

Presented by Dr. Matthew Goldstein, Medical Director
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WHAT IS A STROKE?

- **Stroke is a disease that affects the arteries** leading to and within the brain.
- A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).
- When that happens, **part of the brain cannot get the blood** (and oxygen) it needs, so it and brain cells die.



About Strokes

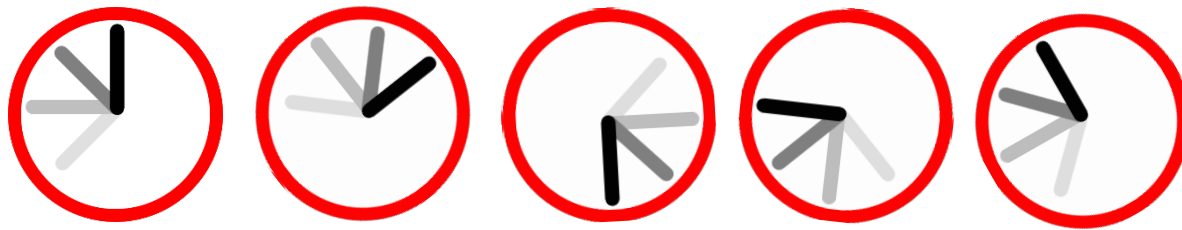
- Strokes can be **ischemic** (a blockage, 87%)
Or **hemorrhagic** (a bleed, 13%)
- Sometimes a TIA or transient ischemic Attack occurs, also known as a “warning stroke” or “mini-stroke” that produces stroke-like symptoms. If this occurs, call 9-1-1.

A TIA is a medical emergency!!



Did you know that stroke- the No.2 most
common cause of death worldwide- is
Preventable, treatable and beatable?





WHY ACTING RIGHT AWAY IS CRITICAL

- The sooner a stroke victim gets to the hospital, the sooner **they'll get lifesaving treatment.**
 - Stroke survivors have the best outcomes when they receive treatment in 4.5 hours or less.
 - A clot-busting drug called tissue plasminogen activator (tPA) **may improve the chances of getting better** but only if they get help right away.

WHY EMS TRANSPORT IS CRITICAL

- EMS professionals are trained to respond to medical emergencies such as a **stroke**.
- Studies show that **calling 9-1-1** and **getting EMS care may improve outcomes** from a stroke.
 - Provide safe, quick transport which often means quicker treatment.
 - EMTs can prep the hospital to be ready for a stroke victim.



When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help.

STROKE IS AN EMERGENCY

BE FAST



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Balance
Sudden loss of balance



Eyes
Loss of vision in one or both eyes



Face
Facial droop, uneven smile



Arms
Arm numbness or weakness



Speech
Slurred speech, difficulty speaking/understanding



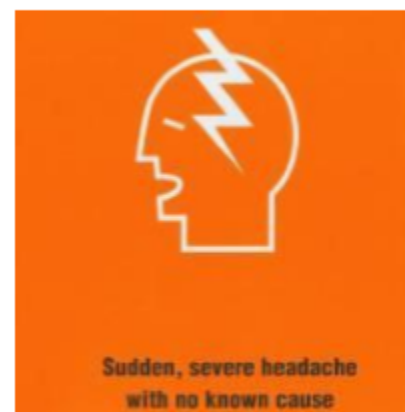
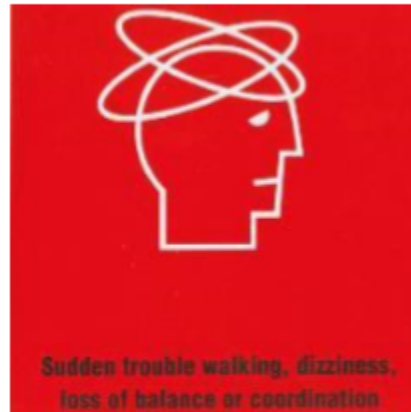
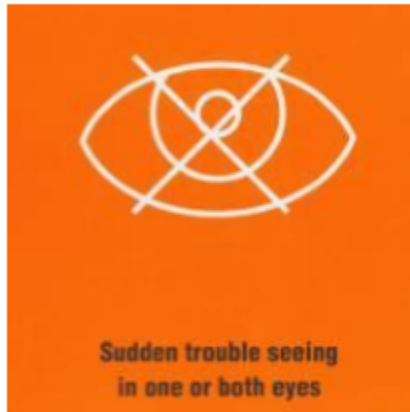
Time
If you see or experience any of these signs, call 911 immediately.



