

Stroke Education Series



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Stroke is the fourth leading cause of death and the leading cause of serious long-term disability. The goal of the Community Stroke Education Series is to educate community members about prevention, symptoms and what to do if you are experiencing signs of stroke. These presentations by Stroke Program Medical Director Ash Jain, MD, and Stroke Program Coordinator Douglas Van Houten, RN, will be offered once per month as part of a four-month series.



JANUARY–JUNE 2016 SCHEDULE

January 5

Stroke Prevention and Other Disease Processes 6 to 7 p.m.
Healthy Lifestyle—Be Smart & Avoid Stroke 7 to 8 p.m.

February 2

Living with Stroke 6 to 7 p.m.
Future in Diagnosis and Management 7 to 8 p.m.

March 1

Introduction—Stroke 6 to 7 p.m.
Risk Factors for Stroke 7 to 8 p.m.

April 5

Acute Management of Stroke 6 to 7 p.m.
Chronic Care and Stroke Rehab 7 to 8 p.m.

May 3

Stroke Prevention and Other Disease Processes 6 to 7 p.m.
Healthy Lifestyle—Be Smart & Avoid Stroke 7 to 8 p.m.

June 7

Living with Stroke 6 to 7 p.m.
Future in Diagnosis and Management 7 to 8 p.m.

All classes will be held from 6 to 8 p.m. in the Conrad E. Anderson, MD, Auditorium, Rooms A & B (Washington West, 2500 Mowry Ave., Fremont)

For more details about Washington's Community Stroke Education Series, visit whhs.com/stroke or call (510) 745-6525.

Seminars are free and open to the public.

To register, visit www.whhs.com/events or call 1-800-963-7070.



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

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.