

## How to identify a stroke

Always pay attention to any stroke symptoms, even if they are temporary. The National Stroke Association recommends you act quickly and get to a hospital, preferably a stroke center, as fast as possible.

Remember the letters **FAST**:

**F**ace: Ask the person to smile. Does one side of the face droop?

**A**rms: Ask the person to raise both arms. Does one arm drift downward?

**S**peech: Ask the person to repeat a simple sentence, such as "It's sunny today." Can the person repeat the sentence correctly? Are the words slurred?

**T**ime: Time is important! If the person shows any of these symptoms, **call 9-1-1 immediately**. If you are experiencing symptoms yourself, even if they disappear, come to the hospital by ambulance. A doctor must treat you as quickly as possible to restore blood flow to your brain.

## Newport Hospital stroke support

- Second Wednesday of each month
- Gudoian Conference Room (near main hospital entrance)

Please call 845-1864 or 845-1757 for more information.



**Newport Hospital**  
*A Lifespan Partner*

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## Primary Stroke Center



*Committed to Caring for  
Newport County*

## Primary Stroke Center

Newport Hospital is certified as a primary stroke center by The Joint Commission. This designation indicates that the hospital meets rigorous national standards and performance measures in caring for stroke patients and providing timely diagnosis and treatment of stroke.

## What is a stroke?

Stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is blocked by a clot, or when the vessel bursts. The brain then stops receiving the blood and oxygen it needs, and cells in the brain begin to die. In the United States, stroke occurs every 40 seconds and is the third leading cause of death.

Fast diagnosis and treatment are crucial to restore blood flow and limit damage to the brain.

## Recovering from a stroke

Many patients recovering from a stroke begin with a formal rehabilitation program. The goal of rehabilitation is to help you relearn basic skills that a stroke might have taken away, such as walking and dressing. Some types of rehabilitation can occur within days of a stroke, and all rehabilitation continues after discharge from the hospital.

Recovery differs from patient to patient. In some cases, a part of the brain compensates for the region of the brain that is damaged by the stroke.

In others, brain cells are temporarily damaged. No matter where you are in your recovery, hope, support and persistence are important for your progress.

Vanderbilt Rehabilitation Center at Newport Hospital provides many types of rehabilitation, both inpatient and outpatient. Your nurse will provide a list of other rehabilitation facilities in the area, including subacute care units, home therapy, rehabilitation hospitals and long-term care.

## How to prevent a stroke

**People who have had a stroke are at risk to have another.** Other health factors that increase the risk are diabetes mellitus, high blood cholesterol, high blood pressure, metabolic syndrome, being overweight, physical inactivity, and tobacco use. Risks increase with age.

The following are some changes you might make to help prevent a stroke.

1. Eat healthy foods, such as vegetables, fruits, legumes, and lean protein.
2. Avoid fried foods, salty foods, high-fat foods, and trans-fats.
3. If you still smoke, ask your doctor for help to quit.
4. Take all your medications as prescribed.

5. Exercise. Ask your doctor to recommend your best and safest activity level.
6. Keep all your appointments with your doctor.

## Help and support

We encourage all stroke survivors, their families, and their caregivers to attend a stroke support group. At Newport Hospital, our support group is led by specially trained clinicians and meets on the second Wednesday of each month at 2 p.m. in the Gudoian Conference Room, near the main entrance.

The goals of the stroke support group are to provide information about stroke and the tools you can use for coping, to let caregivers and stroke survivors know about resources that exist to help with recovery and care, and to encourage patients and caregivers to share their experiences with others who are also recovering.

Some additional resources that might be helpful are available from the American Stroke Association (*Stroke Connection* magazine, a phone line: 1-888-4STROKE, and a website: [www.strokeassociation.org](http://www.strokeassociation.org)) and the *National Stroke Association* (Be Stroke Smart newsletter, phone line: 1-800-STROKES, and website: [www.stroke.org](http://www.stroke.org)).

Patients in all phases of recovery are welcome, whether your stroke was recent or you experienced one years ago.

For more information, please call 401-845-1864 or 401-845-1757.