

What you need to know about TIA & Stroke

Q. What is a TIA?

- A. TIA is short for **transient ischemic attack**. Transient means short-term and ischemic means a lack of blood supply. A TIA is a short-term lack of blood supply to the brain and is often called a “mini-stroke”. A TIA is a serious warning sign of an increased risk for stroke. Once you have had a TIA, you are at greater risk of future TIAs.

Q. What is a Stroke?

- A. A **stroke** is a sudden loss of brain function. It is caused by the interruption of the flow of blood to the brain (an ischemic stroke) or the rupture of blood vessels in the brain (a hemorrhagic stroke). The interruption of the blood flow or the rupture of blood vessels causes brain cells in the affected area to die.

Q. Should I be concerned if I have a TIA?

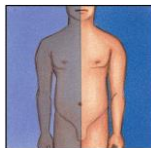
- A. A TIA is a very serious warning sign that something is wrong with the blood flow to your brain. If you have had a TIA, you are at increased risk of having a stroke.

Q. I think I may be having a TIA or stroke now, what should I do?

- A. **TIA and stroke are medical emergencies.** Call 911 or your local emergency medical number **IMMEDIATELY**.

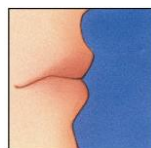
How will I know if I am having a TIA or stroke?

You may be having a TIA or stroke now if you experience:



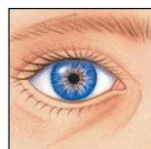
Weakness

Sudden weakness, numbness or tingling in the face, arm or leg.



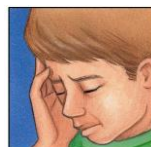
Trouble Speaking

Sudden temporary loss of speech or trouble understanding speech.



Vision Problems

Sudden loss of vision, particularly in one eye, or double vision.



Headache

Sudden severe and unusual headache.



Dizziness

Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, it is a medical emergency. DIAL 9-1-1 or your medical emergency number IMMEDIATELY

What are the risks for TIA or Stroke?

Q. What is a risk factor?

- A. A risk factor is something in a person's physical condition or health habits that increases the chance of developing a medical condition such as stroke. Once you have had a TIA you are at increased risk of having a stroke. The good news is that you can take steps to reduce your risks of having a stroke.

Q. How can I reduce my risk of having a TIA or stroke?

- A. There are two main types of risk factors for TIA and stroke – those you cannot change and those that can be changed.

Risk factors that can't be changed include increased age, male sex, ethnic background (individuals of First Nations, African or South Asian descent are at higher risk of stroke), and family history of stroke or TIA.

Risk factors that can be changed include smoking, physical inactivity, being overweight, excessive alcohol intake, stress, high blood pressure, high cholesterol, heart disease, atrial fibrillation, and diabetes. Speak to your health professional about your individual risk factors and ask about lifestyle changes that will reduce your risk.

Stroke Prevention Clinics

Q. What is a Stroke Prevention Clinic?

A. A Stroke Prevention Clinic (SPC) is an outpatient clinic for people who are at risk of having a TIA or stroke or who have risk factors for stroke.

Q. What can I expect when I go to the Stroke Prevention Clinic?

A. A health care team at the clinic will work with you to develop a plan of care to reduce your risk factors for TIA or stroke. For example, the team may support you to quit smoking or lose weight. You may be sent for some blood work and diagnostic tests such as a CAT scan or carotid dopplers before your SPC appointment.

Q. How can I be referred to a Stroke Prevention Clinic?

A. You will need a referral from a doctor such as your family doctor, a specialist or a doctor you have seen in the emergency department or after hours clinic.

Q. If I am referred to the Stroke Prevention Clinic will I continue to see my family doctor?

A. The Stroke Prevention Clinic does not replace your family doctor. Your family doctor is a partner in your stroke prevention plan and will be notified about your visit to the SPC.

Southeastern Ontario Stroke Prevention Clinics

Q. Is there a Stroke Prevention Clinic in my community?

A. Stroke Prevention Clinics are located in:

Hasting and Prince Edward Counties Quinte District Stroke Prevention Clinic

Quinte Health Care-Belleville General Site
265 Dundas Street East, Sills 2
Belleville, ON K8N 5A9
Tel 613-969-7400 ext 2871
Fax 613-961-2544

Leeds and Grenville Counties Brockville Stroke Prevention Clinic

Brockville General Hospital
75 Charles Street,
Brockville, ON K6V 1S8
Tel 613-345-5645 ext 1410
Fax 613-345-8348

Lanark County Vascular Protection Clinic

Perth and Smith Falls District Hospital
Perth Site
33 Drummond Street West,
Perth, ON K7H 2K1
Tel 613-267-1500 ext 4263
Fax 613-267-3449

Frontenac, Lennox and Addington Counties

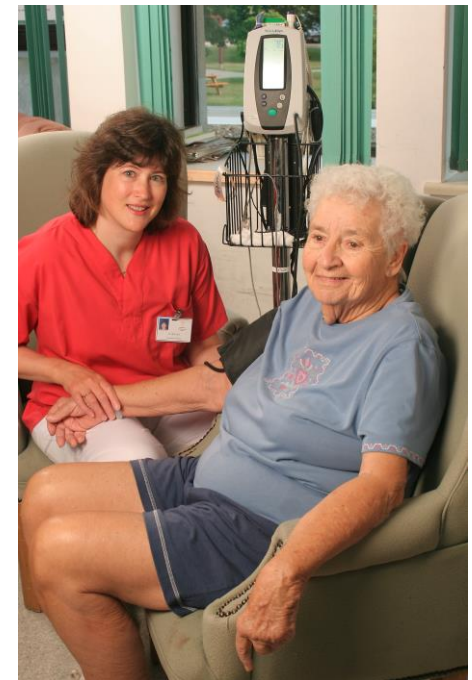
KGH Stroke Prevention Clinic Office

Kingston Health Sciences Centre –
Kingston General Hospital Site
76 Stuart Street,
Kingston, ON K7L 2V7
Tel 613-549-6666 ext 6320
Fax 613-548-2537



Are you at risk for stroke?

What you should know about Stroke Prevention Clinics



Visit

www.strokenetworkseo.ca