



The Stroke Program

at CHRISTUS Spohn Hospital Corpus Christi-*Shoreline*

Use Your Brain Know The Risk Factors for Stroke

- High blood pressure
- Tobacco use
- Diabetes
- Transient ischemic attacks (TIAs)
- Heart disease
- Some blood disorders
- High cholesterol
- Obesity
- Excessive alcohol
- Oral contraceptives

Brain Power

Stroke is the #3 cause of death in the United States and the leading cause of adult disability (according to the National Stroke Association).

The Stroke Program at CHRISTUS Spohn Hospital Corpus Christi-*Shoreline* is dedicated to preventing, diagnosing and treating strokes, offering applications of the latest technology while treating the stroke patient's entire needs.

CHRISTUS Spohn Hospital Corpus Christi-*Shoreline's* Stroke Program is comprehensive and offers a complete continuum of care. From the time a stroke patient enters our emergency department, to inpatient or outpatient services or the rehabilitation unit, patients are cared for by professionals who have specialized stroke training.

We offer dedicated inpatient stroke care in our ICU and Telemetry Units. We also offer rehabilitation services, educational programs and a stroke support group which meets on a monthly basis.

Stroke Team

CHRISTUS Spohn Hospital Corpus Christi-*Shoreline* has brought together a multidisciplinary team of neurologists, neurosurgeons, vascular surgeons, nurses, and therapists dedicated to comprehensive stroke management.

Our nurses in the Neuro Telemetry Unit, ICU and Emergency Department are nationally certified in the initial and ongoing neurological assessment of patients experiencing stroke.

Education

Stroke survivors and their family caregivers receive education that will aid in their recovery and life journey. They learn how to recognize the warning signs and symptoms, how to modify their life-style to lower their risk for stroke and



Neuroscience
Program

STROKE

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how to activate the EMS for stroke. Other classes offered discuss the patient's medications and follow-up after discharge from the hospital.

Resources

The CHRISTUS Spohn Stroke Support Group meets monthly to offer education and support to all who have experienced a stroke and their family caregivers. For additional information call: 361-881-3000 ext. 14415.

- www.christusspohn.org
- American Heart Association
- www.americanheart.org
- 1-800-242-8721
- American Stroke Association
- www.strokeassociation.org
- "Warmline" number 1-888-478-7653
- www.strokecenter.org

Warning Signs of Stroke

- Sudden weakness or numbness in face, arm, or leg especially on one side of body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance/coordination.
- Sudden, severe headache with no known cause.

Remember FAST

- F** = Face Ask the person to smile. Does one side of the face droop?
- A** = Arm Ask the person to raise both arms. Does one arm drift downward?
- S** = Speech Ask the person to repeat a simple sentence. Are the words slurred?
Can the person repeat the sentence correctly?
- T** = Time If the patient shows any of these symptoms, time is important.
Call 911 or get to the hospital fast. Brain cells are dying.



ADVANCED MEDICINE.
COMPASSIONATE CARE.

Nationally Recognized

The Stroke Program at CHRISTUS Spohn has been honored by the American Stroke Association with a Bronze Performance Award. Our multidisciplinary team of neurologists, neurosurgeons, vascular surgeons, nurses, and therapists are proven experts in comprehensive stroke management...earning CHRISTUS Spohn Hospital Corpus Christi—Shoreline the accreditation as the region's only Advanced Primary Stroke Center by The Joint Commission.



**Region's Only
Primary Stroke Center**