
WHY IS TIME IMPORTANT?

With stroke, it is important that you get medical attention right away. Early treatment for stroke increases your chances to survive and minimize disability.

Many treatments for stroke, such as a clot busting drug or clot removing procedures, have time limits.

Many people with strokes do not get to the hospital in time to get the right treatment.

TIME IS BRAIN

**EVERY
SECOND
COUNTS!**



Note: Not all patients are able to receive the clot busting drug or have procedures, but it is still important to call 9-1-1 if you recognize signs of a stroke.



Stroke Care At Penn Highlands Healthcare

Penn Highlands DuBois and Elk are recognized as an American Heart Association/ American Stroke Association Get with the Guidelines GOLD Plus with Target: Stroke Elite award recipient for excellence in caring for stroke patients. PH DuBois and PH Elk earned the award by meeting specific quality achievement measures for the rapid diagnosis and treatment of stroke patients at a set level for a designated period.

**Penn Highlands DuBois
Primary Stroke Center**

**Penn Highlands Elk
Acute Stroke Ready Center**

**814-375-6476
www.phhealthcare.org/stroke**

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HOW YOU CAN PREVENT A STROKE

Penn Highlands Healthcare



WHAT IS A STROKE?

Stroke is a **BRAIN ATTACK** that cuts off blood flow and oxygen to the brain. When this happens, brain cells begin to die and brain damage occurs.

Strokes can be caused by a vessel getting blocked. Eighty-seven percent of strokes are from a blockage in the brain.

Strokes can also be caused by a vessel that breaks, causing bleeding in the brain.

Some people have **Transient Ischemic Attacks, or TIAs** also called “mini-strokes.” It is more accurately defined as a “warning stroke.” They create signs of stroke, but last 24 hours. No permanent brain damage.

MINI-STROKES/TIAS ARE A SERIOUS WARNING SIGN CALL 9-1-1!

One in three people that have a TIA will eventually have a stroke. Eighty percent of strokes can be prevented. Prevention is key!



KNOW YOUR RISK

Anyone can have a stroke at any age. Your chance of having a stroke increases if you have the following risk factors:

- Diabetes
- Drink alcohol
- Family history
- High blood pressure
- High cholesterol
- History of stroke or “TIAs”
- Irregular heart beat
- Lack of exercise
- Overweight
- Over age 55
- Sleep apnea
- Smoking

WHAT CAN YOU DO?

- Ask questions
- Control blood pressure
- Control blood sugar
- Diet and exercise

- Decrease stress
- Learn about your risk
- Stop smoking
- Talk to your doctor

STROKE INFORMATION

- Stroke is the leading cause of disability in the United States.
- Stroke is the fifth leading cause of death in the United States.
- Eighty percent of strokes can be prevented.

FOR MORE INFORMATION

- Penn Highlands Healthcare www.phhealthcare.org/stroke
- American Stroke Association www.strokeassociation.org

KNOW THE WARNING SIGNS & SYMPTOMS

Stroke Awareness
BE FAST

B
BALANCE

Sudden loss of balance, coordination or falling?

E
EYES

Sudden loss of vision in one eye or both? Or double vision?

F
FACE

Does the face look uneven or droop on one side? Ask the person to smile.

A
ARMS

Does one arm drift down? Ask them to raise both arms.

S
SPEECH

Does the speech sound slurred? Ask them to repeat a phrase.

T
TIME

Time is critical. Every minute counts. Get medical help immediately.
Call 9-1-1.