

DETERMINING YOUR RISK FOR STROKE

- 1 Have either of your parents, grandparents, or any one of your siblings or cousins had a stroke?
 Yes No
- 2 Are you 65 or older?
 Yes No
- 3 Do you have diabetes?
 Yes No
- 4 Do you have more than 6 alcoholic drinks a week?
 Yes No
- 5 Do you have high blood pressure?
 Yes No
- 6 Do you smoke?
 Yes No
- 7 Do you have high cholesterol?
 Yes No
- 8 Do you exercise fewer than 3 times a week?
 Yes No
- 9 Are you more than 20% over your ideal weight?
 Yes No
- 10 Have you experienced dizziness or blurred vision?
 Yes No

If you answered “**yes**” to more than one question, then your risk for a stroke is increased.

Talk to your physician about these risk factors and ways to reduce them.

For more information:
www.strokeassociation.org
www.upstate.edu/stroke

STROKE IS A MEDICAL EMERGENCY

If you have any of the following, call 911 immediately. There are treatments that can help limit the amount of brain injury, but they must be given quickly.

WHEN YOU RECOGNIZE THESE SIGNS OF A STROKE, ACT FAST!

• **FACE**

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

• **ARMS**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

• **SPEECH**

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the person able to correctly repeat the words?

• **TIME**

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, “I think this is a stroke” to help get the person to the hospital immediately. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know.

DID YOU KNOW THAT MOST PEOPLE IGNORE THE FIRST SIGNS OF A STROKE?

Most people ignore early warning signs like loss of balance, inability to move an arm or loss of coherent speech because there is often no pain involved.

Here are additional signs that you can look for:

- Sudden confusion, trouble speaking or understanding speech.
- Sudden numbness or weakness of face, arm or leg. Especially on one side of the body.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If someone shows any of these symptoms, call 9-1-1 or emergency medical services immediately.

STROKE

ASK FOR THE EXPERTS.



UPSTATE

COMPREHENSIVE STROKE CENTER



750 EAST ADAMS STREET
SYRACUSE, NEW YORK 13210



THE **ONLY LEVEL 1**
COMPREHENSIVE STROKE CENTER IN THE REGION.

WHAT IS A STROKE?

A stroke has been called a “brain attack.” This happens when blood vessels in the brain are suddenly blocked or burst. Brain cells are denied blood and oxygen and begin to die causing a wide variety of disabling symptoms and often permanent disability or death.

TYPES OF STROKE

- **Ischemic**

This type of stroke happens when a clot blocks a vessel supplying blood to the brain. It's the most common type, accounting for 87% of all strokes. The treatment goal is to bust or remove the clot.

- **Hemorrhagic**

This type of stroke is caused by a rupture in a blood vessel within the brain. Fewer strokes happen as the result of a rupture. The treatment goal is to stop the bleeding.

- **TIA or transient ischemic attack**

TIA, or transient ischemic attack, is a “minor or mini stroke” that occurs when a blood clot blocks an artery for a short time. The symptoms of a TIA are the same as those of a stroke, but they usually last only a few minutes. About 15 percent of major strokes are preceded by TIAs, so don't ignore a TIA. Call 9-1-1 or seek emergency medical attention immediately!

WHEN YOU SEE A STROKE ACT **F A S T** CALL 911

FACE

Droops on
one side

ARM

Drifts
downward

SPEECH

Sounds
slurred

TIME

To call 911
now

BEFORE ARRIVAL...

Upstate has partnered with area EMS agencies to ensure the highest and most efficient level of quality communication. This partnership allows EMS to notify the Emergency physician and the stroke team prior to arrival which ensures the fastest treatment times possible.

UPON ARRIVAL...

- **Physician Exam**

A potential stroke patient is immediately evaluated by both an Emergency Physician as well as a Stroke Neurologist.

- **CT Scan**

After a quick evaluation, the patient is taken for an emergency CT scan of the brain. Once this testing is complete, the stroke neurologist will complete an in depth neurological examination.

- **Clot-busting medication**

Based on the CT scan results, the exam plus an in-depth past medical/surgical history, the physician may decide to give a clot busting medication called tPA or Alteplase.

- **Endovascular Procedure**

Some patients may also be able to be treated with a procedure to remove the clot and to reopen the blood vessel. If bleeding is found on the CT scan, also known as hemorrhagic stroke, treatment options are available but depend on location and severity.

LIFE AFTER STROKE

The department of Physical Medicine and Rehabilitation have appointed physician and staff members to be part of the Upstate Stroke program in order to offer patients a continuum of care from their hospital stay to the transition home. A stroke patient's rehabilitation begins long before discharge from the hospital and the support continues throughout your recovery.

OUR REHABILITATION TEAM

The stroke rehabilitation program provides comprehensive rehabilitation services and management to individuals who have experienced a stroke. You will be part of a Comprehensive Rehabilitation Team for your therapy including:

- **Physical Therapy**
- **Occupational Therapy**
- **Speech Therapy Services**
- **Psychological Services**
- **Vocational Rehabilitation Counseling**

STROKE SUPPORT GROUP

The Stroke Program at Upstate has developed a support group that fosters both stroke survivors as well as their families and care-takers. The support group meets every third Monday of each month from 5-7pm at OASIS/HealthLink on Carrier Circle in East Syracuse, NY. Walk-ins welcome!

CONTACT THE REHABILITATION DEPARTMENT

To schedule an appointment or get more information, call 315-464-2300. You will need to bring your physician referral or prescription with you to your first appointment.

