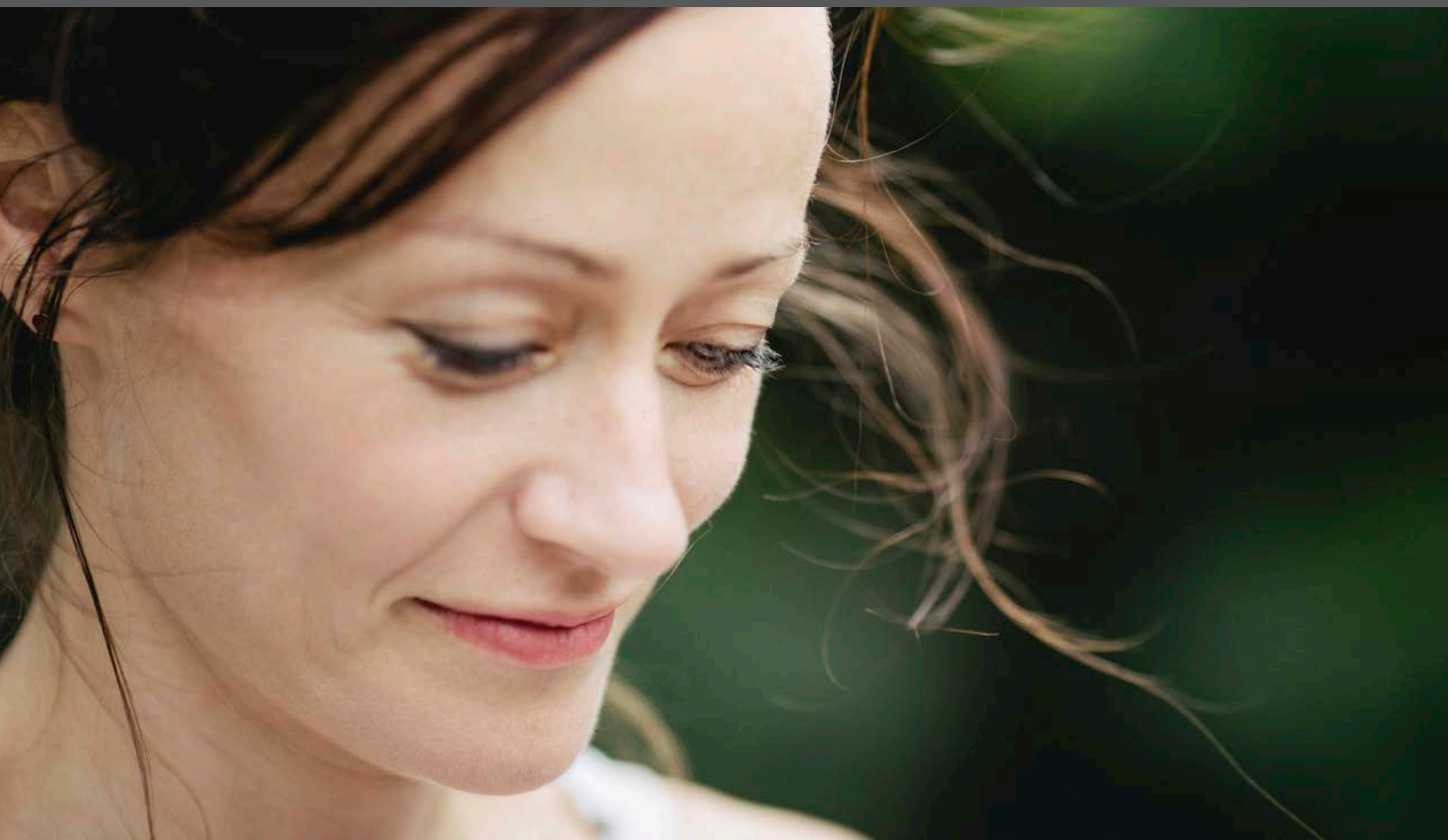
### ACT FAST

**F**ACE – Can they smile? Does the face look uneven?

**A**RMS – Can they raise both arms?

**S**PEECH – Are they having trouble talking?

**T**IME – Call 911 immediately.





# BRAIN POWER

## STROKE AWARENESS

### KNOW THE FACTS

- All strokes require urgent medical attention.
- An ischemic (blockage) stroke, the most common type of stroke, happens when blood flow to a part of the brain is blocked. If this blockage is temporary it causes a TIA (transient ischemic attack) with symptoms lasting less than 15 minutes. If the blockage is permanent, it causes a stroke.
- A hemorrhagic (bleeding) stroke happens when a blood vessel breaks in the brain. Bleeding strokes are less common, but have a much higher death rate than strokes caused by a blockage.
- High blood pressure is a common cause of both types of stroke.
- Symptoms of stroke vary depending on where in the brain the stroke happens and how much of the brain is affected. There are certain things that can be done to help lower your chance of having a stroke. It is important to know your risk factors. You can control some of these risk factors, but others you cannot.

