

Diagnostic Tools

The Stroke Center at Northridge Hospital offers exceptional diagnostic tools to help prevent stroke even for patients who are at risk due to birth defects, trauma, unruptured aneurysms and other serious conditions. They include:

- Carotid ultrasonography
- Transcranial Doppler studies
- Noninvasive embolus detection
- MRI (Magnetic Resonance Imaging), including diffusion and perfusion imaging
- MR-angiography
- CT-angiography
- PET (Positron Emission Tomography)
- SPECT (Single Photon Emission Computed Tomography)
- Diagnostic and interventional angiography

Rehab Services for Stroke



After suffering a stroke, it's important to begin rehabilitation as quickly as possible. Because of advances in treatment and rehabilitation, many stroke patients are restored to their highest level of function and independence.

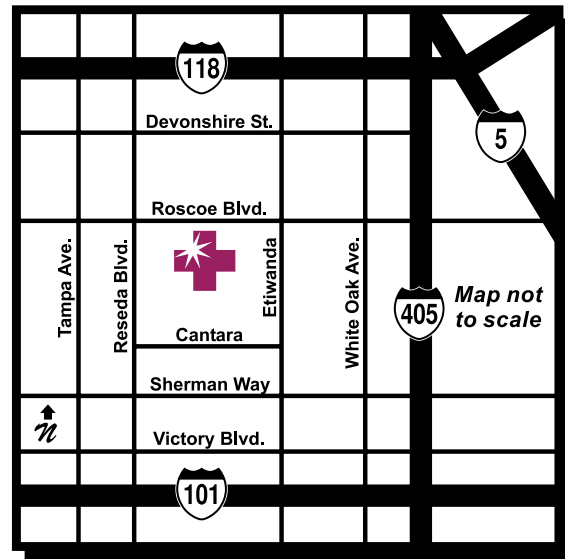
Our Center for Rehabilitation Medicine helps stroke patients:

- Regain their highest level of functioning in communication, self-care, mobility and well-being
- Learn skills to resume daily routines and return successfully to their homes, to the community and to employment
- Cope with disabilities
- Alleviate depression

For more information on our Rehabilitation services, please call (818) 885-5330

Support

To help cope with issues surrounding stroke, Northridge Hospital offers a free Stroke Support Group for Survivors and Caregivers. This group meets weekly on Wednesdays from 3 – 4 p.m. For more information, please call **(818) 885-8500, extension 4865.**



Northridge Hospital Medical Center

A member of CHW

Where Miracles Happen Every Day

Northridge Hospital is the most comprehensive medical and diagnostic hospital in the San Fernando Valley. In times of critical medical need, we offer numerous Centers of Excellence:

- Level II Trauma Center & Emergency Department
- Neuroscience Institute
- Center for Rehabilitation Medicine
- Surgical Center
- STEMI (Heart Attack) Center
- CardioVascular Center
- Gamma Knife Center
- Stroke Center

Other outstanding services at Northridge Hospital include: Adult, Neonatal and Pediatric ICU, Babies First Obstetrics, Behavioral Health services, Carole Pump Women's Center, Center for Weight Loss Surgery, Thomas & Dorothy Levey Cancer Center, Heart Center, Stroke Center, Integrative Medicine, Neurology, and Sleep Evaluation Center.

Northridge Hospital Medical Center

**18300 Roscoe Boulevard
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(818) 885-8500 ext. 3675

www.NorthridgeHospital.org

Stroke Center



*Offering Advancements
in Treatment and
Rehabilitation*



Northridge Hospital Medical Center
Neuroscience Institute

A member of CHW

Time is Brain: Strokes Are a Race Against Time

It used to be that when a stroke occurred, there wasn't much anyone could do about it. But that's no longer true. New innovative treatments may prevent death or disability. If people seek treatment within three hours of the first onset of symptoms, physicians have more options to fight strokes and save lives. That's why it's so important to know the signs of stroke inside and out.

Warning Signs of Stroke

The difference between a best possible recovery and lasting disability can depend upon how fast someone responds to the signs of stroke and gets help. If you experience any of the following signs of stroke, call 911 immediately:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Sudden and severe headache

Act F-A-S-T

F ace	Does one side of the face droop? <i>Ask them to smile.</i>
A rms	Does one arm drift downward? <i>Ask them to raise both arms.</i>
S peech	Are words slurred? <i>Ask them to repeat a phrase.</i>
T ime	If they show any of these symptoms, time is important. <i>Call 911 or get to the hospital fast.</i>

Brain Attack

Stroke is sometimes called a brain attack because it affects the brain in much the same way a heart attack impacts the heart. Every stroke is different and the severity is largely dependent upon the area of the brain affected and the length of time that area was without oxygen.

Stroke Prevention

Risk factors for stroke include high blood pressure, high cholesterol, heart disease, obesity, diabetes, smoking and a past history of strokes or mini strokes called TIA (transient ischemic attacks). The good news is that there are ways to minimize some of these risk factors, including:

- Quit smoking
- Control your blood pressure
- Keep physically active
- Improve your diet and maintain a healthy weight
- Manage stress
- See your doctor regularly and take medication as directed



Types of Stroke

Stroke is the third leading cause of death and the number one cause of long-term disability in the United States. Approximately 700,000 Americans suffer a stroke each year. Stroke is a disease that affects the arteries of the brain.

The main types of stroke are:

- **Ischemic Stroke** – The most common type of stroke – accounting for almost 80-percent of all strokes -- is caused by a clot or other blockage within an artery leading to the brain.
- **Hemorrhagic Stroke** – This is a type of stroke caused when a blood vessel ruptures in or near the brain. There are two types of hemorrhagic strokes
 - ♦ **Intracerebral Hemorrhage** – occurs when a blood vessel bleeds into the tissue deep within the brain. The main causes of this type of stroke are chronic high blood pressure and aging blood vessels.
 - ♦ **Subarachnoid Hemorrhage** – occurs when a blood vessel on the surface of the brain ruptures and bleeds into the space between the brain and skull. The most common cause is a ruptured aneurysm brought on by high blood pressure. An aneurysm is a blood-filled pouch that balloons out from an artery wall.
- **Transient Ischemic Attack (TIA)** – A TIA is sometimes called a “mini stroke” that occurs when a blood clot blocks an artery for a short time. The symptoms of a TIA are like the warning signs of a stroke but usually only last a few minutes. **TIA's should never be ignored. Call 9-1-1 or seek medical attention right away.**

Dedicated Stroke Unit

The Stroke Center at Northridge Hospital Medical Center is part of our Neuroscience Institute. The Institute treats a wide variety of neurological problems and specialties such as brain and spinal tumors, stroke, brain

injury, spinal cord injury, spinal surgery and neurological disorders. The Stroke Center offers advancements in treatment and rehabilitation, which have made it possible for many stroke patients to regain optimal function and quality of life. Our team of experts, including stroke neurologists, is trained to respond swiftly to administer the best treatments. Clot-dissolving drugs, such as t-PA (tissue Plasminogen Activator), may be recommended to break up the clot and restore blood flow to the brain. Some other treatments we offer include:

- Acute thrombolytic therapy
- Carotid endarterectomy
- State-of-the-art intensive care unit and multimodality monitoring
- Surgery for stroke
- Clinical trials of new stroke therapies administered as soon as possible after a stroke
- Medical prevention of stroke
- Risk-factor modification



For more information about our Stroke Center, please call (818) 885-8500 ext. 3675