

What do I need to remember for my appointment?

- ☐ If possible, we request that you are accompanied by a family member or friend.
- ☐ If someone observed the episode(s), please ask them to accompany you to your clinic appointment. The doctor will want to speak to this person to obtain valuable information.
- ☐ Remember to have your regular meals before the appointment.
- ☐ Do not drive until advised to do so by your family physician or the clinic physician.
- ☐ Take all of your medications as prescribed on the day of the appointment
- ☐ Bring all the medications you are currently taking (including over-the-counter drugs and herbal remedies) in their original containers from the pharmacy.
- ☐ Bring your Ontario Health Card

What do I do while I wait?

- ✓ Attend appointments and tests
- ✓ Take your medications as prescribed

YOU MAY BE HAVING A TIA, OR STROKE IF YOU EXPERIENCE ANY OF THE FOLLOWING SIGNS:

- F**ACE Is it drooping?
- A** RMS Is there weakness?
- S** PEECH Is it slurred or jumbled?
- T** IME Time to call 9-1-1.

If you experience any of these symptoms, it is a medical emergency. Call 911 or your local emergency number immediately.

Stratford General Hospital
46 General Hospital Drive
Stratford, Ontario

West Building: 2nd Floor
Room: W2-230
(519) 272-8210 ext 2299

Stroke Prevention Clinic

**Information for Patients, Families
and Caregivers**



What has happened to me?

Your primary care practitioner or an emergency physician believes you have experienced warning symptoms of a stroke or TIA.

A **TIA** (transient ischemic attack) is sometimes called a “**mini-stroke**”. It is a temporary lack of blood supply to the brain. This can happen when one of the arteries supplying oxygen and nutrients to the brain becomes blocked. The part of the brain supplied by that artery does not receive the blood it needs. If brain cells do not get enough oxygen and nutrients, they start to die. Brain cells die very quickly, in about 4 to 6 minutes.

TIA's are usually caused by **arteriosclerosis** (hardening of the arteries) and **clot formation**.

When a TIA occurs, the plaque or blood clot breaks up and clears away on its own. Little or no brain damage occurs, and the symptoms go away without any treatment.

TIA's may not cause obvious lasting effects but are a sign of risk of stroke or further TIA's.

What will happen next?

Once the medical practitioner completes their examination and orders tests, you will be sent home. A referral has been made to the Stroke Prevention Clinic.

The clinic will call you to confirm the date and time of your appointment. If you have not heard from the clinic call.

The Stroke Prevention Clinic

The Stroke Prevention Clinic is an outpatient clinic that provides rapid access to experts, diagnostic tests, and treatments for patients who have had, or are at risk of having signs and symptoms of a recent stroke or Transient Ischemic Attack (TIA).

The purpose of this clinic is to investigate the cause of your symptoms. A variety of tests may be ordered and reviewed. The results of the tests inform what treatment is most suitable for you.

The type of treatment recommended depends on the cause of your symptoms. The goal of treatment is to prevent a stroke from occurring and to make sure your brain gets the oxygen and nutrients it needs through good blood supply.

Making healthy lifestyle choices to reduce your risk factors is an important part of your treatment.

What should I expect?

Before or on the day of the clinic, you may attend tests.

You can expect to:

- ✓ Meet with a doctor who is a specialist in stroke care and prevention
- ✓ Review test results
- ✓ Receive information about future tests, if required
- ✓ Meet with a nurse to complete risk factor screening and receive counseling on lifestyle and risk factor modification
- ✓ Information about follow-up appointments with the doctor and/or nurse to monitor and manage your risk factors.
- ✓ Education about stroke and TIAs
- ✓ Referral to other services, such as a dietitian, physiotherapist, occupational therapist, or speech language pathologist, as needed
- ✓ A follow-up clinic letter will be sent to your family physician.