### CHECK YOUR RISK

Place a check in the box beside any risk factors that may apply to you. Talk to your doctor about how to control these risks.

#### Risk factors you can control:

- High blood pressure
- Tobacco use
- Illegal drug use
- Use of anticlotting medicine
- Diabetes
- Obesity
- Alcohol use
- Poor diet

#### Risk factors that can't be controlled:

- Age
- Race
- Gender
- Family history
- Prior stroke

A primary care physician can help you manage your risk factors and reduce your risk of stroke. To find a primary care doctor, call [704-355-7500](tel:704-355-7500) or [800-821-1535](tel:800-821-1535).

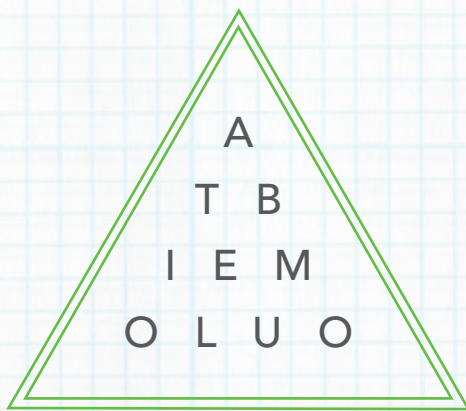


# SCRAMBLERS

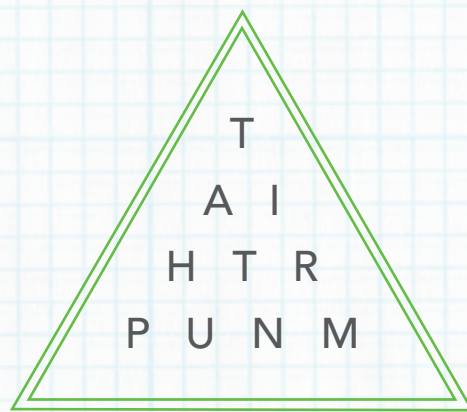
## Directions:

Spell 4-letter words that use 1 letter from each row. You may use the letters in any order. Score 1 point for each 4-letter word you form.

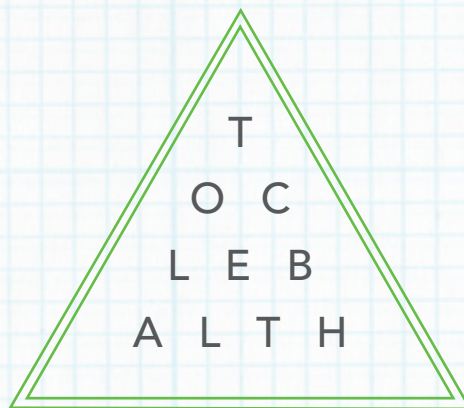
Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. Score 5 points for this word.



Puzzle Point Total: 21 points



Puzzle Point Total: 25 points



Puzzle Point Total: 25 points



# NUMBER LOGIC

Sally is 54 years old and her mother is 80. How many years ago was Sally's mother three times Sally's age?

ANSWER 1:

There is a three digit number. The second digit is four times as big as the third digit, while the first digit is three less than the second digit. What is the number?

ANSWER 2:



Which three numbers have the same answer whether they're added or multiplied together?

ANSWER 3:

Using only addition, how can you combine eight "8s" to get a total of 1,000? (e.g.,  $8+88+88+888=1072$ )

ANSWER 4:



# SUDOKU

## Directions:

The objective of Sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

- Each horizontal row contains each digit exactly once
- Each vertical column contains each digit exactly once
- Each subgrid or square region contains each digit exactly once

6	3	5	1					2
	7		9	3				
		8			6		7	
4	2	6	5				9	3
				9				
3	9				2	8	4	5
	4		7			1		
				1	9		5	
1					3	4	6	7



# ANAGRAMS

**Directions:**

Rearrange the following words and phrases to create a new word or phrase within the same theme. Word lengths are shown in brackets.

