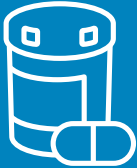




# Stroke Education Sheet

Stroke occurs when blood flow to the brain is interrupted by blocked or broken blood vessels. Brain cells in the area die and abilities are lost. Tennessee has one of the nation's highest death rates from stroke, and stroke is the leading cause of severe long-term disability. The team at Fort Loudoun Medical Center is passionate about educating the community about stroke signs and symptoms.

## Know the signs and symptoms of a stroke.

<b>B</b> alance	Uncoordinated or gait difficulty	
<b>E</b> yes	Double vision, loss of vision or gaze deviation	
<b>F</b> ace	Ask the person to smile. Does one side of the face droop?	
<b>A</b> rms	Ask the person to raise both arms. Does one arm drift downward?	
<b>S</b> peech	Ask the person to repeat a simple sentence. Are the words slurred? Does the person repeat the sentence correctly?	
<b>T</b> ime	If the person shows any of these symptoms, time is important. Call 911!	
<b>TREATMENTS</b>	You may be given medication to prevent another stroke. It is important to control your blood pressure and to manage diabetes and elevated cholesterol, if applicable.	
	<b>ANTITHROMBOTIC:</b> Aspirin, Plavix, Aggrenox	<b>ANTICOAGULANT:</b> Lovenox, Heparin, Coumadin ( <i>For more information about Coumadin, ask your nurse and watch "Coumadin Therapy and You" on our "On-Demand Education" system.</i> )
<b>REHABILITATION</b> 	30-40% of stroke patients will benefit from rehabilitation services. <ul style="list-style-type: none"><li>• Patricia Neal Rehabilitation Hospital - (865) 895-3001</li><li>• Covenant Health Therapy Centers - Lenoir City (865) 271-6080</li></ul>	
<b>RESOURCES</b> 	<ul style="list-style-type: none"><li>• American Heart Association - (865) 293-5100</li><li>• National Stroke Association - 1-800-787-6537</li><li>• Stroke Team Coordinator - (865) 271-6509</li></ul>	

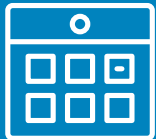


## REDUCE Your Risk ► Factors

Risk Factors	High Risk	Caution	Low Risk
Blood Pressure	Over 140/90	120/80 to 139/89	Less than 120/80
Cholesterol	Over 240	200-239	Less than 200
LDL Cholesterol	Over 160	100-159	Less than 100
Diabetes	HbA1c over 8	HbA1c 7 - 8	HbA1c under 7
Smoking	Yes	Trying to quit	Non smoker
Atrial Fibrillation	Irregular heart beat	Unsure	Regular heart beat
Diet	High fat and salt	Trying to avoid fats and salt	Don't add salt and use little fat
Weight	Waist over 40"	Waist right at 40" for men and 35" for women	Waist less than 40" for men and 35" for women
Exercise	I am a couch potato	I exercise sometimes	I exercise regularly
Age	Over 55	X	Under 55
Gender	Male		Female
Race	African American or Hispanic		Caucasian
Previous Stroke or TIA	Yes	Not sure	No
Family History	Yes	Not sure	No

*If you are currently using nicotine products, **QUIT**. Smoking doubles stroke risk. Ask about our "Freedom from Smoking Class" – call (865) 215-QUIT for details.*

### FOLLOW UP



- Maintain a healthy diet
- Keep routine appointments to stay well.
- Maintain an updated list of medications.
- Stay up-to-date with your immunizations.

# Act Fast - Call 911. Stroke is an Emergency!



Nurse's Signature: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Patient/Rep. Signature: \_\_\_\_\_

Date/Time: \_\_\_\_\_