

**W**ant to increase your chances of recovering from a stroke? Then know the warning signs, seek treatment within three hours of the onset of symptoms and go to an appropriate facility, such as the **Stroke Center** at Northridge Hospital Medical Center where doctors use the latest options and evidence-based treatments to fight stroke—and help patients keep their cool.

Following a stroke, many patients experience a fever. One of the latest methods to treat fever is the recently FDA-approved Normothermia procedure, which brings a patient's temperature back to normal. Extensive research endorsed by the American



## Stroke Patients Keep Their Cool

Stroke Association recently proved that stroke patients with fevers had a delayed recovery, possible brain damage or other complications. Until now, hospitals relied on cooling blankets and medications to reduce fevers. Both methods have limitations and can be time consuming. Using the new **CoolGard Technology**, Northridge Hospital's team of stroke experts bring a temperature down quicker, thus preserving brain tissue. "The CoolGard catheter is the most direct way to lower a patient's temperature. It results in the protection of brain function; less complications; a quicker, more complete recovery; and a shorter hospital stay," says **Ronald Ziman, MD, FACP**, Medical Director of the Stroke Center.

Neurologist **Edward Jeon, MD**, who is among the physicians championing this evidence-based initiative, explains how the CoolGard temperature management system works. "It controls a patient's temperature by circulating cooling saline through a closed catheter inserted in the upper leg. As blood moves past the saline tube, it is cooled from the inside out. The treatment allows the body to heal itself by reducing the patient's temperature."

CoolGard is also used to avoid fever, which enhances the brain's healing process by reducing tissue damage and decreasing intracranial pressure during severe strokes. It is just one more tool that Northridge Hospital has invested in to provide comprehensive, high-quality care for stroke patients.

The Stroke Center and Center for Rehabilitation Medicine offer advancements in treatment and rehabilitation so patients can regain optimal function and quality of life.

Visit [www.NorthridgeHospital.org/stroke](http://www.NorthridgeHospital.org/stroke) to learn more about the signs and symptoms of a stroke.

Neurologist **Edward Jeon, MD**, and **Ronald Ziman, MD, FACP**, Medical Director of the Stroke Center, with the CoolGard management system, which quickly lowers a stroke patient's temperature for a more complete recovery (l-r).



## Neuroscience Institute

- The Neuroscience Institute** (818) 885-8500, ext. 3504
- The Stroke Center** (818) 885-8500, ext. 3675
- The Sleep Evaluation Center** (818) 885-5344
- Gamma Knife Center** (818) 885-5432
- Center for Spine Care** (818) 885-3548

### SIGNS OF A STROKE: Remember "FAST"

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