**Example:**

Schoolmaster (3, 9) = The classroom

A gentleman (7, 3) = \_\_\_\_\_

Debit card (3, 6) = \_\_\_\_\_

Eleven plus two (6, 4, 3) = \_\_\_\_\_

Hot water (5, 3) = \_\_\_\_\_

Vacation time (1, 2, 3, 6) = \_\_\_\_\_

Conversation (6, 4, 2) = \_\_\_\_\_

The detectives (6, 7) = \_\_\_\_\_

Dormitory (5, 4) = \_\_\_\_\_

Clint Eastwood (3, 4, 6) = \_\_\_\_\_



# CROSSWORD

## ACROSS

1. Porous gem
5. Church platform
10. Land measure
14. Lacking color
15. Nary a soul
16. Spill the beans
17. Stepped heavily
18. Sharp tastes
19. Slugger Sammy
20. One-person-wide line
22. James Bond, for one
23. Greet at the door
24. Come next
27. Football positions
30. Soup container
33. Spider creations
37. Detroit product
39. Frighten
40. Wheel connector
41. Cry audibly
42. “\_\_ fair in love and war”
43. The S of SUV
45. Sock parts
47. Story line
48. President after Coolidge
50. Changes the color of
52. Jeans fabric
54. Cricket sound
58. Perform on stage
60. Hit-song honor
64. Rogers and Orbison
66. Harsh light
67. Slender woodwind
68. Record on video
69. Bother continuously
70. “\_\_ of your business!”
71. Slow-cooked meal
72. Bottom-of-barrel contents
73. Staircase part

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
	23						24		25	26				
				27		28	29		30				31	32
33	34	35	36		37			38		39				
40						41					42			
43				44		45			46		47			
48					49		50			51				
		52				53		54		55	56	57		
58	59				60		61	62						63
64			65		68						67			
68					69						70			
71					72						73			

## DOWN

- |                           |                            |                      |
|---------------------------|----------------------------|----------------------|
| 1. Makes a choice         | 25. __ boom bah            | 49. Fixed illegally  |
| 2. Louvre's city          | 26. Open, as a jar         | 51. That girl        |
| 3. Single-handedly        | 28. Do some house-cleaning | 53. Grinding tooth   |
| 4. Window projection      | 29. Got up                 | 55. Computer symbols |
| 5. Reception helper       | 31. Singer Guthrie         | 56. Mechanical man   |
| 6. Bread unit             | 32. Hornet's home          | 57. Liable (to)      |
| 7. Singer Braxton         | 33. Launder                | 58. __ and crafts    |
| 8. Protractor measure     | 34. Trade show             | 59. Jacket or parka  |
| 9. Take offense at        | 35. A or O, to a doctor    | 61. Behind schedule  |
| 10. Tummy muscles         | 36. Start a tennis game    | 62. Haul             |
| 11. Near miss             | 38. Follow orders          | 63. __ blue sea      |
| 12. Hoarse sound          | 44. Years in a decade      | 65. Replace a button |
| 13. Internet auction site | 46. Confidential matters   |                      |
| 21. Be deceitful          |                            |                      |



# WORD SEARCH



- |            |           |         |
|------------|-----------|---------|
| BLOOD      | SYSTEM    | PROTECT |
| PRESSURE   | EMERGENCY | PUZZLE  |
| BRAIN      | FAST      | RISK    |
| CAROLINAS  | HOSPITAL  | STROKE  |
| HEALTHCARE | MEDICINE  |         |

# ZIG ZAG PUZZLE

## Directions:

First complete the 7-letter word at the top of each diagram. Then use the last 2 letters of the first word as the first two letters of the second word.

G E N E R

M A N

Q U I

S E R

R A N

Y T I

R C U

V E T E R

X I O

U A L

R I C

L E G

M A N

I L I



# SOLUTIONS

## SCRAMBLERS

- hint, mart, math, mitt, part, path, pith, prat, rant, rapt, tarn, tarp, taut, than, thin, tint, tram, trap, trim, trip; TRIUMPHANT
- able, ambo, atom, bail, bale, balm, beau, iota, lamb, late, malt, moat, tail, tael, tale, teal; AUTOMOBILE
- alto, blot, boat, bolt, both, celt, etch, lota, talc, tech, toll, tote; TABLECLOTH

## NUMBER LOGIC

Answer 1: 41 years ago, when Sally was 13 and her mother was 39

Answer 2: 141

Answer 3: 1, 2, and 3

Answer 4:  $888 + 88 + 8 + 8 + 8 = 1000$

## SUDOKU

6	3	5	1	4	7	9	8	2
2	7	4	9	3	8	5	1	6
9	1	8	2	5	6	3	7	4
4	2	6	5	8	1	7	9	3
5	8	7	3	9	4	6	2	1
3	9	1	6	7	2	8	4	5
8	4	2	7	6	5	1	3	9
7	6	3	4	1	9	2	5	8
1	5	9	8	2	3	4	6	7

