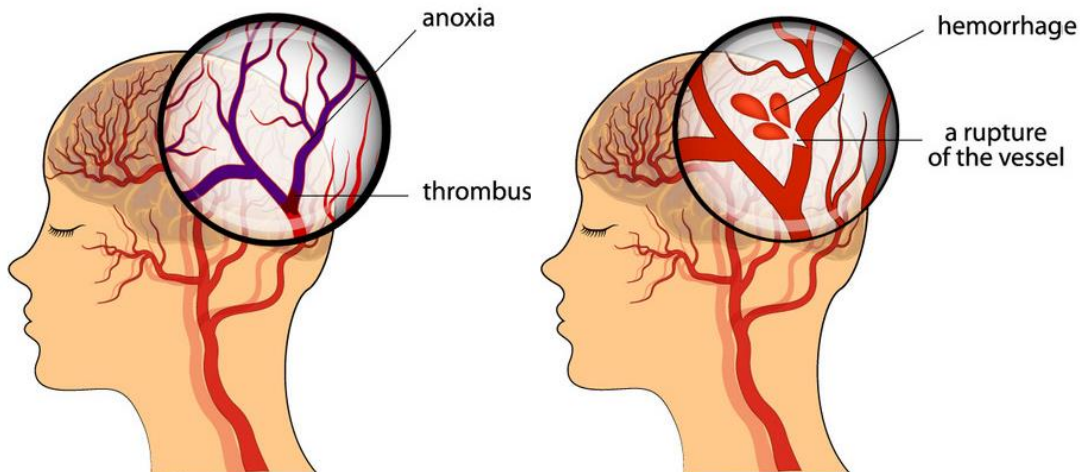




STROKE

WHAT IS IT?

Strokes occur when a blood vessel is compromised and cannot effectively carry blood and oxygen to the brain, causing brain cells to die. It is the 5th cause of death and a leading cause of disability in the United States.



TYPES OF STROKES

Transient Ischemic Attack (TIA)

A TIA is a temporary blockage of blood flow to the brain, not causing permanent damage. It is often called a mini-stroke and is a stroke risk factor.

Ischemic Stroke

A stroke caused by a clot obstructing the flow of blood to the brain.

Hemorrhagic Stroke

A stroke caused by a blood vessel rupturing and preventing the flow of blood to the brain.

ARE YOU AT RISK?

Anyone can have a stroke at any age, but certain things can increase your chances of having a stroke. The best way to protect yourself from a stroke is to understand your risk and how to control it. Answering yes to any question below signifies an increased risk.

- Have you had a previous stroke or transient ischemic attack (TIA)?
- Do you have high blood pressure or high cholesterol?
- Have you been diagnosed with coronary artery disease (CAD), heart valve defects, or irregular heartbeat including atrial fibrillation (a-fib)?
- Do you have diabetes?
- Are you obese or are you inactive?
- Do you have sickle cell disease?
- Do you eat a diet high in saturated fats, Trans fats, and cholesterol?
- Do you drink too much alcohol (Women ≥ 1 /day, Men ≥ 2 /day)?
- Do you smoke cigarettes or use tobacco/nicotine products?
- Do you have a family history of stroke?
- Are you Black, Hispanic, American Indian, and/or Native Alaskan?
- Are you female? Are you pregnant or taking birth control pills?
- Are you over age 55?



SCAN FOR NURSE T'S WEBSITE



SPOT A STROKE

SIGNS AND SYMPTOMS

B

E

F

A

S

T



BALANCE

LOSS OF BALANCE,
HEADACHE OR DIZZINESS



EYES

BLURRED VISION



FACE

ONE SIDE OF THE
FACE IS DROOPING



ARMS

ARM OR LEG
WEAKNESS



SPEECH

SPEECH DIFFICULTY



TIME

TIME TO CALL AN
AMBULANCE IMMEDIATELY



HURLEY MEDICAL CENTER IS A DESIGNATED STROKE CENTER

Strokes are medical emergencies, and can happen at any time of day. Every minute counts, call 911 as soon as possible.

Early treatment can prevent further damage to the brain.

As a Primary Stroke Center, Hurley provides these services 24/7:

- On-call Neurology and Neurosurgery physicians
- Fully functioning operating rooms
- MRI and CT Imaging, ECG, X-rays, lab testing
- Ability to administer intravenous thrombolytic therapy (clot-busting medicine)

Stroke Recovery Services

- Occupational Therapy – rebuilds the skills necessary for performing everyday activities
- Physical Therapy – improves coordination and balance, builds stamina, helps improve/regain control of affected extremities.
- Speech/Language Therapy – increases abilities to communicate.