Signs of STROKE

Time lost to stroke is brain lost. If you notice **one or more** of these symptoms, get medical attention **FAST**!

Face: Does the face look uneven? Ask them to smile.

Arms: Does one arm drift down? Ask them to raise both arms.

Speech: Does their speech sound strange? Ask them to repeat a phrase.

Time: to get help! **Call 9-1-1** at any sign of stroke and go to the nearest hospital.

Why do 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 speech because there is often no pain involved. Many stroke symptoms do not include pain. Here is a list…

- Sudden weakness on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing.
- Sudden trouble walking or loss of balance.
- Sudden severe headache with no known cause.

Risk factors of stroke

Mini-strokes (TIA) — When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

High Blood Pressure — The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

Diabetes — Control diabetes with proper diet, exercise and medication.

Obesity — Being just 20 pounds over-weight significantly increases your risk of a stroke or heart disease.

Smoking — Smoking increases risk of stroke by two to three times.

Northwest MedStar
Critical Care Transport Service

Sacred Heart Medical Center & Children's Hospital

Lincoln Hospital Dist. 3
Neighbors for Life

Lincoln County Health Department
Supporting Healthy Communities

www.lincolnhospital.org

Funding for this innovative program was provided by a grant from the Federal Office of Rural Health Policy through the Washington State Dept. of Health.

STROKE SURVIVAL

Lincoln Hospital & Sacred Heart Medical Center are now collaborating to save stroke victims in Lincoln County…

509.725.7101

The Region's Top Stroke Experts say — Lincoln Hospital FAST!

Beat the clock…

During a stroke, minutes matter, especially for people in rural areas who are miles from the nearest medical facility.

Lost time means lost body function. That's why Lincoln Hospital has partnered with MedStar and Sacred Heart Medical Center to give rural patients the best chance to not only survive, but to thrive!

With our **FAST Stroke** protocol, Lincoln Hospital is prepared to quickly assess the needs, deliver the appropriate medications and transport stroke patients to Sacred Heart Medical Center's stroke specialty unit.

WORKING TOGETHER TO ENSURE RURAL PATIENTS THE BEST IN STROKE TREATMENT!

First Stop: Lincoln Hospital…

Fast diagnosis and stabilization is central to treating a stroke. Our highly trained medical team, lead by Board Certified physicians, has streamlined protocols to diagnose stroke symptoms quickly and accurately.

Our goal is to have a CT scan soon after your arrival. It will be digitally transmitted to a radiologist in Spokane for diagnosis. If a bleed is found, our physicians will contact our partners at Sacred Heart and MedStar to expedite care. If there is a blockage, Lincoln Hospital is ready with IV medications to break up the clot. Through this partnership and protocol, valuable time will be saved — and time means better quality of life.

Time Flies…

As soon as a stroke is diagnosed, MedStar Critical Care Transport crews are called into action. Through our cutting edge Tele-ER system, medical teams at MedStar and Sacred Heart can be in video and voice contact with our ER physicians, and YOU, to expedite your transport and treatment.

No time to wait…

Because you chose Lincoln Hospital as your first stop, the following procedures are activated by us and our partners at Sacred Heart Medical Center.

Even before you are transported, neurologists at Sacred Heart are consulting with doctors at Lincoln Hospital on your condition.

Sacred Heart will be ready for your arrival and will continue with specialized stroke treatment and follow up care.

You are now in the capable hands of the region's most respected stroke experts. Just as you have been in highly skilled, caring hands since you entered Lincoln Hospital just minutes ago.

"Time is brain. Call 9-1-1 and get to the nearest hospital right away. The FAST Stroke protocol will better your chances, so don't stall — make the call."

— Madeleine Geraghty, MD
Sacred Heart Medical Center Stroke Unit
Vascular Neurologist

When it comes to stroke, it's not just about surviving — it's about living life to its fullest!