## ANAGRAMS

A gentleman (7, 3) = Elegant man

Debit card (3, 6) = Bad credit

Eleven plus two (6, 4, 3) = Twelve plus one

Hot water (5, 3) = Worth tea

Vacation time (1, 2, 3, 6) = I am not active

Conversation (6, 4, 2) = Voices rant on

The detectives (6, 7) = Detect thieves

Dormitory (5, 4) = Dirty room

Clint Eastwood (3, 4, 6) = Old west action

## ZIG ZAG PUZZLE

Puzzle 1: General, Almanac, Acquire, Reserve, Veranda, Daytime, Mercury

Puzzle 2: Veteran, Anxious, Usually, Lyrical, Allegro, Romance, Ceiling

## CROSSWORD

O	P	A	L		A	L	T	A	R		A	C	R	E	
P	A	L	E		N	O	O	N	E		B	L	A	B	
T	R	O	D		T	A	N	G	S		S	O	S	A	
S	I	N	G	L	E	F	I	L	E			S	P	Y	
	S	E	E	I	N			E	N	S	U	E			
					E	N	D	S		T	I	N	C	A	N
W	E	B	S		A	U	T	O		S	C	A	R	E	
A	X	L	E			S	O	B			A	L	L	S	
S	P	O	R	T		T	O	E	S		P	L	O	T	
H	O	O	V	E	R		D	Y	E	S					
		D	E	N	I	M			C	H	I	R	P		
A	C	T				G	O	L	D	R	E	C	O	R	D
R	O	Y	S			G	L	A	R	E		O	B	O	E
T	A	P	E			E	A	T	A	T		N	O	N	E
S	T	E	W			D	R	E	G	S		S	T	E	P

## WORD SEARCH

P	S	H	J	M	X	N	O	E	P	S	T	T	W	S
R	E	P	Y	M	V	T	L	F	A	Q	T	B	D	J
E	R	W	T	C	R	Z	A	N	K	S	I	R	R	P
S	A	H	M	R	Z	T	I	Y	M	E	D	A	C	A
S	C	P	O	U	L	L	C	M	M	M	X	M	R	Z
U	H	L	P	S	O	E	M	E	R	G	E	N	C	Y
R	T	G	N	R	P	J	D	T	T	G	K	D	B	Y
E	L	H	A	B	S	I	K	G	E	O	O	O	L	Q
K	A	C	L	X	C	B	T	P	D	R	R	C	O	O
Z	E	K	F	I	I	N	R	A	D	B	T	P	O	J
Z	H	A	N	L	C	R	W	A	L	O	S	V	D	H
R	S	E	E	C	P	A	V	I	I	O	G	S	Z	T
T	M	X	A	Z	T	P	X	Z	L	N	W	I	B	B
O	Z	H	D	U	O	L	F	X	G	M	A	U	X	D
S	Y	S	T	E	M	N	J	I	P	G	W	S	R	G

CONGRATULATIONS!

YOU HAVE THE

**BRAIN POWER**

STROKE AWARENESS

For more information about stroke prevention and treatment, visit:

[CarolinasHealthCare.org/Stroke-Neuroscience](https://CarolinasHealthCare.org/Stroke-Neuroscience)

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NEUROSCIENCE

BRAIN POWER

MAY 2014



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4	5	6 <b>FREE Health Talk</b> Stroke: Every Minute Counts What to Know About Secondary Stroke	7 Know the Signs of Stroke	8 Yoga. Good for Your Body. Good for Your Brain.	9  Survival Tips for Living in the Stroke Belt	10
11	12 How Healthy Sleep Patterns Can Prevent Stroke	13 Tech Savvy: Stroke Apps for Prevention and Rehabilitation	14 Know the Risks of Stroke	15 Are You at Risk for Stroke?	16  Recovering from Stroke: Making the Most of Your Stroke Rehabilitation	17
18	19 <b>FREE Health Talk</b> Stroke: Every Minute Counts Exercise to Protect Your Brain	20 Stroke Support Groups at Carolinas HealthCare System	21 Train Your Brain	22 Save Time, Save Brain.	23  Young, Healthy and At-risk for Stroke	24
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For more daily tips and information, visit [CarolinasHealthCare.org/Brain-Power](http://CarolinasHealthCare.org/Brain-Power)



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