



***“I don’t think I’ve ever  
been so grateful in my life.”***

– Dale Sutthoff, Stroke Survivor, Florida Hospital Fish Memorial

Valentines Day started out much like any other day in the Sutthoff household. Dale went out for his usual morning walk and returned home feeling fine. Suddenly, his right hand went numb, followed by his right arm. Then, his right leg crumpled beneath him.

Dale was rushed to Florida Hospital Fish Memorial where he received a life-saving injection that basically dissolves a clot in the brain. “Once we got there everything happened so fast – it was almost like the staff was on automatic,” says Dale. “Suddenly, I started to get feeling in my fingers, my arm, and then my speech returned. I don’t think I’ve ever been so grateful in my life.”



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**A stroke strikes fast. Know the signs.**

**For a demonstration of how  
long it takes to have a stroke,  
look inside.**



# The demonstration is now complete.

## It only takes seconds for a life-threatening stroke to occur.

That's why calling 911 and getting to your nearest emergency room is so critical to your survival. With five designated Primary Stroke Center locations across Volusia and Flagler counties, chances are your EMS team will head straight for the nearest Florida Hospital emergency department. There, specially-trained personnel and stroke specific protocols are in place to offer your best chance of survival. And with a comprehensive stroke treatment and recovery program, we offer a continuum of care from our Primary Stroke Center through rehabilitation and home health.



## Know the signs and symptoms

A stroke is a medical emergency that if not treated immediately may result in paralysis or death. If you experience any of the signs or symptoms listed below, call 911 immediately.

### Sudden onset of:



Weakness or numbness, especially on one side of the body



Slurred or loss of speech, confusion, trouble speaking or understanding



Dimness or loss of vision, particularly in one eye



Severe headache with no known cause



Unexplained dizziness, falls or unsteadiness, with any of the previous symptoms

## Are you at risk?

Some risk factors, like ethnicity, age and family history, cannot be controlled. The most important ones you can control are:

- **Hypertension or high blood pressure**, increases your risk of stroke four to six times.
- **Heart disease**, especially atrial fibrillation that produces an irregular heartbeat, increases your risk of stroke up to six times.
- **Diabetes** increases your risk of stroke. With your doctor's help, it's possible to control diabetes through medication, diet and lifestyle changes.
- **Cigarette smoking** doubles your risk of stroke by damaging blood vessels, clogging arteries and raising blood pressure.

Other risks include increasing age, heavy alcohol consumption, excess body weight, high blood cholesterol, illicit drug use, certain genetic conditions and sleep apnea or sleep disordered breathing.

**It's important to be aware of your risk factors, and to work with your doctor to minimize them wherever possible.**

## Timely Treatment. Compassionate Care.

On average, a stroke occurs once every 40 seconds.\* Timely treatment can make or break your recovery. **Florida Hospital Fish Memorial** is designated by the Florida Agency for Health Care Administration as a stroke treatment facility.

### What does this mean for you?

If you're one of approximately 780,000 Americans\* who will suffer a stroke this year, certification means:

- **"Stroke Alert" priority status** – patients receive CT scans, lab tests and neurological examinations within 45 minutes of arrival at Florida Hospital Fish Memorial
- **Hospital staff specially trained** to recognize and treat stroke
- **A streamlined process** and standardized protocol for treating stroke patients across all facets of care – from ER to rehabilitation
- **Access to the latest** life-saving healthcare technologies
- A stroke-care facility **close to home**

When a stroke happens, seconds count. Your best chance for a good outcome is to seek medical attention within three hours of symptom onset. **A designated stroke treatment facility, Florida Hospital Fish Memorial is here to help.**

\* American Stroke Association

### Register for your FREE Vascular Screening held on Sunday, July 27th



Log on to [www.floridahospitalfive.org](http://www.floridahospitalfive.org)



Call Florida Hospital Fish Memorial at 386-917-5458



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