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Other Symptoms To Look For

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause



Stroke Risk Factors

- High blood pressure
- Irregular heartbeat (Afib)
- Diabetes
- High cholesterol
- Smoking

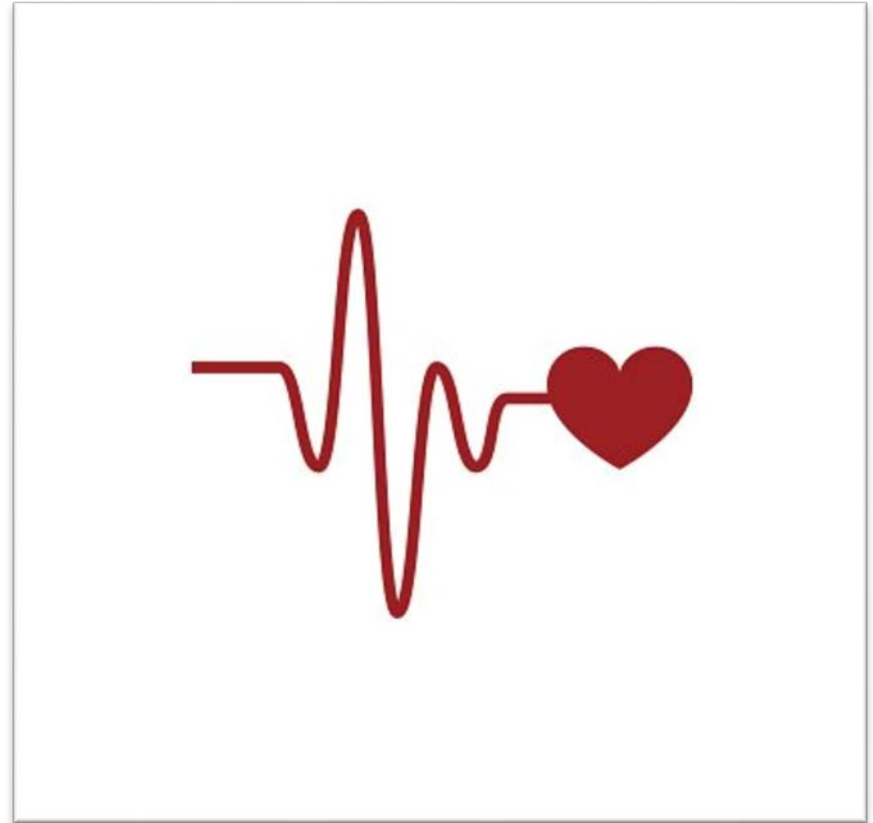


High Blood Pressure is the single most important risk factor for stroke because it's the leading cause of stroke. Normal blood pressure is below 120/80. If you have been told you have high blood pressure, work with your doctor to reduce it.



Irregular Heartbeat

known as atrial fibrillation or AFib- causes your heart's upper chambers to quiver, rather than beating in an organized, rhythmic way, and this increases your risk of stroke five times. The fluttering of your heart may cause blood to pool and clot, and those clots can travel to your brain. Managing AFib is key to reducing your stroke risk.



Diabetes

More than doubles your risk of stroke. Every two minutes, an adult with diabetes in the U.S. is hospitalized for stroke. Work with your doctor to manage your diabetes and reduce your risk.



High Cholesterol

increases the risk of blocked arteries. If an artery leading to the brain becomes blocked or throws a clot, a stroke can occur. If you have high blood cholesterol, work with your doctor to get it under control.



