

# UW MEDICINE STROKE CENTER



A stroke is an injury to the brain caused by a blocked or bleeding artery. With stroke, every minute is crucial for preserving brain health. The sooner a stroke is treated, the better the chance of recovery.

### *Stroke Care at Harborview*

When a patient with stroke symptoms arrives at the UW Medicine Stroke Center at Harborview Medical Center, our specialized stroke team does a rapid, comprehensive evaluation and implements an individualized emergency stroke treatment plan. We also provide rehabilitation services.

Harborview is an academic medical center in the UW Medicine health system. As a certified stroke center, Harborview offers stroke patients immediate response and access to specialists around-the-clock, as well as 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
- Stroke center co-directors specializing in stroke care and medical discovery
- Outcome monitoring and quality improvement activities
- Continuing medical education for healthcare professionals in stroke
- Comprehensive stroke clinic for outpatient care
- Stroke risk reduction and educational services (including web resources)
- Opportunities for patients to participate in stroke medical discovery
- Comprehensive stroke rehabilitation program
- Continuing medical education for healthcare professionals in stroke



### **Stroke prevention**

The good news is that 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 working with your healthcare professionals to identify appropriate medical interventions, such as drug therapy or surgery.

### **Important phone numbers**

**Appointments or patient referrals:**  
Stroke Clinic at Harborview  
206.744.6285

**Administrative office:**  
UW Medicine Stroke Center at Harborview  
206.744.3975

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



### **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, above, 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.

