



The Stroke Center at Mount Sinai South Nassau

In the event of a stroke, it is important to call 911 because every second counts—**do not wait**. It's important to know that you can get the kind of care you need, right here in your community—at the dedicated Stroke Center at Mount Sinai South Nassau.

- **Primary** designated Stroke Center
- Thrombectomy Readiness Center
- Earned the Get With The Guidelines®–Stroke GOLD PLUS with Honor and Target Achievement Award™ from the **American Heart Association/American Stroke Association**
- Joint Commission Disease Specific–Stroke Certified
- New York State Department of Health **Stroke Designated Center**

It is our commitment to implement a higher standard of stroke care, including:

- Rapid assessment of patients with stroke symptoms
- On-site, next-generation CT scanner
- Aggressive treatment using the most up-to-date clinical guidelines for stroke – treatments that improve survival rates and lower the risk of another stroke
- Multidisciplinary neurological and neurosurgical care during the hospital stay
- Nurses with special training in stroke care
- Stroke support group
- Community education

Did You Know?

- Stroke is the fifth leading cause of death in the United States
- Stroke is the leading cause of disability in the United States
- Someone in the United States has a stroke every 40 seconds
- African Americans have about twice the mortality rates from stroke compared with any other ethnic group
- 60% of strokes occur in women
- 80% of strokes are preventable
- Risk of stroke increases in patients with two or more risk factors

Reduce Your Risk



Treat high blood pressure



Eat healthy



Get physically active



Treat high cholesterol



Manage diabetes



Quit smoking

Virtual Stroke Support Group:

Second Wednesday of each month



Mount Sinai South Nassau

One Healthy Way,
Oceanside, NY 11572
1-877-SOUTH-NASSAU

mountsinai.org/southnassau

All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

Stroke Awareness

Treatment and Prevention



Mount Sinai South Nassau



Spot a Stroke

B

E

F

A

S

T



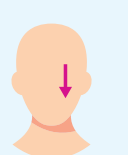
BALANCE

Loss of
balance or
dizziness



EYE

Sudden loss
of vision in
one or both
eyes, onset of
double vision



FACE

Is one side
of the face
drooping
down?



ARM

Can the
person raise
both arms or
is one arm
weak?



SPEECH

Is person's
speech slurred
or confusing?



TIME

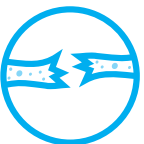
Every second
counts—
call 911

What is a Stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain, bursts, ruptures or is blocked by a clot. When this occurs, part of the brain cannot get the blood and oxygen it needs, which results in brain cell death.

Types of Strokes

- A **transient ischemic attack (TIA)** is caused when blood temporarily cannot flow to part of your brain, often called a “mini stroke.” This is a warning sign and should be taken very seriously.
- **Ischemic stroke** is the most common type of stroke, which occurs in 87% of patient cases. It is a sudden, severe disruption of blood flow to the brain.
- **Hemorrhagic stroke** occurs when a weakened blood vessel in the brain bursts and spills blood into or around the brain.



Risk Factors

Knowing your risk can lower your risk

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Obesity
- Physical Inactivity
- Atrial Fibrillation
- Illicit drug use (cocaine)
- Excessive alcohol intake

How is a Stroke Evaluated?

- Physical Examination
- CT scan of the head
- MRI/MRA of the brain/neck
- Carotid ultrasound
- Echocardiogram
- Electrocardiogram (EKG)
- Blood tests—can provide information about stroke risk factors

Treatment

- “Clot buster” medications known as thrombolytics or IV TPA may be used to treat an acute stroke. These may include Alteplase or Tenecteplase.
- Endovascular Intervention (Clot Removal)
- Surgical treatment is sometimes used for a hemorrhagic stroke

Medications to Prevent Stroke:

- Anticoagulants: Lovenox, Heparin, Pradaxa, Warfarin, Xarelto, and Eliquis
- Anti-platelets or anti-aggregants: Aspirin, Plavix, Aggrenox, and Brilinta
- Cholesterol lowering agents including statins (for example, Zocor, Lipitor, Crestor). Fenofibrates (such as gemfibrozil Fibrates) and other agents such as Niacin and Repatha

Your provider may prescribe several medications after you have a stroke. Medicine to prevent blood clots, to control diabetes, to regulate blood pressure, and to lower cholesterol are used. Take all of your medication prescribed, even if you feel better. If you think you may be experiencing a side effect from a medication, call your health care provider immediately.

A stroke is a medical emergency!
Please call 911 immediately if you are experiencing one or more of these symptoms suddenly.

Stroke Support Group

Mount Sinai South Nassau offers supervised meetings where you can share similar experiences in a comfortable, caring setting. For more information, please call 516-377-5333