HIP HOP STROKE PRESENTS
STROKE
AIN'T NO
JOKE!

Featuring
HIP HOP DOC
DOUG E. FRESH
P. IDGEON

911
F.A.S.T.
STROKE AIN'T NO JOKE!

Written by Ian Ellis James
Illustrated and Designed by Bill Davis
Academic Supervisor Dr. Olajide Williams
Sponsors:
Columbia University Medical Center
National Institutes of Health:
National Institute of Neurological Disorders and Stroke

Visit www.hiphoppublichealth.org to find out how to collect "Turntables" (points) and redeem them for prizes!
Hi, kids!
Welcome to the Stroke Ain't No Joke Comic Book.
I'm the Hip Hop Doc!

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

ATTACK!

BRAIN!

ATTACK!

Nice job, P. IDGEON!
Good job, kids!
Hi, Doc!

It's Doug E. Fresh!

Hi, Doug!

Are you ready to rap and remind the kids what they should do when they see someone having a STROKE?

Just like in the cartoon you showed?

That's right! And kids, you can sing along with Doug. Play the DVD and rap with Doug E. Fresh!

Do the dance as you sing. It will help you remember the symptoms of a STROKE!

Sudden Clumsiness

Weakness on one side

Twisted Face

Ice Pick Headache

Blindness/Blurred Vision
There's a brand new dance
that's sweepin' the nation
by the Hip Hop Stroke Association.
It can be done and only you can do it.
For those who can dance
and clap your hands to it...

Imitate like you're paralyzed and weak...

One arm as you slur
every word
that you speak

Stand in a line
and pretend
that you're BLIND...

Loss of vision is one
of the very first
signs!

Walkin' funny...
stagger unsteady.

A twisted face will
show that you're ready...

To do that dance
that they call the
STROKE!!

Ice pick headache,
IT AIN'T NO JOKE!
If he don't sound right he may be doin' the STROKE!

You are how?

Slurs when he talks, then he's doin' the STROKE!

You thank.

Sways when he walks, then he's doin' the STROKE!

CALL 911 'Cause it AIN'T NO JOKE!!

Thanks, Doug! And thanks kids for singing along. But we forgot one thing, right Doc?

Doug, can you remind the kids about this? But let them fill in what each letter means.
I'm with you! Kids, you heard the Hip Hop Doc! Fill in what each letter stands for as you rap.

\[ \text{F is for the } \quad \text{FILL IN} \quad \text{FILL IN} \quad \text{Slurrrrr} \quad \text{Time to do WHAT?} \]

\[ \text{A is for the } \quad \text{FILL IN} \]

\[ \text{S is for the } \quad \text{FILL IN} \]
CALL 911

And that's the way the STROKE is done!

Speaking of done, so is Part One of the STROKE AIN'T NO JOKE Comic Book.

Remember, if you see someone having a stroke dial 911 immediately. If they get to the hospital right away this Clot Buster can help them.

911

Learn More About the STROKE

Stroke Ain't No Joke! You've learned something that can save a person's life!

Now, go to Part Two and see how you can share what you've learned with family members, friends and neighbors.
PART TWO
"SHARING"

HIP HOP Stroke
All of a sudden, a really bad headache like an ice pick in your head!
You have sudden clumsiness
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!
A person having a stroke might all of a sudden get a twisted face!
All of a sudden blindness or blurry vision
Tell someone in your family all the stroke symptoms as soon as you get home.
Right, Doug E. Fresh. That's why we need the kids to help us spread the word!
Remember... doin' the STROKE ain't no joke, right Hip Hop Doc?
Don't forget to tell a grown-up where a stroke happens. See if they know before you tell them.

Not in your foot! Not in your shoulder! Not in your heart!

Uhhhh..... In your foot?

IN YOUR AMAZING BRAIN! IT'S A BRAIN ATTACK

And what should your Mom, Dad, Grandpa or anyone do if they see someone having a STROKE?

CALL 911 'CAUSE IT AIN'T NO JOKE!
Your Mom, Dad, or Guardian should also know F.A.S.T. Put on the "Stroke Ain't No Joke" DVD and teach them the F.A.S.T. rap.

F is for the FACE.

A is for the ARM. PLAY the DVD

S is for the SPEECH.

T is for the TIME. Time to do what? CALL 911
CALL 911
Call 911 if you see someone having a Stroke!

'CAUSE IT AIN'T NO JOKE!
My Mom did! So did my Dad!


Put the DVD on again! I think Grandma wants to rap about the stroke symptoms.

If he don't sound right he may be doin' the STROKE! Sways when he walks he's doin' the STROKE! Slurs when he talks he's doin' the STROKE!

You thank.

PLAY the DVD

Go Grandma! Go Grandma! It's Your Birthday!

Call 911 'cause it Ain't No Joke!
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______HEADACHE____ (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' is 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 ________.
Here are the answers!

How well did you do?

**ANSWER KEY (Cover Up)**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>HELP</td>
<td>BLINDNESS</td>
<td>TIME</td>
<td>ARM</td>
<td>FACE</td>
<td>CALL 911</td>
<td>BRAIN</td>
<td>R</td>
<td>SPEECH</td>
</tr>
</tbody>
</table>

Look! He has a twisted face!

Call 911! His arm looks weak!

Is his vision blurry?
Thanks for participating in the Hip Hop Stroke™ program!

We hope you enjoyed our in-school presentation, the cartoons, our hip hop music and our cool comic book!

And thanks for singing along, getting up and dancing, raising your hands and being involved!

We need you to stay involved because Stroke Awareness can save someone’s life! Who needs a superhero when we have all of you!

BRAIN ATTACK
Special Thanks to Our SPECIAL STAFF

HIP HOP PUBLIC HEALTH

Olajide Williams, MD MS
James Noble, MD MS
Alexandra DeSorbo, MPH
Monique Hedmann, MPH
Easy AD Harris
Saima Huq, MPH
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, you will win great prizes. Bring this form back to school or mail the form to the Hip Hop Stroke team to win!

Be sure to include your name, return address, and phone number if you choose to mail it.

Bring this form back to school or mail it to Hip Hop Stroke to win.

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)
   
   HEART   LUNGS   BRAIN   KIDNEYS

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   FEVER
   BLEEDING NOSE   SUDDEN ICE PICK HEADACHE   TOOTHACHE   FAINTING
   SUDDEN SLURRING OF SPEECH OR CONFUSION   LAUGHING   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   SEIZURE   STOMACH ACHE

Print your name, your Hip Hop Hero number, and the name of your school. Please include your phone number.
Don’t forget to visit our website at: www.hiphoppublichealth.org. Use your Hip Hop Hero code number and password to enter the Secret Sanctuary! It’s a great place for you and your parents to hear more music, watch cartoon videos, play the Clotbuster Stroke video game, and ask the Hip Hop Doc a question! Redeem turntables and win prizes!

NEW YORK, NY 10032
710 West 168th Street
Columbia University Medical Center
Stroke Division, 6th Floor

Hip Hop Stroke

Bring this form back to the Hip Hop Stroke team at your school! If the team has already left, mail this form to:

Hip Hop Stroke
Stroke Division, 6th floor
Columbia University Medical Center
710 West 168th Street
New York, NY 10032

911 FAST