With stroke, every minute is crucial for preserving brain health. The sooner a stroke is treated, the better the chance of recovery. The UW Medicine Stroke Center at Harborview Medical Center is proud to be the state of Washington’s first Joint Commission-certificated Comprehensive Stroke Center. This certification is the highest-level designation by the Joint Commission, and guarantees that our specialized staff consistently meets and exceeds the highest standards of care – care that starts the instant a patient with stroke symptoms arrives.

24/7 Stroke Care
When a patient arrives at the UW Medicine Stroke Center at Harborview Medical Center, our stroke team is prepared in advance and ready to do a rapid, comprehensive evaluation and implements an individualized emergency stroke treatment plan. Care continues around-the-clock with the following services:

• Board-certified vascular (stroke) neurologist available 24/7
• Nationally recognized emergency medical services
• Acute stroke teams and stroke care protocols
• Neurological surgery services
• Interventional neuroradiology services
• State-of-the-art neuroimaging (CT and MRI) and laboratory services
• Neurosciences Intensive Care and Acute Stroke Care Unit
• Advanced practice neuroscience nursing team and stroke specialty nurses
• Outcome monitoring and quality improvement activities
• Comprehensive stroke clinic for outpatient care
• Opportunities for patients to participate in stroke research
• Comprehensive stroke rehabilitation program

Stroke Prevention
Everyone is at some risk of stroke. The good news is many strokes can be prevented. The Stroke Center provides prevention and risk reduction services for patients at every stage, from those who simply want to know their risk to stroke victims who require treatment to avoid future attacks to those needing rehabilitation following a stroke.

Below are a few recommendations to reduce the risk of stroke:

• Manage chronic conditions, such as high blood pressure, high cholesterol, heart disease, diabetes and other conditions as identified by your healthcare professional.
• Make healthy lifestyle choices. Follow a heart-healthy diet, exercise regularly, stop smoking, limit or avoid alcohol and avoid illicit drug use.
• Participate in routine healthcare and work with your healthcare professionals to identify appropriate treatments, such as drug therapy or surgery.
STROKE: five common warning signs

- Sudden weakness or numbness of face, arm or leg, especially if all 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

If you or someone you know may be having a stroke, call 9-1-1 immediately.

Recognizing the warning signs of stroke and seeking immediate medical help greatly improve the chances of surviving with minimal impairment.

Advances in care allow many stroke victims to resume some or all of their activities much earlier than in the past and reduce the risk of further attacks.

OUR TEAM

DAVID TIRSCHWELL, M.D., M.Sc.
Medical director of Comprehensive Stroke Care at the UW Medicine Stroke Center at Harborview
UW professor of neurology
Specialties: cerebrovascular disease, stroke prevention and treatment and general neurology
Research interests: pre-hospital care of stroke victims, stroke epidemiology and outcomes following stroke
Practices: Vascular Neurology (inpatient and outpatient), TeleStroke

CLARIE CREUTZFELDT, M.D.
UW assistant professor of neurology
Specialties: stroke and cerebrovascular disease, general neurology and palliative care
Research interests: improving patient-clinician communication and shared decision-making; integrating palliative care and neuro-critical care
Practices: Vascular Neurology (inpatient and outpatient), TeleStroke

TRICIA ROLAND M.P.H., B.S.N., R.N.
Specialties: Directs patient care initiatives, and overall program development.
Practices: Stroke Center Program Manager

NEUROLOGISTS

KYRA BECKER, M.D.
UW professor of neurology and neurological surgery
Specialties: stroke prevention and treatment and critical-care neurology
Research interests: translational stroke research and the contribution of the immune response to cerebral ischemic injury
Practices: Vascular Neurology (inpatient and outpatient), TeleStroke

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Specialties: stroke and cerebrovascular disease, general neurology and palliative care
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LOUIS J. KIM, M.D.
UW professor of neurological surgery
Director, Neurosurgical stroke and endovascular services
Specialties: vascular and skullbase microsurgery, endovascular neurosurgery, minimally invasive treatment of hemorrhagic and ischemic stroke
Research interests: computational fluid dynamics of brain aneurysms, minimally invasive neurosurgical robotics and endoscopy, Brain aneurysm genomics, clinical trials and patient outcomes measures
Practices: Neurological Surgery, Interventional Neuroradiology

