



Think FAST, Act FAST!

Stroke Awareness is for Everyone



The primary stroke centers at Rhode Island, The Miriam and Newport hospitals have met stringent criteria established by The Joint Commission.



The Stroke Center
Rhode Island Hospital
593 Eddy Street
Providence, RI 02903
401-444-8237



The Stroke Center
The Miriam Hospital
164 Summit Avenue
Providence, RI 02906
401-793-5533



The Stroke Center
Newport Hospital
11 Friendship Street
Newport, RI 02840
401-845-1864

What is a Stroke?

A stroke occurs when a blood vessel leading to the brain either bursts or becomes blocked, causing a loss of oxygen to the brain. The parts of the brain that lose oxygen become damaged and affect other parts of the body, such as speech or movement in the arms and legs. The damage can be temporary or permanent. In serious cases, stroke can be fatal.

Stroke Facts

- Nationwide each year, stroke occurs in almost 800,000 people. Stroke is the leading cause of serious long-term disability and the fourth leading cause of death in the United States, after heart disease, cancer, and lung disease.
- Strokes occur in people of many ages, not just the elderly; 28% of stroke victims are under age 65.

Types of Stroke

Not all strokes are the same. There are three kinds:

- **Ischemic stroke** is caused by an obstruction in a blood vessel that supplies blood to the brain. Most strokes—about 83%— are ischemic strokes.
- **Hemorrhagic stroke** is when a weakened blood vessel in the brain ruptures and bleeds. About 17% of strokes are hemorrhagic strokes.
- **Transient ischemic attacks (also called TIAs)** are similar to minor ischemic strokes, but the blood clot only lasts a short time. TIAs are serious because they are warning signs of future major strokes.

Different types of strokes affect the body in different ways, but all strokes involve damage to the brain and possibly the rest of the body, so **all strokes are serious or potentially serious**. For those who survive a stroke, short- and long-term effects can include paralysis, loss of sensation, vision disturbance, memory impairment, personality changes, and depression. The effects can be permanent.



Rhode Island Hospital
The Miriam Hospital
Newport Hospital

Lifespan Partners

over, please

When Stroke Strikes

1. Think FAST!

Signs of Stroke

How do you know if someone is having a stroke?

Just remember the word "FAST."

Any of these signs could indicate a stroke:

- **F**ace: Drooping on one side of the face
- **A**rms: Weakness or numbness in the face or on one side, especially in one arm or leg
- **S**peech: Slurred speech, trouble speaking, or confusion
- **T**ime: In the event of a stroke, every second counts. If you recognize these signs, don't wait — call 911!

2. Act FAST!

Get Help

If you have any of the above symptoms or see them in someone else, call 911 or seek emergency medical help immediately, **even if you're not sure**. When someone has a stroke, brain damage can worsen with every passing second. Powerful drugs called tissue plasminogen activators (also called tPAs or "clotbusters") can help stop stroke damage, but they must be administered as soon as possible by trained emergency personnel.

Rhode Island Hospital is the principal teaching hospital of The Warren Alpert Medical School of Brown University

The Miriam Hospital is a major teaching affiliate of The Warren Alpert Medical School of Brown University

Stroke Risk Factors

Lower Your Risk

There are several factors that can increase your risk of having a stroke. The more risk factors you have, the more likely it is that you may experience a stroke. Although your age and your family health history can't be changed, there is still much you can do to reduce your risk of stroke.

You are at **increased risk of stroke** if you:

- Are age 55 or over
- Have a family history of stroke
- Have had a stroke
- Have high blood pressure
- Smoke
- Have diabetes
- Have heart and/or vascular disease
- Have an increased red blood cell count
- Are overweight
- Are not physically active

You can **reduce your risk of stroke** if you:

- Don't smoke
- Don't abuse alcohol or drugs
- Exercise regularly
- Maintain a healthy weight
- Control your blood pressure and cholesterol levels
- Know the warning signs of stroke

Need help getting healthy? Visit stroke.lifespan.org for free recipes, nutrition information, videos, articles and useful information about living and eating healthfully.

What Are Primary Stroke Centers?

And why are they important?

Primary stroke centers are hospitals that have demonstrated measurable commitments to quality and have met stringent performance standards set by an independent, not-for-profit organization called The Joint Commission. The Joint Commission accredits and certifies more than 18,000 health care organizations and programs in the United States. Joint Commission accreditation and certification is recognized nationwide.

The primary stroke centers at Rhode Island, The Miriam and Newport hospitals are equipped with specially trained staff and sophisticated technology to provide the fastest, most effective stroke care. Comprehensive services include imaging technology, vascular neurosurgery, and interventional radiology. In addition, Rhode Island Hospital is the only Level 1 trauma center in southeastern New England.