

## Understanding Stroke – Know the Signs

### **Every Second Counts**

*A stroke is a medical emergency. **Call 9-1-1** immediately if you are experiencing any symptoms.*

Time is critical when treating a stroke! Fast treatment will reduce disability and save your life. Anyone arriving at Healdsburg District Hospital (HDH) with symptoms of a stroke will receive immediate care by a team of specially trained doctors, nurses, and therapists. Our team provides immediate, local stroke care for our surrounding communities 24 hours a day, 7 days a week.

### **Certified Primary Stroke Center - Kozel Stroke Institute**

The Kozel Stroke Institute is located within our Emergency Department at Healdsburg District Hospital and was funded by Betty and Edward Kozel in 2008. Healdsburg District Hospital has earned national accreditation as a Certified Primary Stroke Center by Det Norske Veritas Healthcare Inc. (DNV), for demonstrating compliance with nationally developed standards for stroke care.

### **Learning the signs of stroke can save your life or the life of someone you know.**

*Symptoms are easiest to remember by the National Stroke Association's acronym FAST:*

**F - Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A - Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S - Speech Difficulty** – Is speech slurred? Is the person unable to speak? Are they hard to understand? Ask the person to repeat a simple sentence like, "the sky is blue." Is the sentence repeated correctly?

**T - Time to call 9-1-1** – Call 9-1-1 immediately if someone has any of these symptoms, even if they go away. Check the time symptoms started so it can be reported to the doctor.

**A stroke is a medical emergency. Call 9-1-1** immediately if you are experiencing signs or symptoms of a stroke, such as:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding speech.
- 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.
- Double vision

Even if the symptoms last only a few moments and then disappear, these may be signs of a serious condition that won't go away without medical help.

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# Know Your Numbers

Education for a Healthier Life

## What is a Stroke?

A stroke occurs when a blood vessel in the brain becomes blocked or bursts. Both of these conditions stop or interrupt blood flow. Oxygen is carried by the blood. Brain damage can begin within minutes when blood flow stops or is interrupted. Rapid treatment of stroke can prevent or reduce permanent brain damage.

Stroke is the third leading cause of death in the United States. It is the leading cause of serious, long-term disability. Strokes occur rapidly and may lead to permanent disability.

According to the American Stroke Association, someone in the U.S. suffers a stroke every 40 seconds. Over 700,000 people in the United States suffer a stroke each year. Stroke can affect people of all ages, it is now being diagnosed in teenagers in Sonoma County.

## Stroke Support Group Meetings provided by Healdsburg District Hospital

Open to stroke survivors and family members of all ages  
Every third Friday of the month, 2:30pm to 3:45 pm

Healdsburg Senior Center  
133 Matheson Street  
Healdsburg, CA 95448

For more information on the support group Call (707)-431-6349

## Contact Us

If you have questions about Healdsburg District Hospital's Stroke Program, or if you would like to arrange a stroke education presentation for a community group, contact:

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