

Stroke Education Series

Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. The goal of this two-part series is to educate community members about prevention, symptoms and what to do if you are experiencing signs of stroke. Additionally, the program provides an overview to better understand your condition and how to move forward after a stroke.



PART 1: STROKE PREVENTION

Tuesday, February 5 6 to 8 p.m.

Washington Township Medical Foundation, Nakamura Clinic conference room, 33077 Alvarado-Niles Road, Union City

—OR—

Tuesday, April 9 10 a.m. to 12 p.m.

Washington Township Medical Foundation, Newark Clinic conference room, 6236 Thornton Ave., Newark

PART 2: LIFE AFTER A STROKE

Tuesday, February 12 6 to 8 p.m.

Washington Township Medical Foundation, Nakamura Clinic conference room, 33077 Alvarado-Niles Road, Union City

—OR—

Tuesday, April 16 10 a.m. to 12 p.m.

Washington Township Medical Foundation, Newark Clinic conference room, 6236 Thornton Ave., Newark

For more details about Washington's Community Stroke Education Series, visit whhs.com/stroke or call (510) 818-5080.

Seminars are free and open to the public.

To register, visit www.whhs.com/events or call (800) 963-7070.



Washington Hospital's Stroke Program has been recognized for its commitment to excellence by The Joint Commission, and American Heart Association.



Stay connected to Washington Hospital through Facebook, Twitter, Instagram and YouTube. Watch InHealth Channel videos, learn about upcoming events and seminars and see what's happening at your community hospital.

Know the Signs of Stroke

One of the most important actions you can take is to know the early warning signs of stroke, which include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you think you or someone near you might be having a stroke, remember: Don't drive, don't try to diagnose yourself, call 9-1-1 immediately if you or a family member is experiencing any symptoms.

THINK F.A.S.T.

To help remember the signs of stroke, think F.A.S.T.

- F** Face: Ask the person to smile. Does one side of the face droop?
- A** Arms: Ask the person to raise both arms. Does one arm drift downward?
- S** Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T** Time: If you observe any of these signs, call 9-1-1 immediately.

ABOUT WASHINGTON HOSPITAL'S STROKE PROGRAM

Based on the high quality of care and management of strokes we provide, Washington Hospital has been certified as a Primary Stroke Center by The Joint Commission and designated the receiving center for strokes in Southern Alameda County.

What does this certification mean to patients in the Tri-City area? It means that their care has been thought out from the moment emergency medical services respond to after they leave the hospital and begin the recovery process.

The Stroke Program at Washington Hospital has also earned the prestigious Gold Seal of Approval from the Joint Commission for Primary Stroke Centers.

To learn more about Washington Hospital's stroke program, visit whhs.com/stroke.