BRAIN POWER
PUZZLES, RIDDLES AND MIND BENDERS
STROKE AWARENESS

Presented by Carolinas HealthCare System
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

FACE – Can they smile? Does the face look uneven?
ARMS – Can they raise both arms?
SPEECH – Are they having trouble talking?
TIME – Call 911 immediately.
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 or 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?

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?

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

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

ANSWER 1:

ANSWER 2:

ANSWER 3:

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

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<thead>
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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

DOWN

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

BLOOD
PRESSURE
BRAIN
CAROLINAS
HEALTHCARE

SYSTEM
EMERGENCY
FAST
HOSPITAL
MEDICINE

PROTECT
PUZZLE
RISK
STROKE
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
MAN
QUI
SER
RAN
YTI
RCU

V E T E R
XIO
UAL
RIC
LEG
MAN
ILI
SOLUTIONS

SCRAMBLERS
1. hint, mart, math, mitt, part, path, pith, prat, rant, rapt, tarn, tarp, taut, than, thin, tint, tram, trap, trim, trip; TRIUMPHANT
2. able, ambo, atom, bail, bale, balm, beau, iota, lamb, late, malt, moat, tail, tael, tale, teal; AUTOMOBILE
3. alto, blot, boat, bolt, both, celt, etch, iota, 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

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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

WORD SEARCH

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CONGRATULATIONS!
YOU HAVE THE
BRAIN POWER
STROKE AWARENESS

For more information about stroke prevention and treatment, visit:
CarolinasHealthCare.org/Stroke-Neuroscience
## NEUROSCIENCE BRAIN POWER MAY 2014

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<td>Yoga. Good for Your Body. Good for Your Brain.</td>
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<td>Survival Tips for Living in the Stroke Belt</td>
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<td>How Healthy Sleep Patterns Can Prevent Stroke</td>
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<td>Tech Savvy: Stroke Apps for Prevention and Rehabilitation</td>
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<td>11</td>
<td>Know the Risks of Stroke</td>
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<td>Are You at Risk for Stroke?</td>
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<td>Recovering from Stroke: Making the Most of Your Stroke Rehabilitation</td>
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<td>FREE Health Talk Stroke: Every Minute Counts Exercise to Protect Your Brain</td>
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<td>Train Your Brain</td>
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<td>Young, Healthy and At-risk for Stroke</td>
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For more daily tips and information, visit CarolinasHealthCare.org/Brain-Power