

Stroke Education Class



UHN

Name: _____

Appointment Date:

____ / ____ / ____ at 09:00

Location: CARDIAC CARE AND HEART HEALTH CLINIC

8th Floor, New East Wing, Toronto Western Hospital

(416) 603-5268

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The session topics will cover:

- Making lifestyle changes to reduce your risk for stroke
- Understanding your risk factors for stroke
- Learning about programs and services available in the GTA
- Making healthy food choices
- Better understanding of your medications
- Benefits of exercise

The sessions will be interactive. The presenters will use different ways to give you information such as handouts, brochures and pamphlets, power point presentations and models.

- Ask questions
- Engage in Discussion
- Take advantage of services

It is important that you attend this educational session. This will help you make healthier lifestyle choices and prevent future strokes.

After you attend this session you may be referred to other programs such as:

- Smoking Cessation Program
- Exercise Program
- Assessments and consultations according to your specific needs.

What are the warning signs & symptoms of a Stroke?

The symptoms of a stroke usually develop quickly, over minutes or hours, and can be long lasting or temporary.

These symptoms are an emergency. If they happen call **911 immediately**.

Symptoms may include:

- **Weakness:** Sudden weakness, numbness and/or tingling in the face, arm or leg
- **Visual problems:** Sudden loss of vision, especially in one eye or double vision
- **Trouble Speaking:** Temporary loss of speech, or trouble understanding speech
- **Headaches:** Sudden, severe and unusual headaches
- **Dizziness:** Sudden unsteadiness especially with any of the above signs



The following health professionals will do the education session:

Psychologist: Some people experience many changes after a stroke. The psychologist will speak about:

- Link between stress and physical health
- Tips to help you feel ready and confident to make (and keep) healthy lifestyle changes

Advanced Practice Nurse: The APN will talk about:

Ontario stroke system and the services and resources available in the GTA

- Signs & symptoms of stroke
- Main stroke risk factors and how to reduce those risks

Exercise Specialist: Exercising regularly is an important part of stroke recovery and preventing future strokes. A Physiotherapist or Exercise Physiologist will talk about:

- How exercise can help you and review tips on how to get started
- Ways to join a supervised exercise program at Toronto Western Hospital

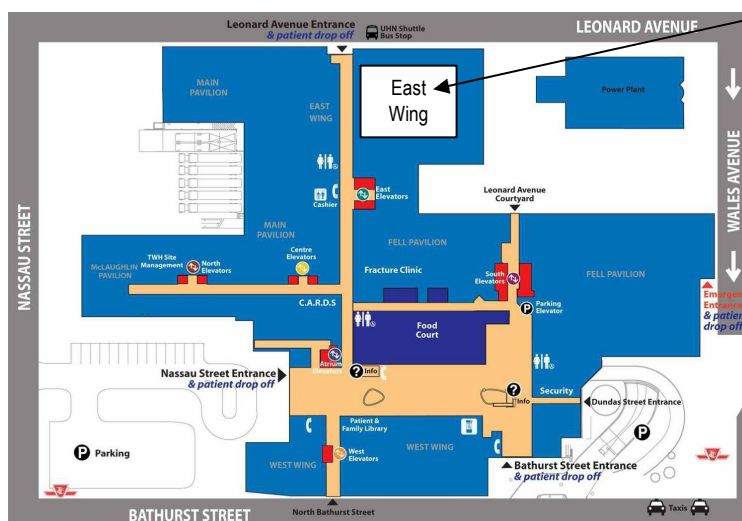
Pharmacist: It is important for you to take your medication as scheduled. The Pharmacist will talk about:

- How to maximize benefits, and minimize side effects of your drug therapy

Registered Dietitian: May help you with:

- Diet education including low fat, diabetic, low salt, etc.
- Weight loss/gain as needed, nutritional supplementation and much more
- Understanding different food groups by bringing in food models

Map of TWH



Stroke Education Class

Toronto Western Hospital, 399 Bathurst St. (corner of Bathurst St. and Dundas St. W.)

**Cardiac Care and Heart Health Clinic Location:
Take the East Wing Elevators to the 8th floor.**

Appointments and Related Information:

Please contact the Stroke Prevention Clinic Secretary at (416) 603-5413

For more stroke-related questions, please call the Clinical Nurse Specialist at **416-603-5800, ext. 2073.**

Note: Please bring the following to your appointment:

- Your TWH blue card (if you do not have one, register at the Center of Admissions located in the Main Pavilion, 1st Floor Room 304)
- Your Health Card (OHIP)
- A current list of your medications

Family members / caregivers are welcome.

Notes
