

You can expect to:

- Meet with a doctor who is a specialist in stroke care and prevention
- Receive test results
- Receive information about future tests, if required.
- Meet with a nurse at a later date for assessment, counseling and lifestyle and risk modification.

A follow-up clinic letter will be sent to your family physician.

What do I need to remember for my appointment?

- * You may be at the hospital for several hours.
- * You may have testing done the same day.
- * Remember to have your regular meals before the appointment.
- * You may need to bring a lunch with you or be prepared to buy lunch in the cafeteria
- * Take all of your medications on the day of the appointment.
- * Bring all the medications you are currently taking (including non-prescription drugs) in their original containers from the pharmacy
- * Bring a member of your family or a friend with you. If someone observed the episode you experienced, the doctor or nurse may want to speak with this person.
- * **Do not** drive until advised to do so by your family physician or the clinic physician.

What should I do in the meantime?

1. Take your medications as prescribed.
2. Recognize the warning signs and symptoms of stroke, call 911 and return to the Emergency Department immediately if they occur.

LEARN THE SIGNS OF STROKE:

FACE

is it drooping?

ARMS

can you raise both?

SPEECH

is it slurred or jumbled?

TIME

to call 9-1-1 right away

ACT **F A S T** BECAUSE THE
QUICKER YOU ACT, THE MORE
OF THE PERSON YOU SAVE.

COMPASSION is our
PASSION

Ouellette Campus
1030 Ouellette Avenue
Windsor, ON
N9A 1E1

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Form #4-4552



The Urgent TIA/ Stroke Prevention Clinic

Information for Patients and Families



Outpatient Clinic-Goyeau Street Entrance

Windsor Regional Hospital
Ouellette Campus
1030 Ouellette Avenue

Windsor, Ontario
N9A 1E1

(519) 973-4411 Extension 33665



What has just happened to me?

Your doctor suspects you may have experienced a warning symptom of stroke called a **“TIA”** (transient ischemic attack). You may have heard these also referred to as **‘mini-strokes’**.

These attacks, sometimes called **‘brain attacks’**, are brief and occur when a part of the brain suffers from a temporary lack of blood flow. The feelings or symptoms you had will depend upon which part of your brain’s blood flow was temporarily reduced.

You have just been seen and examined by a physician to rule out other serious causes of your symptoms. To reduce the stickiness of your blood, an anti-platelet medication such as aspirin, Plavix, or Aggrenox may be prescribed. This medication will help keep the blood cells called platelets from sticking or clumping together. This will decrease the chance of clots forming and decrease your chances of having another TIA or a stroke.

What will be happening next?

Your physician will make a referral for you to be seen by a neurologist and a Stroke Prevention Nurse in the Urgent TIA/Stroke Prevention Clinic. The Stroke Prevention Clinic is located in the Out Patient Clinic area (beside Emergency) Windsor Regional Hospital Ouellette Campus.

The Urgent TIA/Stroke Prevention Clinic

This clinic will investigate the cause(s) of the TIA or mini-stroke that you may have experienced. A doctor and nurse who specialize in the investigation, treatment and prevention of stroke will see you in the Clinic.

The goals of the clinic are to reduce the incidence of stroke by:

Providing **early** assessments and appropriate interventions.

Providing **rapid** access to diagnostic tests.

Providing **education** to patients and family members regarding stroke prevention and the management of risk factors.

You can reduce your risks by:

- Maintaining healthy blood pressure
- Healthy eating
- Active living
- Smoke-free living
- Managing stress

The administrative assistant from the clinic will call you to arrange your appointment within 72 hours.

She will give you your appointment time and directions to the Clinic. If for any reason you have not heard from her, or have missed her call, please do not hesitate to call her at:

973-4411 Ext. 33665

What can I expect to happen on the day of the clinic visit?

On the day of, or shortly following your visit you may undergo tests to help the doctor determine the cause of your symptoms. Your treatment plan will depend on the results of these tests.