

Stroke

Recovery from a stroke should start minutes after it started.



Know the signs.
The sooner you get help,
the better your chances
of recovery.

If you experience any of these symptoms, seek **IMMEDIATE** emergency personnel assistance.

- 1 Sudden weakness/numbness on one side of the body.
- 2 Sudden trouble speaking.
- 3 Sudden severe headache.
- 4 Sudden loss of balance.

Minutes Matter.

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801 Middleford Rd • Seaford, DE 19973
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Stroke

Minutes
Matter
Know the
Signs &
Symptoms



WEAKNESS

TROUBLE SPEAKING

VISION PROBLEMS

HEADACHE

DIZZINESS

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**Nanticoke Memorial Hospital is the FIRST in the First State
to have earned the
Gold Seal of Approval™ from The Joint Commission
for Primary Stroke Centers**

Each year about 700,000 people experience a new or recurrent stroke. Stroke is the nation's third leading cause of death. On average, someone suffers a stroke every 45 seconds. Stroke is a leading cause of serious, long-term disability in the United States.

Stroke occurs when a vessel that supplies blood to the brain becomes blocked -- called an ischemic stroke -- or, less commonly, when blood leaks into or around the brain -- a hemorrhagic stroke. The severity of the event depends on which part of the brain is affected and how large an area is damaged: some strokes may not cause any lasting problems; more severe attacks can permanently impair a person's ability to walk or talk, or may be fatal.

The outcome of a stroke, like that of a heart attack, often depends on getting immediate treatment. Nanticoke Memorial Hospital is committed to providing fast, accurate, and effective care to stroke symptom patients through our Nationally Certified Stroke Center.

Nanticoke Memorial Hospital has earned the Gold Seal of Approval™ from The Joint Commission for Primary Stroke Centers. Nanticoke Memorial Hospital has the FIRST Certified Stroke Center to have earned this distinction in Delaware from The Joint Commission.

Nanticoke Memorial Hospital voluntarily pursued this comprehensive, independent evaluation by the Joint Commission to enhance the safety and quality of stroke care provided, therefore, being able to better meet the needs of patients, making a positive difference in their lives.

Treatment for patients arriving at Nanticoke Memorial with stroke symptoms involves a multi disciplinary team approach.

When a person is admitted to Nanticoke's Emergency Department with symptoms of a stroke:

- a "Stroke Alert" is activated prompting a neurologist, hospitalist, nursing staff, CT tech, and nurse coordinator to respond immediately.
- Each patient receives an evaluation by a physician within 10 minutes of arrival to the Emergency Department, and
- For diagnosed stroke patients, "clot busting" drugs such as t-PA are administered within 60 minutes of arrival to the Emergency Department.

**Take Care to Reduce Risk
of a Recurrent Stroke**

About 1 in 4 stroke patients have another (or recurrent) stroke. To help avoid a recurrent stroke, remember to:

- Stop smoking
- Manage high blood pressure
- Manage high cholesterol
- Keep diabetes under control
- Eat a healthy diet

For further information about stroke, including information for your recovery team, contact:

**National Stroke
Association**

www.stroke.org
1-800-STROKES
(1-800-787-6537)



Nanticoke Memorial Hospital

www.nanticoke.org/stroke
302-629-6224