



## The Emergency Stroke Center at Jewish Hospital and Sts. Mary & Elizabeth Hospital

### The Region's First Center Dedicated to Comprehensive Stroke Treatment.

Because fast, expert assessment and treatment can make an enormous difference in a stroke (and recovery from one), Jewish Hospital and St. Mary's & Elizabeth Hospital offer specialized stroke care that matches our regional neurological leadership with the instant acute care a stroke requires.

#### Jewish Hospital Stroke Center offers:

- JCAHO certified primary stroke center
- Immediate emergency department access
- Dedicated inpatient unit with monitored beds
- Stroke fellowship-trained, vascular neurologists
- Fellowship-trained vascular neurosurgeons
- Interventional neuroradiologists
- Day one rehab services through Frazier Rehab Institute
- Specialty-trained, certified registered nurses and support staff
- Comprehensive patient and family education
- Clinical research studies

#### Sts. Mary & Elizabeth Hospital Stroke Center offers:

- JCAHO-certified primary stroke center
- Immediate emergency department access
- Dedicated inpatient unit with monitored beds
- Stroke neurologists
- Fellowship-trained vascular neurosurgeons
- Neuroradiologists
- Day one rehab services
- Specialty-trained nurses, and facility-wide trained nurses and support staff on stroke recognition
- Comprehensive patient and family education
- Stroke support groups

Research proves that patients treated in a dedicated stroke care facility often have enhanced quality of life, better overall outcomes, and go home sooner. They are less likely to require lengthy stays at nursing homes or rehab facilities.

### Know the Risk Factors

#### An Ounce of Prevention, What You Can Control:

**Manage High Blood Pressure** – High blood pressure weakens the arteries, putting them at risk of bursting. In other cases, arteries may form clots that obstruct blood flow to the brain, or the clots may break off and lodge in the brain's arteries.

**Stop Smoking** – Cigarette smoking injures blood vessel walls and promotes hardening of the arteries. Smoking also elevates blood pressure and is harmful to the lungs (which ultimately provide the oxygen to your blood that your brain needs.)

**Limit Alcohol Intake** – Heavy drinking, including “binge” drinking, is associated with strokes.

**Lower Your Cholesterol** – A diet high in fat contributes to the formation of plaque in the arteries, which can obstruct blood flow or break apart and cause blockages in the brain's blood vessels.

**Control Your Weight** – Being overweight puts more strain on the circulatory system and puts you at risk for high blood pressure, heart disease, and diabetes – all risk factors for a stroke.

**Treat Irregular Heartbeat** – If you have any kind of heart trouble, be sure your physician is aware of it and that you receive, and follow a treatment plan.

**Manage Known Heart Disease** – Many stroke risk factors are the same as those for heart disease. If you have heart disease, follow your physician's advice – you'll be controlling your risk for stroke at the same time.

**Treat Diabetes** – The association between diabetes and increased stroke risk seems to be related to the circulatory problems caused by diabetes. Controlling your diabetes correctly reduces the cardiovascular complications of the disease.

## **And What You Can't Control:**

**Race** - strokes occur more frequently in African-Americans, Asians and Hispanics

**Age** - strokes are more common in people over 55 years of age

**Heredity** - family history of strokes

**Gender** - women are more susceptible to strokes

In these situations it's even more important to attend to the risk factors you can control.

## **Frazier Rehab Institute**

### **The Region's Leading Rehab Center**

Research proves that the sooner a stroke patient begins therapy the better the chances for a quick recovery. And thanks to Frazier Rehab Institute, that's exactly what Emergency Stroke Center patients get: therapeutic assistance from the region's leading rehab center begins the minute the patient is out of the acute stage. It's another way quick action and knowledgeable treatment make a vital difference in the recovery process.

Frazier Rehab Institute offers state-of-the-art therapy programs for stroke patients including:

- Robotic arm therapy
- Locomotor training

## **Know the Warning Signs**

- Sudden numbness, weakness or paralysis of the face, arm or leg, especially on one side of the body
- Slurred speech or difficulty speaking and understanding words and phrases
- Sudden blurred or decreased vision, particularly in one eye
- Unexplained dizziness or loss of balance
- Sudden, severe or unexplained headache

If you experience any of these warning signs, call 9-1-1 and get to the Emergency Stroke Center at Jewish Hospital or Sts. Mary & Elizabeth Hospital immediately.

## **Our Center is Designed to Act as Fast as a Stroke Does**

### **American's Third Leading Killer: Strokes**

They call it a 'stroke,' but that term is far too gentle a term for America's third leading killer. Even if someone survives one of these 'brain attacks,' the effects can be devastating. Because strokes literally kill brain tissue, they often result in irreversible damage like paralysis, loss of speech or ability to communicate, or loss of ability to control bodily functions.

A stroke occurs when a blood clot or burst artery interrupts blood flow to an area of the brain. When cells are deprived of blood, oxygen and nutrients, they die. As a result, the functions these cells once controlled are permanently impaired or lost altogether. Every year in America, 700,000 people suffer a stroke – and of these 175,000 die.

When a stroke occurs, every minute you waste could be the minute that saves your brain. That's why it is vital to know the stroke warning signs – and if you experience them, get expert treatment immediately. Get to the Emergency Stroke Center at Jewish Hospital or Sts. Mary & Elizabeth Hospital immediately.

## **The Best Hope for Beating A Stroke**

At Jewish Hospital & St. Mary's HealthCare, you will find the treatment a stroke deserves – from people trained and committed to the kind of care you need. So please, talk to your physician about reducing your risk of a stroke. Learn the warning signs and if you experience them, do not waste a single minute.

Remember: When a stroke occurs, time is everything.

For more information, call (502) 587-4011 or visit [www.jhsmh.org](http://www.jhsmh.org). To contact the Jewish Hospital Emergency Department, call (502) 587-4421.

To contact Sts. Mary & Elizabeth Hospital, call (502) 361-6000.