



**Stroke Association
of Southern California**



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Stroke victors are those who learn to have
satisfying and meaningful lives after stroke



**Stroke Association
of Southern California**

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Stroke in the United States

Stroke is the leading cause of disability, the second leading cause of dementia, and the third leading cause of death for adults



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What is a Stroke?

- A stroke is damage or death of brain cells caused by interruption of blood flow
- 88% of strokes are ischemic
- 12% of strokes are hemorrhagic
- TIA is a temporary blockage of blood flow



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What is a Transient Ischemic Attack?

A **TIA** is temporary interruption of blood flow to the brain and has the same signs as stroke, except that symptoms go away within 5 to 10 minutes. Seek help even if symptoms go away.



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Signs of Stroke

- Sudden numbness, weakness, paralysis of the face, arm or leg on one side
- Sudden difficulty talking or understanding
- Sudden change or loss of vision
- Sudden confusion or disorientation
- Sudden unexplained dizziness or falls
- Severe headache with no apparent cause



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Stroke is a 911 Emergency

- Call for 911 help immediately
- Don't wait to see if symptoms will go away
- Prompt treatment can prevent death and reduce the injury caused by stroke
- Ask to go to the nearest **Primary Stroke Center**



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- **Primary Stroke Centers** are an important advance in emergency care for strokes
- The purpose of a **Primary Stroke Center** is to restore blood flow to the brain
- Damage of stroke can be reversed if the patient receives care within three hours
- Find out if there is a **Primary Stroke Center** in your community



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Stroke in Southern California

- There are 46,000 new strokes each year
- 350,000 survivors and families live with the ongoing effects of stroke
- More than 80 percent of Southern Californians do not have adequate access to optimal prevention, treatment and recovery services



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The Effects of Stroke

Stroke disrupts every aspect of meaningful life including physical, psychological, and social functioning



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Effects on Survivors

- Physical functioning, mobility, dexterity
- Vision, touch, and other senses
- Speech and communication
- Emotions and cognition
- Identity and self-worth
- Independence, purpose, meaning
- Activities of daily living, work, interests
- Energy, vitality, vigor, stamina



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Effects on Family and Friends

- Stroke is distressful for family and friends
- It hurts to see a loved one ill and disabled
- Family members take on new roles as they cope with their own emotions and responsibilities
- Family activities, order, cohesion, stability, and finances are affected.
- Friendships change and may be more difficult



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SASC Services

Helpline • Prevention • Advocacy • Recovery

The Stroke Association assists survivors, families, health professionals, and community organizations to develop prevention, treatment, and recovery services throughout Southern California



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The Helpline

- Information about stroke
- Guidance to optimal care
- What to do and where to find resources
- Support to ease the distress of stroke
- Help through stages of treatment and recovery



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Prevention

- 70% of strokes can be prevented through lifestyle change, management of risk factors, and adherence to medical recommendations
- The Stroke Association educates about the effective steps of prevention
- Wellness classes go beyond education to support healthy behaviors that prevent stroke



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The Steps of Prevention

- Stroke can only be prevented as healthy behaviors are completed
- A healthy lifestyle including eating well, moderate exercise, and good body weight
- Manage risk factors such as blood pressure, cholesterol, diabetes, heart conditions, stress
- Stop smoking, reduce alcohol consumption
- Basic Medical Care



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Treatment Advocacy

- Because stroke is so serious and unexpected:
- We guide families to optimal care
- We promote advances in treatment
- We support Primary Stroke Centers
- We help families communicate with providers and payers, and navigate a complex healthcare system



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Family and Caregiver Services

Education and support prepares survivors and families for physical, psychological, and social recovery, and caregivers for their role as treatment extenders and for a healthy balance in the care of survivors and themselves



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Recovery Services

- Education in the skills of recovery
- Social connection, support, empowerment
- Expressive therapies, adapted exercise
- Occupational, physical, speech therapies
- Psychological and social services
- Family education, therapy, and support
- Resources to live well after stroke



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The Continuum of Stroke Services

- The American and National Stroke Associations produce vital research and educational media
- Hospitals provide essential acute care and rehabilitation for several months after a stroke
- The Stroke Association of Southern California complements the above with direct prevention, support, and recovery services before, during, and long after acute care and rehabilitation