





**OWN
YOUR
HEALTH**

ST. PAUL'S HOSPITAL
COMMUNITY FORUMS



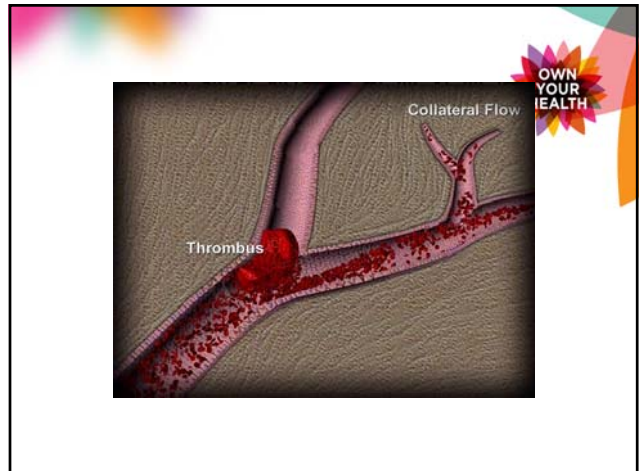
**OWN
YOUR
HEALTH**

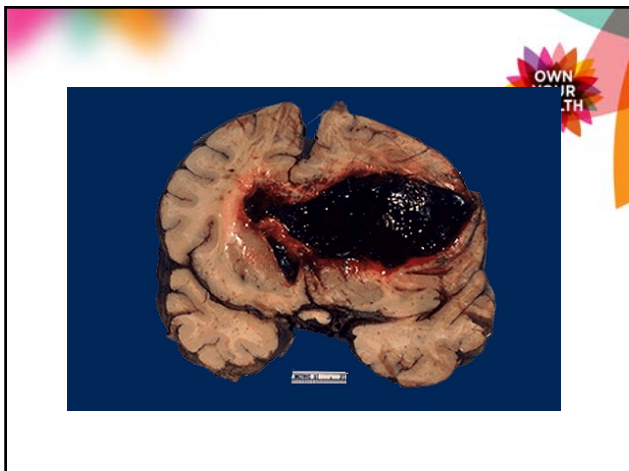
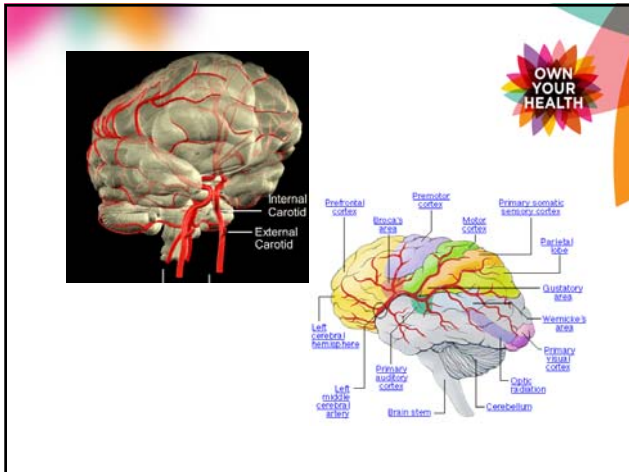
ST. PAUL'S HOSPITAL
COMMUNITY FORUMS

Stroke: Save a Life

(yours or someone you love)

Dean Johnston MD
Division of Neurology
St Paul's Hospital





Burden of Stroke in Canada

OWN YOUR HEALTH

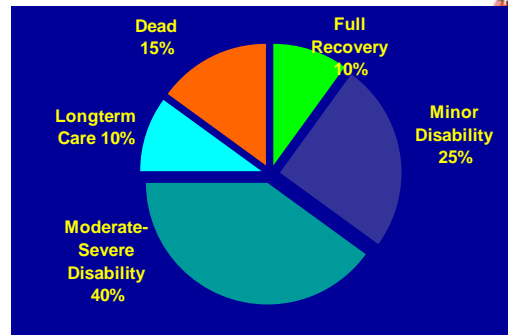
- 50-75,000 new strokes each year
- 18,000 between 18-59
- 14,000 Canadians die from stroke each year
- 300,000 Stroke Survivors
- Cost 857 million/yr., >1 million hospital days
- 3/4 of costs due to Institutional Care

Burden of Stroke *Mortality*



- Third-leading cause of death in adult Canadians
- 3rd cause of death worldwide (after MI and cancer)
- 2nd cause of death within the next 10 years in developing countries

Outcome of Ischemic Stroke



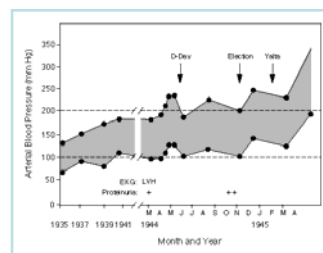
'CAME OUT OF CLEAR SKY,' SAYS PRESIDENT'S PHYSICIAN

Adm. Ross T. McIntire
Asserts There Was No
Indication of Immi-
nent Danger.

DEATH DUE TO CEREBRAL
HEMORRHAGE --- BLOOD
VESSEL IN BRAIN BROKE

WASHINGTON, April 13 (AP).
PRESIDENT ROOSEVELT
died from what doctors call
a cerebral hemorrhage,
which means a blood vessel

By G. ROSS



Risk Factors



Non-modifiable

- age
- family history of stroke or MI
- sex (male > female)
- genetic susceptibility
- ethnicity
- Socio economic status

Adapted from Fieschi C, Fischer M. *Prevention of Ischemic Stroke 2000*

Modifiable Risk Factors



- Hypertension
- Diabetes
- Atrial Fib
- Stroke/ TIA
- Carotid Stenosis
- Smoking
- Alcohol
- Heart Disease
- Cholesterol
- Sedentary lifestyle
- Homocysteine
- Obesity
- OCP
- Infection
- "Stress"

Adapted from Fieschi C, Fischer M. *Prevention of Ischemic Stroke 2000*

Impending Doom?



