

Proclamation Recognizing May 2026 as National Stroke Awareness Month

Whereas According to the CDC, more than 795,000 people suffer a stroke each year, with someone in the United States experiencing a stroke every 40 seconds; and

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

Whereas “Time is brain,” means 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. Prompt treatment such as clot-busting medications, can significantly improve outcomes by restoring blood flow and limiting the extent of brain injury, especially when administered as quickly as possible after symptom onset; 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 such as high blood pressure, elevated cholesterol and high blood sugar, all of which are major contributions to stroke risk; and

Whereas Knowing the warning signs of a 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. (Balance, Eyes, Facial droop, Arm weakness, Speech difficulty, Time to call 911) an easy-to-remember acronym that highlights the most common stroke warning signs; 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, ensuring timely, lifesaving care close to home; and

Whereas The STHS Neurosciences & Stroke Institute has played a vital role in raising stroke awareness across Hidalgo County, 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.

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby recognizes May 2026 as Stroke Awareness Month and encourages all residents 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 make an impact in our community.

Approved this 12th day of May 2026.

RICHARD F. CORTEZ
County Judge

DAVID L. FUENTES
County Commissioner, Pct. 1

EDUARDO “EDDIE” CANTU
County Commissioner, Pct. 2

EVERARDO “EVER” VILLARREAL
County Commissioner, Pct. 3

ELLIE TORRES
County Commissioner, Pct. 4

Attest: _____
ARTURO GUAJARDO, JR.
County Clerk