

# Toronto West Regional Stroke Prevention Clinic

*Optimizing Regional Stroke Care*

**For patients with stroke or at risk for stroke, and their families or caregivers**

Read this pamphlet to learn:

- Who we are
- What we do
- How you can be referred to our clinic



Patient Education



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute

## **What do we do?**

- We will provide you with comprehensive care if you already had a stroke or are at high risk for stroke
- We will help you treat the risk factors that put you at risk for having a stroke.
- Different health professionals are part of our team and will work with you to prevent future strokes.

## **What services do we have?**

1. Investigations such as brain imaging and heart tests.
2. Treatment with medications.
3. Group Stroke Education classes to help you better understand your recovery and learn how to make healthy lifestyle choices to prevent stroke.
4. Assessments by different health care professionals such as Physiotherapists, Speech Language Pathologists, Dietitians and Occupational Therapists, if needed.
5. Advice for your family doctor or other health care professionals who are part of your care.
6. Referrals to other specialists, if needed.

## What are the signs of a stroke?

The signs of a stroke often appear quickly. They can last for a long time or go away quickly.



**Call 911 right away if you notice any of these signs of stroke. Stroke is a medical emergency.**

**FACE:** Is it drooping?



**ARMS:** Can you raise both?



**SPEECH:** Is it slurred or jumbled?



**TIME:** To call 9-1-1 right away



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## **How can I prevent a stroke from happening again?**

Controlling these risk factors can help prevent another stroke from happening again:

- High blood pressure
- High cholesterol
- Diabetes
- Irregular heartbeat (atrial fibrillation)
- Sleep apnea
- Not being physically active
- Smoking
- Obesity
- Drinking too much alcohol

The Stroke Prevention Clinic will help control the risk factors that put you at risk and help you make changes in your life to reduce your risk for stroke.

## **How can I get an appointment at your clinic?**

Any doctor or Nurse Practitioner involved in your care can make a referral to the clinic by sending a referral form to this fax number: 416 603 7733.

The wait time to see a stroke specialist depends on how urgent your situation is.

The stroke clinic coordinator will help organize tests and then call you with appointment dates and times.

**Important:** To cancel your appointment, you **MUST** call the clinic at least 2 business days before your appointment date. You may be charged a no show fee if you call less than 2 business days before your appointment. We will need a new referral.

## Frequently asked questions

### How long will my appointment be?

Your appointment can take up to 1 hour with the stroke neurologist. You may also be seen by:

- a Nurse Practitioner
- a Clinical Nurse Specialist
- a resident doctor, stroke Fellow, or students from different health professions
- other health professions such as Physiotherapist, Speech Language Pathologist, Dietitian, Occupational Therapist

The appointment may take up to 2 hours if several of our staff are involved in your care.

### What do I need to bring to my appointment?

- Your Ontario health card (OHIP)
- A list of medications you are taking
- Other health related documents such as doctor's letters, tests and reports that are important to your visit, if available
- A digital copy of any relevant brain imaging (for example, CT, CTA, MRI, MRA) done outside Ontario or at any clinic not affiliated with a hospital in Ontario)

We may have to reschedule your visit if we do not have all the information we need, including CT or MRI scans from other hospitals.

Please phone us if you have any questions at 416 603 5413.

### Where can I park ?

There are 2 parking lots:

- Bathurst Street/Nassau Street (enter off Nassau)
- Leonard Avenue (enter off Leonard)

For the most up-to-date information about parking:

- Email: [parking@uhn.ca](mailto:parking@uhn.ca)
- Website: [www.uhn.ca/corporate/Directions/Pages/parking.aspx](http://www.uhn.ca/corporate/Directions/Pages/parking.aspx)

Wheelchairs are available at the hospital's main entrance and the Leonard Avenue entrance for a \$1.00 refundable deposit.

## What if I am more comfortable speaking in a language other than English?

Please feel free to bring someone who can support you. We also have access to interpreters who are available over the phone.

## Where do I go?

The Stroke Prevention Clinic  
West Wing – 5th floor  
Toronto Western Hospital,  
399 Bathurst St.  
(corner of Bathurst St. and  
Dundas St. W.)  
\*Take the West Elevators  
to the 5th Floor and check-in  
at the Neurology Reception.

## Toronto Western Hospital 399 Bathurst Street



LEGEND		
Elevators	Admitting & Registration	Orthopedic & Rheumatology Clinic
Food / Restaurant	Blood Collection / ECG	Patient & Family Library
Information	Cashier's Office & Patient Accounts	Security
Phone	Centre for Interprofessional Education	Security (Emergency Department)
Stairs	Diabetes, Endocrinology & RAAM Clinic	Shoppers Drug Mart
Washroom	Fracture Clinic	Surgical Pre-Admission
Wheelchair Rental \$1.00 per rental (loonies only)	Management Office	TGWH Foundation

\* For more information and a full list of amenities, please visit [www.uhn.ca](http://www.uhn.ca)

## **We see patients on:**

Mondays from 11:00 am to 5:00 pm

Tuesdays from 1:00 pm to 5:00 pm

Wednesday from 9:00 am to 1:00 pm

Thursdays from 1:00 pm to 5:00 pm

Fridays from 9:00 am to 1:00 pm

## **Who do I call for more information?**

For questions about your appointments:

Call the Stroke Clinic Coordinator at 416 603 5413.

For questions about stroke:

Call the Clinical Nurse Specialist at 416 603 5800, ext. 2073.



## **Have feedback about this document?**

Please fill out our survey. Use this link: [surveymonkey.com/r/uhn-pe](https://surveymonkey.com/r/uhn-pe)

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