Smoking

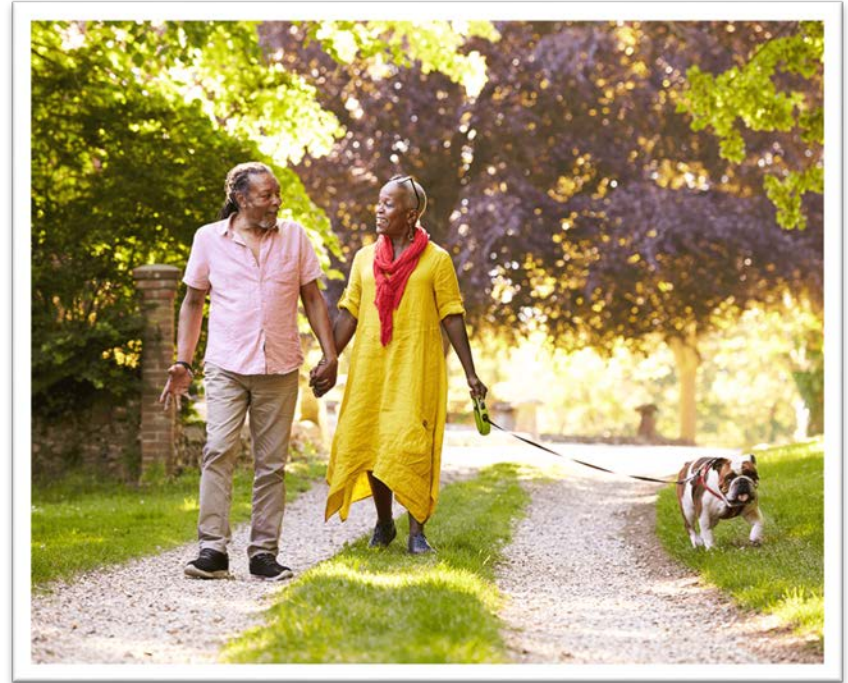
damages blood vessels, leading to blockages and stroke. Don't smoke and avoid second-hand smoke.



Re-Cap:

7 Ways to Prevent Stroke

- Monitor your blood pressure.
- Control your cholesterol.
- Keep your blood sugar down.
- Get active.
- Eat better.
- Lose weight if you need to.
- Don't smoke, period.



Preventing stroke can be life-changing. But the steps you take to prevent stroke don't have to be. They can be small, easy changes you start right now.

- Even “Stroke Superheroes” Are In Danger
- High blood pressure is stroke’s public enemy #1
- Stroke targets by Ethnicity
- Stroke is largely treatable
- Friends usually save friends from stroke.

5 THINGS EVERY **STROKE HERO** SHOULD KNOW!

1 Even **SUPERHEROES** are in **DANGER**

STROKE RISK increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.



2 **HIGH** blood pressure is stroke's public **ENEMY #1.**

3 OUT OF 4 PEOPLE who suffer first strokes have high blood pressure.



3 **STROKE** targets by **ETHNICITY**

AFRICAN-AMERICANS have nearly **2x the risk** for a first-ever stroke as whites.



5 **FRIENDS** usually **SAVE** friends from **STROKE**

Learn to recognize the warning signs of stroke.

F
FACE DROOPING

A
ARM WEAKNESS

S
SPEECH DIFFICULTY

T
TIME TO CALL 911



4 **STROKE** is largely **TREATABLE.**

Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability.**



Become a **STROKE HERO** and help save lives at StrokeAssociation.org/StrokeHero

Source: Heart Disease and Stroke Statistics—2016 Update: A Report from the American Heart Association




Together to End Stroke

Medtronic

WHAT TO DO IF YOU THINK YOU OR SOMEONE ELSE IS HAVING A STROKE

- Immediately call
9-1-1
- Check the time so
you'll know when the
first symptoms
appeared.



Questions?



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