Acute Stroke! What can you do

Recognize the warning signs:

Sudden-onset of

Weakness

Numbness

Loss of vision

Loss of Speech

Worst-ever headache



Acute Stroke! What can you do

Call 911

Try and determine time of onset

Have a medication list and brief medical history in your wallet

Symptoms can improve-go anyway!



How do we treat stroke at St Paul's?

Emergency Department: urgent diagnosis, CAT scan, tPA

Radiology Department: State-of-the-Art Imaging, interventional neuro-radiology

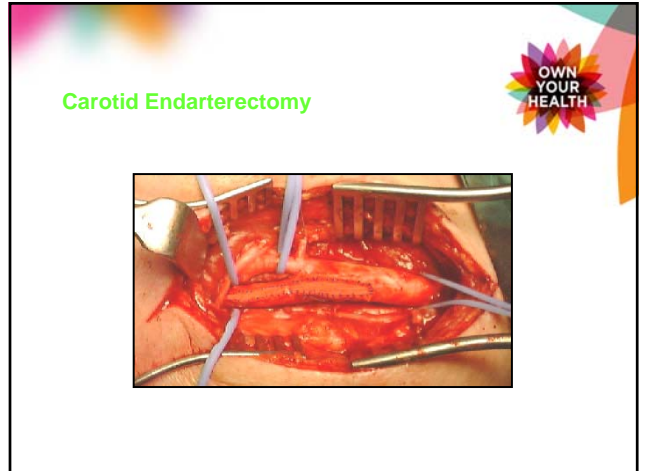
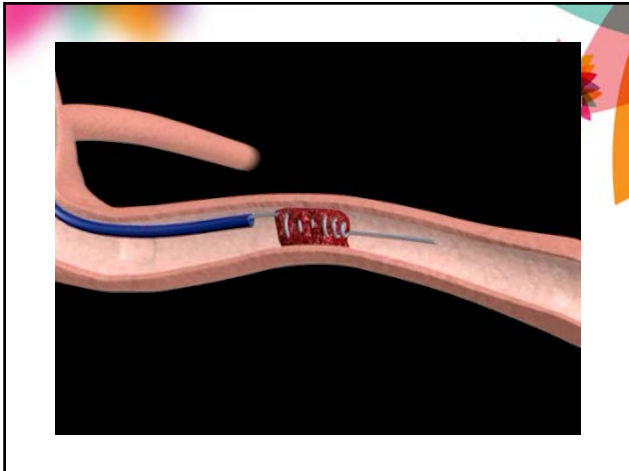
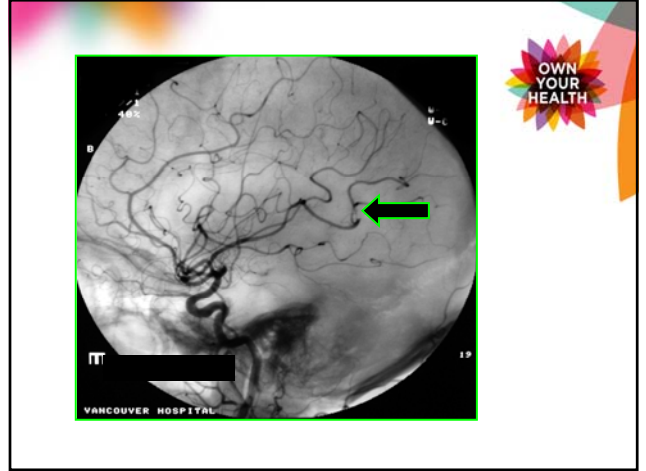
Vascular Surgery: Carotid surgery and stenting

Cardiology/cardiac surgery

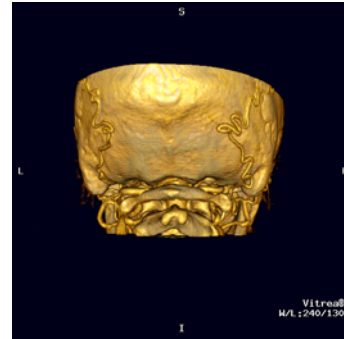
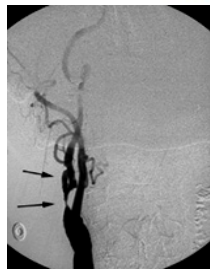
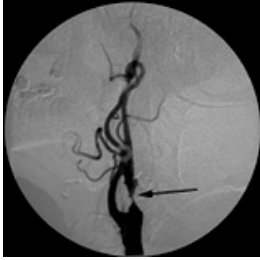
Neurology, Acute diagnosis and treatment, Prevention Clinic

Nursing





Carotid Stenting



Modifiable Risk Factors

- Hypertension
- Diabetes
- Atrial Fib
- Stroke/ TIA
- Carotid Stenosis
- Smoking
- Alcohol
- Heart Disease
- Cholesterol
- Sedentary lifestyle
- Homocysteine
- Obesity
- OCP
- Infection
- "Stress"



Adapted from Fieschi C, Fischer M. *Prevention of Ischemic Stroke* 2000