

SUSSEX is *Our*
COUNTY Specialty

Stroke is a Lesson of Timely Care

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Agenda

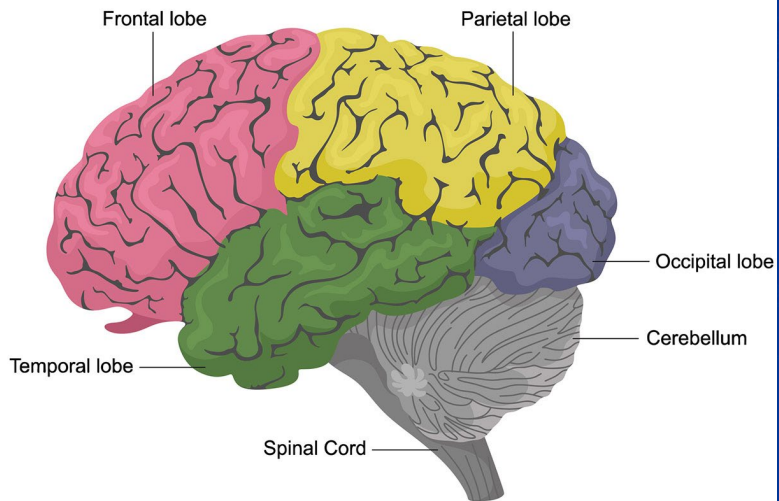
- Stroke Can Affect Anyone
- Understanding Stroke
- Treatment
- My Story



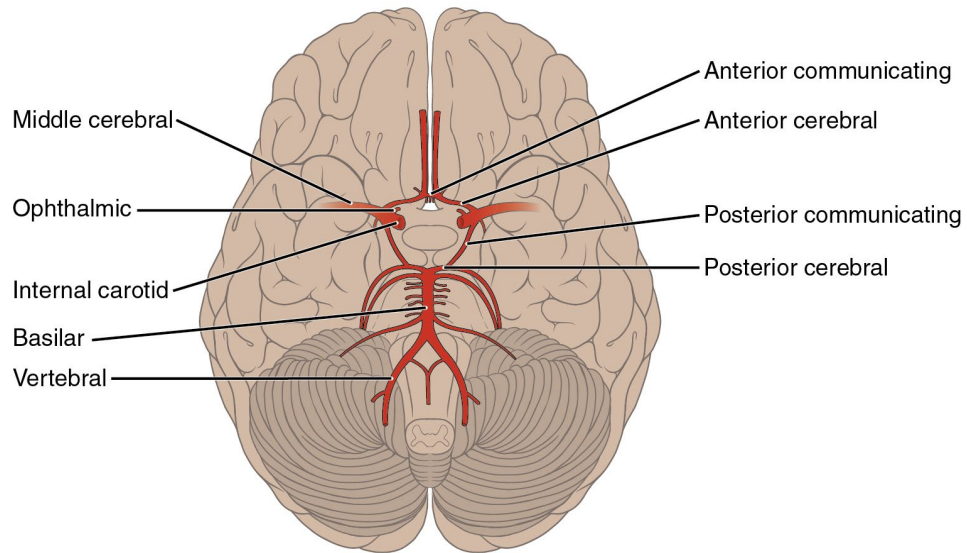
Where Stroke Occurs

The Brain

Human Brain Anatomy



The Brain



Types of Stroke

Ischemic vs Hemorrhagic

Ischemic (Clot)

- Caused by a blockage of cerebral artery
- Most common (~87%)
- Results in tissue death by preventing sugar and oxygen from getting to the brain
- Can be transient (TIA)
- Often precede an acute stroke

Hemorrhagic (Bleed)

- Caused by a ruptured vessel, causes bleeding into or on the brain
- Disrupts brain function
- Causes tissue death

Stroke Risk Factors

Non-Modifiable

- Age: Doubles with each decade over age 55
- Gender: More men have strokes, however more women die from strokes
- Race: African Americans have higher risk of death and disability. Latinos and Asians also have increased risk.
- Family History: Stroke, Heart Disease and/or diabetes

Modifiable

- Smoking
- Alcohol Use >4 drinks a day
- Illicit drug use
- Sedentary lifestyle
- Obesity (BMI>30)
- High Blood Pressure >140/90
- Atrial Fibrillation
- High Cholesterol
 - LDL >70
 - Total Cholesterol >200
- Obstructive sleep apnea

Signs and Symptoms

BE FAST

Are You **STROKE** Aware?

