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EXCELA HEALTH AWARDS GOLDEN HOUR SCHOLARSHIPS

LATROBE, PA, April 19, 2013 ... The message of the Golden Hour is simple: know the signs of a heart attack or stroke, act in time and save a life. Students from nine area schools who taught family and friends the meaning of Time Lost is Muscle or Brain Lost participated in Excela Health's 14th annual Golden Hour Scholarship Program April 17. Ashgar Fakhri, MD, of Excela Health Cardiology was the keynote speaker encouraging students to pursue medical careers as a way to impact heart health.

Yearly, students from participating high schools compete for \$100 cash prizes at the school level and two \$1,000 scholarships as program finalists. The event is made possible with support from the Latrobe Area Hospital Charitable Foundation. Twenty participants in Grades 10 to 12 represented Derry Area, Eastern Westmoreland Career and Technology Center, Greater Latrobe, Greensburg Central Catholic, Greensburg Salem, Ligonier Valley, Jeannette, Mount Pleasant Area and Yough high schools. Winners this year are Katherine Rellick, Laura Toman and Shiloh Kail, all Greater Latrobe high school seniors.

The 18-year-old daughter of Curt and Dee Rellick of Latrobe plans to attend Pennsylvania College of Technology in Williamsport for dental hygiene. The 18-year-old daughter of Scott and Mandee Toman of Unity Township will be heading to Duquesne University for the physician assistant program. Her project

partner, the 18-year-old daughter of James and Jennifer Kail of Unity Township, is enrolling at the Pennsylvania State University to study biomedical engineering.

The Golden Hour Program was instituted in the mid 1990s for the purpose of educating the public about the critical importance of prompt and professional treatment for someone experiencing the signs and symptoms of a heart attack.

Now the Golden Hour program includes a school-based component and a speaker's bureau and has expanded in scope to include the signs and symptoms of a stroke. Students receive classroom education, conduct research and develop a Golden Hour display. Part of the project includes interviewing family members regarding their family history and sharing the importance of the "Golden Hour" message.

Side Bar

Call 9-1-1 Immediately

Recognizing Symptoms Can Save Your Life

Symptoms of a Heart Attack

A heart attack can cause a wide range of warning signs other than chest pain. These may include:

- Shortness of breath
- Nausea or vomiting
- Pain that radiates down one or both arms
- Back, neck, jaw, or stomach pain
- Breaking out in a cold sweat
- Severe headache — especially in older adults
- Dizziness or fainting
- Anxiety, weakness or a strong feeling of doom.

Symptoms of a Stroke

Symptoms of a stroke appear suddenly and can include:

- Numbness or weakness, especially on one side of the body
- Sudden confusion
- Trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble with walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause