

## Am I at risk for a stroke?

Certain conditions and lifestyle factors can put people at a higher risk for stroke. The most important risk factors for stroke are high blood pressure, heart disease, diabetes, and cigarette smoking. Persons who have already had a stroke need to control the risk factors in order to lower their risk of having another stroke. Though most strokes occur in people over the age of 65, strokes can occur at ANY age and nearly one quarter of strokes occur in people under the age of 65.

## Because every single minute counts if you are having a stroke

Stroke is the third leading cause of death in the United States. More than 143,579 people die from stroke each year in the United States. According to the American Heart Association, every 40 seconds someone in this country has a stroke. Stroke is also a leading cause of serious long-term disability. The good news is that with timely treatment, the risk of death and disability from stroke can be greatly reduced.

## What exactly is a stroke?

A stroke is a sudden interruption in the blood supply of the brain. Most strokes are caused by an abrupt blockage of arteries leading to the brain (ischemic stroke). Other strokes are caused by bleeding into brain tissue when a blood vessel bursts (hemorrhagic stroke). Regardless of the cause, it is very important to know the symptoms of a stroke and act right away.

## What do I do if I am having a stroke?

**Call 9-1-1 right away.** Emergency Medical Technicians (paramedics) know how to assess and transport you to a hospital that can provide appropriate stroke care.

## Why is fast response so critical?

Recent breakthroughs in stroke care have provided treatments that can significantly reduce the debilitating effects of stroke. However, most of these treatments are time sensitive and can only be given to an individual soon after the start of the stroke. It is critical for a potential stroke patient to go to a facility that has doctors available and staff trained for rapidly administering these time-sensitive treatments.



## Symptoms of a stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause
- Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away
- Check the time. When did the first warning sign or symptom start? You'll be asked this important question later.

## Why White Memorial for Stroke Care?

As a hospital certified as an Advanced Primary stroke center, White Memorial Medical Center has proven its ability to deliver high quality stroke care. Part of White Memorial's commitment to delivering high quality stroke care is having a neurologist available 24 hours a day, 365 days a year. Care is coordinated from the moment of first contact in the Emergency Department, throughout treatment, and during rehabilitation, if needed.

The hospital also has an inpatient unit designed specifically to treat stroke patients. Staff have received specialized training in stroke care and how to administer new stroke treatments.

And as a non-profit, faith-based hospital, White Memorial's culturally-sensitive, bilingual staff cares deeply about the complete needs of the patient.

White Memorial accepts Medicare, Medi-Cal, and private health plans, including most HMOs.

**White Memorial is located in the heart of Los Angeles, on Cesar Chavez Ave. between State St. and Boyle Ave.**

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### **General Information:**

(323) 268-5000

Physician Referral Line: (323) 265-5050

Visit our website for more information  
[www.WhiteMemorial.com/stroke](http://www.WhiteMemorial.com/stroke)