MICHAEL R LEVITT, M.D.
UW assistant professor of neurological surgery and radiology and adjunct assistant professor of mechanical engineering
Specialties: minimally invasive treatment of cerebrovascular diseases, cerebral aneurysms, arteriovenous malformations, dural arteriovenous fistulas, carotid stenosis and stroke
Research interests: Translational efforts to understand how cerebral aneurysms form, grow and rupture.
Practices: Neurological Surgery, Interventional Neuroradiology

JONATHAN WEINSTEIN, M.D., PH.D.
UW associate professor of neurological surgery
Specialties: stroke and cerebrovascular disease, including central nervous system vasculopathies and general neurology
Research interests: characterizing cellular and molecular aspects of the neuro-inflammatory response in ischemic stroke
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UW professor of neurological surgery
Director, Neurosurgical stroke and endovascular services
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Research interests: computational fluid dynamics of brain aneurysms, minimally invasive neurosurgical robotics and endoscopy, Brain aneurysm genomics, clinical trials and patient outcomes measures
Practices: Neurological Surgery, Interventional Neuroradiology

LALIGAM N. SEKHAR, M.D.
Director, Cerebrovascular Surgery and Skull-base Surgery
Director, Transcranial Doppler Laboratory, Harborview
UW professor and vice chair, neurological surgery
Specialties: surgery for aneurysms, arteriovenous malformations and brain hemorrhage and skull-base surgery
Research interests: technological innovations in neurosurgery, spirituality in neurosurgical patients, outcomes in aneurysms and arteriovenous malformation patients and robotic multidirectional endoscope
Practices: Neurological Surgery, Interventional Neuroradiology

ARIELLE DAVIS, M.D.
UW assistant professor of neurology
Specialties: stroke and cerebrovascular disease, vascular neurology and general neurology
Practices: Vascular Neurology (inpatient and outpatient), TeleStroke

SANDEEP KHOT, M.D., M.P.H.
Director of the Harborview Neurology Consult Service
UW associate professor of neurological surgery
Specialties: inpatient management of acute stroke and arterial dissection and neurologic prognosis after cardiac arrest
Research interests: diagnosis and treatment of sleep-disordered breathing after stroke
Practices: Vascular Neurology (inpatient and outpatient), TeleStroke

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Practices: Vascular Neurology (inpatient and outpatient), TeleStroke
Important Phone Numbers

Appointments or patient referrals:
Stroke Clinic at Harborview Medical Center – 206.744.6285

Administrative office:
UW Medicine Stroke Center at Harborview Medical Center – 206.744.3975

Urgent, around-the-clock, patient-care questions:
Community Careline – 206.744.2500

INTERVENTIONAL NEURO RADIOLOGY

BASAVARAJ V. GHODKE, M.D.
Director of Interventional Neuroradiology
UW professor of radiology and neurological surgery
Specialties: interventional neuroradiology for treatment of stroke and intracranial vascular diseases
Research interests: endovascular treatment of brain aneurysms and AVMs, and carotid and intra-cranial stenting
Practices: Interventional Neuroradiology

DANIAL HALLAM, M.D., M.Sc.
UW professor of radiology and neurological surgery
Specialties: interventional neuroradiology for treatment of stroke and intracranial vascular diseases
Research interests: endovascular treatment of brain aneurysms and AVMs, and carotid and intra-cranial stenting
Practices: Interventional Neuroradiology

NEURO REHAB

AARON BUNNELL, M.D.
UW assistant professor of rehabilitation medicine
Specialties: stroke rehabilitation, spinal cord injury, and traumatic brain injury.
Research interests: Early therapy and mobilization, augmented reality in stroke rehabilitation, and robotics assisted therapy.
Practices: Stroke Rehabilitation

CHERRY JUNN, M.D.
UW assistant professor of rehabilitation medicine
Specialties: stroke rehabilitation, spinal cord injury, and traumatic brain injury.
Research interests: Traumatic brain injury, stroke and other acquired brain injuries.
Practices: Stroke Rehabilitation

PETER ESSELMAN, M.D.
Chief of rehabilitation medicine at Harborview Medical Center
UW professor and chair of rehabilitation medicine
Specialties: rehabilitation of individuals after stroke and traumatic injuries with a focus on brain-injury rehabilitation
Research interests: improving rehabilitation outcomes
Practices: Stroke Rehabilitation