

-STATEMENT OF PURPOSE-

This group is designed to provide people who have had a stroke or family, friends and caregivers of those who have had a stroke the opportunity to talk freely about problems, concerns, and frustrations, and to share information, encouragement, helpful hints, and support. Through your participation in this group, you can learn more about stroke and get ideas about what you can do to reduce your risk of stroke.

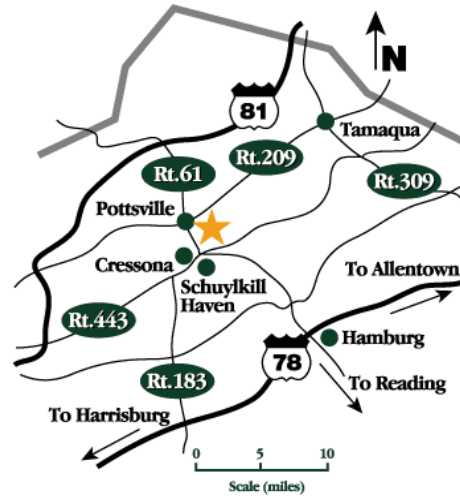
-WHAT HAPPENS AT MEETINGS-

Meetings are open to the public and may include lectures with question and answer sessions given by various medical experts, review of current literature/ research, and general discussions among members. Educational sessions may include films, handouts, seminars, or problems of daily living. Generally the meetings last about 1 hour. Everyone is encouraged to participate at his/her own comfort level.

Meetings are held on the 1st Wednesday of each month at 12:00 noon:

Schuylkill Rehabilitation Center
300 Schuylkill Medical Plaza
Pottsville, PA 17901

**For more information call:
570-621-9500**



★ Schuylkill Rehabilitation Center is conveniently located in Pottsville



STROKE

Support Group

**300 SCHUYLKILL MEDICAL PLAZA
POTTSVILLE, PA 17901
HOURS: MON.-FRI. 7AM-6PM
Phone: 570-621-9500
Fax: 570-621-9510**

www.schuylkillrehab.com

-WHAT IS STROKE?-

A stroke is a brain injury that occurs when blood flow to the brain is interrupted. When the blood flow is interrupted, brain cells, which control different body functions, die. This causes an impairment or loss of body functions such as paralysis, aphasia, memory loss, judgment difficulties, or depression. Stroke is the third leading cause of death and is the leading cause of disability in the United States.

-HOW STROKE IS DIAGNOSED-

Stroke is diagnosed by a physician using a CT scan. This scan gives doctors a highly detailed picture of the brain, showing where in the brain the stroke occurred and the extent of the damage. Doctors may also order diagnostic tests to evaluate the blood vessels and the blood itself.

- HOW STROKE IS TREATED-

Stroke is treated by your doctor after the type of damage, location, etc. has been established. Rehabilitation should start in the hospital as soon as possible after the stroke and continue for improvement.

- PROGNOSIS-

There is still so much we don't know about how the brain compensates for stroke. General recovery guidelines show:

- ✓ 10% of stroke survivors recover almost completely
- ✓ 25% recover with minor impairments
- ✓ 40% experience moderate to severe impairments requiring special care
- ✓ 10% require care in a nursing home or other long term care facility
- ✓ 15% die shortly after the stroke

-SYMPTOMS-

- ✓ Sudden numbness or weakness of 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

-REDUCING YOUR RISK-

- ✓ Check blood pressure regularly
- ✓ Exercise
- ✓ Stop Smoking
- ✓ Limit Alcohol Intake
- ✓ Check Cholesterol regularly
- ✓ Lower Sodium, Lower Fat Diet
- ✓ Ask your doctor about potential for Atrial Fibrillation, Diabetes, and Circulation problems