

## The Stroke Prevention Clinic is for people who have been:

- Diagnosed with a TIA or a mini-stroke;
- OR**
- Identified as a high-risk for having a stroke;
- OR**
- Discharged from hospital following admission for a stroke.

## Booking your appointment:

- A referral is sent to the Stroke Prevention Clinic with all the appropriate documentation provided by a health care practitioner.
- You will then be called at home and be provided with a date and time for your appointment.
- You will also be given information regarding appointments/testing that you will be required to complete prior to your appointment.

## You have been referred to the Stroke Prevention Clinic:

- The Stroke Prevention Clinic provides timely access to assessment, diagnostic testing and treatment recommendations related to a transient ischemic attack (TIA) or stroke.
- The purpose of the Stroke Prevention Clinic is to provide an interdisciplinary approach to secondary prevention strategies to patients in the Durham Region who have experienced a TIA, stroke or who are at high risk for stroke.
- Emphasis is placed on providing patients and their families with information and resources to manage their risk factors for stroke.
- Please call 911 or return to the Emergency Department if your symptoms return or progress.



**Lakeridge  
Health**

**Welcome to  
Lakeridge Health  
Oshawa**

**Stroke Prevention  
Clinic**

**Important information  
about your visit to the  
Stroke Prevention Clinic**

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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## Booking your appointment (con't)

- If you miss our call, please contact the clinic to confirm the appointment.
- To cancel or change your appointment, please provide us with a minimum of 48 hours notice.

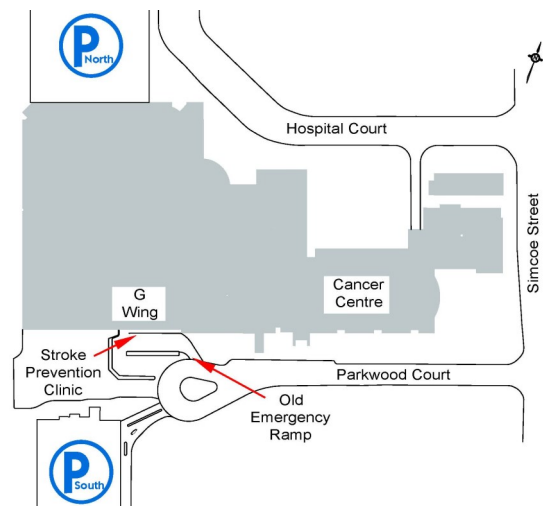
## What to expect at your appointment:

- At the clinic you will meet with the Stroke Nurse Clinician and Physician.
- At the visit we will discuss your risk factors, review test results and discuss personal management options to reduce your risk of stroke.



## Checklist to prepare for your appointment:

- Complete all required testing prior to your appointment.
- Have your regular meal before your appointment.
- Take all of your regular medications on the day of your appointment.
- Bring all your medications in their containers from the pharmacy.
- Bring a list of past surgeries, illnesses or accidents, including the year(s) that they occurred.
- Bring a spouse, family member or friend if possible and if necessary prepare a list of questions you want to ask during the visit ahead of time.



## After you leave the Clinic:

- A summary of your risk factors and recommendations for management and prevention activities will be given to you.
- Please make an appointment with your Primary Practitioner within the week to ensure that the recommendations can be initiated.
- Further testing may be ordered and arranged.
- A follow-up appointment at the Stroke Prevention Clinic may be necessary to review your progress.
- Make a commitment to become engaged in lifestyle modification activities for health promotion and disease prevention.
- Seek EMERGENT assistance by calling 911 should any signs or symptoms of stroke occur.