Be Fast

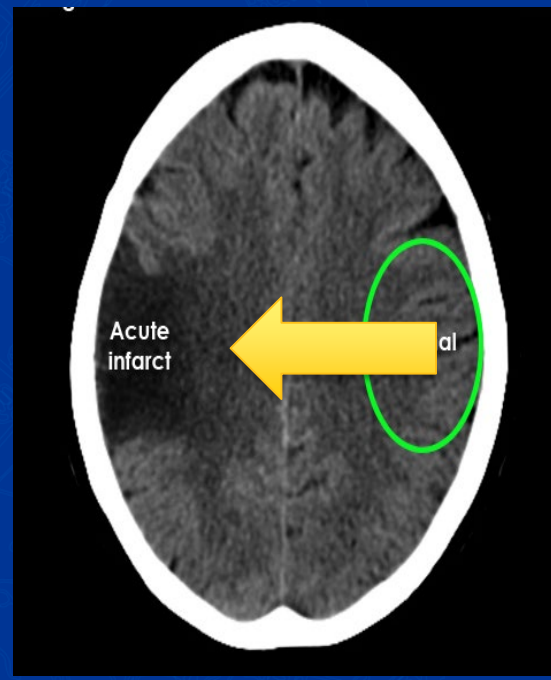
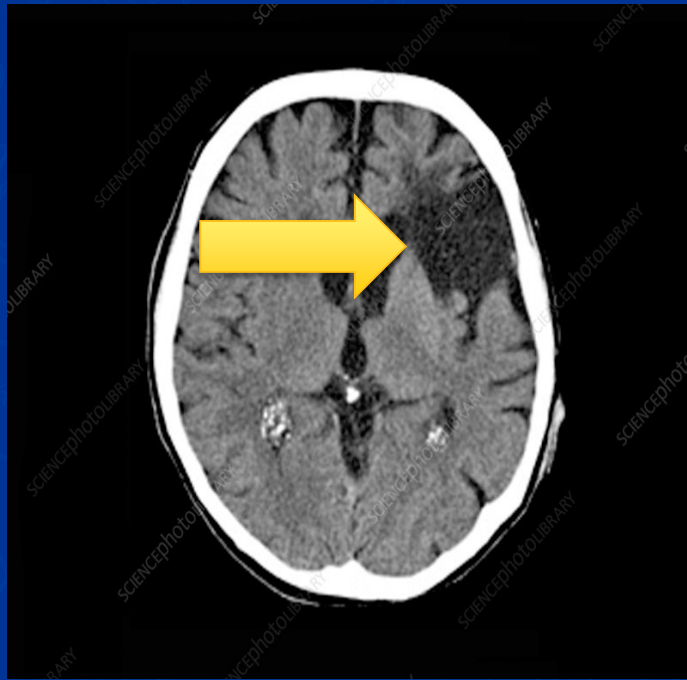
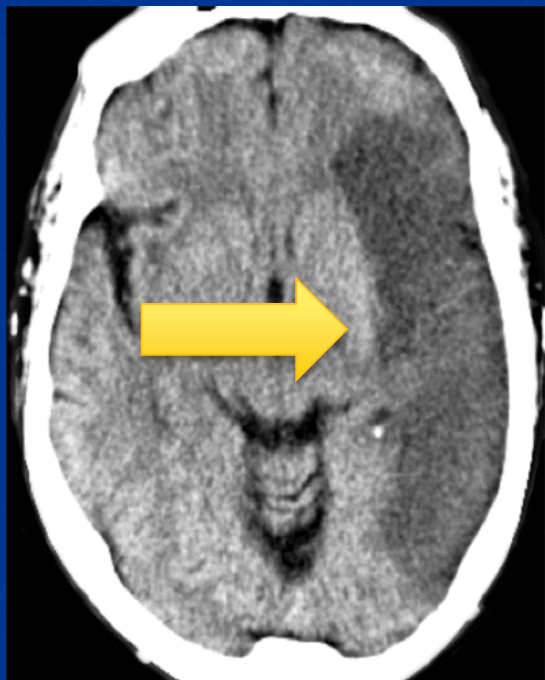
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Does the person have a sudden loss of balance?	Has the person lost vision in one or both eyes?	Does the person's face look uneven?	Is one arm weak or numb?	Is the person's speech slurred? Does the person have trouble speaking or seemed confused?	Call 9-1-1 now!

Stroke Work Up

- Imaging
 - CT Head
 - CTA head and neck (looks for clot)
 - MRI
- Blood Work
- EKG
- Consultation with Jefferson Health Neurology via robot



CT Images of Stroke



Treatment Options

Thomas Jefferson University

- Tertiary care center transfer
 - Advanced care requiring neurosurgery
 - Embolectomy or thrombectomy treatment
 - Beebe has a terrific partnership

Beebe Healthcare

- Admission for observation and further testing
 - Usually only hospitalized for 24-48 hours
- Follow up outpatient with neurology
- Outpatient resources provided as necessary

Treatment Goals



- Preventing a second brain injury from another TIA or stroke
- Education on individual risk factors
- Encourage taking control of your health
 - Medication compliance
 - Lifestyle modifications
- Returning to prior level of function as quickly as possible

Control Your Risks

- Healthy Diet
 - Low fat, low salt, low cholesterol
- Exercise Daily
 - 15-30 minutes a day
- Stress Reduction
 - Yoga, meditation, walking
- Sleep
 - 8-10 hours day
- Take Health Control
 - Take your medications as prescribed
 - Monitor your blood pressure
 - Monitor your blood sugar
 - Know your family history
 - Know your history

Medications to help lower your risk

- Antiplatelet Medications
 - Inhibit formation of blood clots
 - Examples: Aspirin, Brilinta, Plavix
- Anticoagulation Therapy
 - Thin blood, reduce potential of clot formation
 - Examples: Coumadin, Eliquis, Xarelto
- Blood Pressure Medications
 - Reduce blood pressure
 - Examples: Lisinopril, Cozaar, Metoprolol, Amlodipine
- Cholesterol Reducing Agents
 - Lower cholesterol
 - Examples: Crestor, Lipitor, Zocor
- Diabetic Medications with CVD Benefits
 - Control diabetes to lower stroke risks
 - Examples: Victoza, Ozempic, Trulicity

My Stroke Story

- March 8, 2024, I was in my office like any other day.
- Emergency Clinical teams sprang into action just like for any other patient.
- I was airlifted to Jefferson Health.
- Proud to say I've made a full recovery.



Healthcare Careers

My Healthcare Journey

- Born and raised to be a doctor.
- Pediatrics residency at the US Naval Hospital in Oakland, California,
- Pediatric neurology fellowship at the Medical College of Virginia.
- Served for 24 years in the Navy.
- Entered healthcare as a physician leader.
- Joined Beebe as President & CEO in March 2020.



QUESTIONS?

beebehealthcare.org



THANK
YOU

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Learn about how we care for the
people of Sussex County.

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