

Proclamation

City of Mission



WHEREAS, every 40 seconds someone in the United States experiences a stroke, according to the CDC, and more than 795,000 people suffer a stroke each year; and

WHEREAS, someone in the U.S. dies from a stroke every four minutes, making stroke is a leading cause of death nationwide, per the CDC, with about 140,000 stroke-related deaths each year; and

WHEREAS, “time is brain,” meaning swift response to a stroke is crucial because every minute it goes untreated, the brain loses an estimated 1.9 million neurons. This rapid loss of brain cells can result in permanent brain damage, long-term disability or death; and

WHEREAS, up to 80% of strokes are preventable through healthy lifestyle choices and effective management of underlying health conditions. Prevention strategies include maintaining a healthy diet, being physically active, avoiding tobacco use and receiving regular medical screenings, along with controlling key risk factors like high blood pressure, elevated cholesterol and high blood sugar, all of which are major contributors to stroke risk; and

WHEREAS, knowing the warning signs of stroke is essential to survival and improved recovery. Recognizing symptoms early and acting quickly can save brain function and lives. Health experts recommend remembering **B.E.F.A.S.T.**, an easy-to-remember acronym that highlights the most common stroke warning signs: **B**alance, **E**yes, **F**acial droop, **A**rm weakness, **S**peech difficulty, **i**t’s **T**ime to call 911; and

WHEREAS, the South Texas Health System Neurosciences & Stroke Institute, part of South Texas Health System, offers a full spectrum of advanced, nationally recognized neurological and stroke care services. These comprehensive services include endovascular stroke treatment, neurosurgery and neurocritical care, delivered through the Comprehensive Stroke Center at STHS McAllen, as well as Primary Stroke Centers at STHS Edinburg and STHS Heart. In addition, STHS extends rapid stroke access across the region through six of its seven Acute Stroke Ready Hospital–certified freestanding emergency departments, including STHS ER Mission, ensuring timely, lifesaving care close to home; and

WHEREAS, the STHS Neurosciences & Stroke Institute has played a vital role in raising stroke awareness across the City of Mission, the Rio Grande Valley and beyond through a robust slate of community outreach initiatives. These efforts include its dedicated Let’s Talk Your Health educational webinar series, online stroke risk assessments available to the community, and the Institute’s signature Steps for Stroke 50,000-Step Challenge; and

NOW, THEREFORE, we the City Council of the City of Mission, do hereby proclaim the month of May 2026, as:
Stroke Awareness Month

in the City of Mission and encourage all citizens to take proactive steps to prevent stroke and to join STHS’ Steps for Stroke initiative to help confront this life-threatening medical emergency. Together, we can fight stroke and, most importantly, help change its future for our community.

PROCLAIMED on this the 12th day of May, 2026.

Norie Gonzalez Garza, Mayor

Jessica Ortega, Councilwoman

Ruben Plata, Mayor Pro Tem

Marissa Ortega Gerlach, Councilwoman

Alberto Vela, Councilman