

What To Do?

ACT FAST!!!

Call 911 IMMEDIATELY!!!

Do NOT:

1. Call your primary care doctor
2. Call a family member
3. Drive yourself to the hospital
4. Ignore the signs and think they will go away

Why ACT Fast?

There is a clot busting medicine called t-PA for one of the types of stroke. It can only be given at a hospital or emergency room. You must have some blood work and a CT (cat) scan of your brain to make sure there is no bleeding before you can get the medicine.

All of this must be done within 3 hours of when the signs started. Also, the longer you wait the more brain cells die.

TIME = BRAIN!

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STROKE

ACT Fast Stroke Information



CNOS
SPECIALIZING IN YOUR HEALTH

Signs of Stroke

Remember the word **ACT**.

A = Arm, leg, or face numbness or weakness

C = Clumsiness or trouble with coordination or balance

T = Trouble talking or understanding

Stroke Prevention

1. STOP Smoking
2. Watch your blood pressure. Work with your primary care doctor to get it under control.

Blood Pressure Goals:	Top # (Systolic)	Bottom # (Diastolic)
People without diabetes	less than 140	less than 90
People with diabetes	less than 130	less than 80

3. Eat a low fat diet and watch your cholesterol.

If you have diabetes or have had a heart attack or stroke, your bad cholesterol (LDL) should be at least less than 100, and possibly even less than 70.

4. If you have diabetes, work with your primary care doctor to get it under control.
5. Exercise regularly.
6. Take medications your doctor prescribes to help “thin” your blood so that blood clots don’t form.

DO NOT RUN OUT OF THESE MEDICATIONS OR STOP THEM WITHOUT TALKING TO YOUR DOCTOR

These medicines include:

- Aspirin
- Clopidogrel (Plavix)
- Aspirin + dipyridamole (Aggrenox)
- Warfarin (Coumadin)

7. If you are on warfarin (Coumadin) for an irregular heart rhythm (atrial fibrillation) or for a valve replacement, **MAKE SURE YOU KNOW WHAT YOUR INR/Prothrombin Time is EVERY TIME** your blood is drawn. This test measures how thin your blood is at that time. Ask your doctor about the range that is right for you.

- If your blood is not thin enough, you are at risk of having a stroke.
- If your blood is too thin, you are at risk for bleeding.

Why You Should Care About Stroke

Stroke is the #3 cause of death, and the #1 cause of disability in the United States. There are things that you can do to try and prevent stroke, but if a stroke occurs there is an effective treatment to help avoid death and disability if you **ACT fast**.