



**HARVEY
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NEUROVASCULAR AND STROKE INSTITUTE

Stroke:

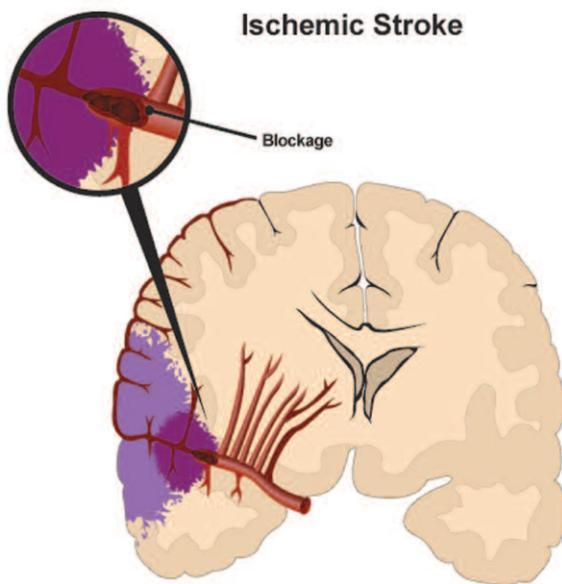
*What everyone needs
to know and how the
LIJ Stroke Prevention Clinic
can help.*

**North
Shore LIJ** Long Island Jewish
Medical Center

North Shore-Long Island Jewish Health System

What Is a Stroke?

Stroke is a cardiovascular event in the brain that affects the arteries and blood vessels leading to and inside the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts and causes bleeding. When that happens, part of the brain tissue cannot get the blood and oxygen it needs, so it starts to die. When a part of the brain dies from lack of blood flow, the part of the body it controls is affected. Stroke is the third leading killer in the United States and the leading cause of serious, long-term disability.



Stroke occurs when oxygen-rich blood flow to the brain is restricted by a blood clot or other blockage

What Are the Kinds of Stroke?

- **Transient ischemic attack (TIA)** – Also known as a “mini-stroke.” A TIA is a temporary stroke that produces stroke-like symptoms that only last for a short amount of time with no lasting damage. TIAs are “warning strokes.”



- **Ischemic stroke** – An ischemic stroke occurs when a clot causes a block in an artery. This is the most common type, accounting for approximately 83% of all strokes. The underlying condition for ischemic stroke is atherosclerosis, which is the development of fatty deposits lining the vessel walls. Ischemic stroke may also occur when a blood clot forms in the heart, breaks off and travels up to the brain, blocking off the blood supply there.
- **Hemorrhagic stroke** – A hemorrhagic stroke occurs when a blood vessel that supplies the brain ruptures and bleeds. When an artery bleeds into the brain, brain cells and tissues do not receive oxygen and nutrients. In addition, pressure builds up in surrounding tissues and irritation and swelling occur. About 20 percent of strokes are caused by hemorrhage.

Know When to Seek Help

Remember: **Time lost is brain lost.** Call 911 **immediately** if any of the following occurs:

- Numbness and weakness of face, limbs and/or one side of the body
- Slurred or inappropriate word usage or inability to speak
- Problems with vision such as dimness or loss
- Dizziness or loss of balance and coordination
- Problems with movement or walking
- Confusion
- Severe headaches with no other known cause

NEVER ignore signs of stroke, even if they go away.

What Are the Risk Factors for Stroke You Can't Change?

Increasing age
Your gender
Your family history and race
Higher risk from a prior stroke or heart attack



What Risk Factors for Stroke Can Be Controlled or Treated?

High blood pressure (the most important risk factor for stroke)
Tobacco use
Diabetes
Carotid or peripheral artery disease
Atrial fibrillation (heart rhythm disorder)
Other heart disease
Transient ischemic attacks (TIAs) or "mini-strokes"
Certain blood disorders
High blood cholesterol
Physical inactivity and obesity
Excessive alcohol
Some illegal drugs

We Can Help Reduce Your Risk

The **LIJ Stroke Prevention Clinic** can help reduce your risk of suffering a stroke. If you experience a stroke symptom, it is important to go immediately to the nearest stroke center. Utilizing technology and the medical expertise of our stroke neurologist and nursing staff, the Stroke Prevention Clinic evaluates individuals who may be at risk for a stroke and helps them prevent it. Our specially trained stroke neurologist is able to do this in a few easy steps which include:

Detailed physical examination and history

Risk factor analysis

Ultrasound of carotid artery

(painless evaluation of the major arteries in the neck which supply blood to the brain)

Prevent Stroke Today

To make an appointment for evaluation by a stroke physician, call **(718) 470-7260**.

For further information or to learn about support groups or other services call the Neuroscience hotline at **(516) 562-3822**, email us at neuro@nshs.edu or visit us on the web at www.harveycushinginstitutes.com.

Harvey Cushing Institutes of Neuroscience Mission Statement

The mission of the Harvey Cushing Institutes of Neuroscience is to provide state-of-the-art medical care while contributing to advances in research and education from which an improved understanding of neurological diseases can come. To this end, the institutes have been established on broad lines that will attract not only eminent attendants but discriminating patients from around the world, whose very presence will honor the Cushing name and make those in the regional community, for whom the programs are primarily intended, more appreciative of the Health System and more likely to be well served by it.

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FOR AN APPOINTMENT CALL (718) 470-7260

North Shore-LIJ Health System Stroke Centers

Forest Hills Hospital

102-01 66th Road
Forest Hills, New York 11375
Emergency Room: (718) 830-4200

Franklin Hospital

900 Franklin Avenue
Valley Stream, New York 11580
Emergency Room: (516) 256-6350

Glen Cove Hospital

101 St. Andrews Lane
Glen Cove, NY 11542
Emergency Room: (516) 674-7306

Huntington Hospital

270 Park Avenue
Huntington, New York 11743
Emergency Room: (631) 351-2300

Long Island Jewish Medical Center

270-05 76th Avenue
New Hyde Park, New York 11040
Emergency Room: (718) or (516) 470-7500

North Shore University Hospital

300 Community Drive
Manhasset, New York 11030
Emergency Room: (516) 562-4125

Plainview Hospital

888 Old Country Road
Plainview, New York 11803
Emergency Room: (516) 719-2336

Southside Hospital

301 East Main Street
Bay Shore, New York 11706
Emergency Room: (631) 968-3314

Staten Island University Hospital

North Site:
475 Seaview Avenue
Staten Island, New York 10305
Emergency Room: (718) 226-9140

Staten Island University Hospital

South Site:
375 Seguin Avenue
Staten Island, New York 10309
Emergency Room: (718) 226-2130

Syosset Hospital

221 Jericho Turnpike
Syosset, New York 11791
Emergency Room: (516) 496-6550

Neuroscience Hotline (516) 562-3822 • Neuroscience e-mail neuro@nshs.edu
www.harveycushinginstitutes.com

Need to find a doctor? Call 1-888-321-DOCS



North Shore-Long Island Jewish Health System

Setting New Standards In HealthcareSM
www.northshorelij.com