

Proclamation

City of Mission



WHEREAS, every 40 seconds someone in the United States experiences a stroke, with approximately 795,000 people suffering a stroke annually; and

WHEREAS, someone dies from a stroke every four minutes, making stroke is a leading cause of death in the United States, with about 140,000 deaths from stroke each year, per the Centers for Disease and Prevention; and

WHEREAS, time is brain, meaning a swift response to a stroke is crucial because every minute it goes untreated, roughly 1.9 million brain cells are lost. This loss can lead to permanent brain damage, disability or death. Prompt treatment, including clot-busting drugs like tPA, can significantly improve outcomes by restoring blood flow and reducing brain damage; and

WHEREAS, up to 80% of strokes are preventable. This can be achieved through a combination of healthy lifestyle changes and managing underlying health conditions like high blood pressure, elevated cholesterol and high blood sugar; and

WHEREAS, knowing the warning signs of stroke is essential to survival and better outcomes and recovery; remember to **B.E.F.A.S.T.**: Balance, Eyes, Facial droop, Arm weakness, Speech difficulty, it's **Time** to call 911; and

WHEREAS, the South Texas Health System Neurosciences & Stroke Institute, part of South Texas Health System, offers a range of nationally recognized comprehensive services for neurological and stroke care, including endovascular stroke treatment, neurosurgery, and neurocritical care through its Comprehensive Stroke Center at STHS McAllen, its Primary Stroke Centers at STHS Edinburg and STHS Heart, and the system's six Acute Stroke Ready Hospital-certified freestanding emergency departments, including STHS ER Mission; and

WHEREAS, the STHS Neurosciences & Stroke Institute has helped raise awareness for stroke in the City of McAllen, the Rio Grande Valley and beyond through its extensive community events, including its dedicated Let's Talk Your Health webinars, stroke risk assessment available online to the community, and hosted its Steps for Stroke 50,000-step challenge, with all proceeds donated to local charities helping in the fight against stroke; and

NOW, THEREFORE, we the City Council of the City of Mission, do hereby proclaim the month of May 2025, as:

Stroke Awareness Month

in the City of Mission, and encourage all citizens to recognize Stroke Awareness Month and join South Texas Health System's Steps for Stroke initiative to confront, fight and most importantly, change the future of this deadly medical emergency.

PROCLAIMED this 12th day of May 2025.

Norie Gonzalez Garza, Mayor

Jessica Ortega, Councilwoman

Ruben Plata, Mayor Pro Tem

Marissa Ortega Gerlach, Councilman

Alberto Vela, Councilman