



Central Valley - Recovery • Awareness • Preventing Strokes

“UPDATE ON ACUTE STROKE THERAPY”

Guest Speaker

Dr. Wade Smith, M.D., PhD

Director of the UCSF Neurovascular Service
A Certified Stroke Center

Location hosted by

**Health Plan
of San Joaquin**
Community Room

7751 S. Manthey Road
French Camp, CA 95231

(Visible at Hwy.5 at Matthews exit,
Next to San Joaquin General)



Special Date & Time

Tuesday, January 13, 2009

12NOON—2PM



*Bring your questions.
Dr. Wade is nationally
recognized for his
neurological expertise
and his efforts to
prevent strokes!*

Dr. Wade Smith specializes in stroke prevention, an intricate component of the CV-RAPS program.

Dr. Smith manages acute stroke, critical care medicine, cerebral blood-flow monitoring with transcranial Doppler techniques and the medical management of patients after a stroke.

As a neurointensivist trained in both critical care and neurology, Dr. Smith directs the UCSF Neurological Intensive Care Unit. Many of the patients he evaluates are referred for a second or third opinion.

Note: There are 26 Certified Stroke Centers in the Bay Area and over 600 nationally.

Cost: \$15.00
Stroke Survivors and Caregivers only \$5.00

RSVP Needed. Call 209-234-2802 or register on-line at our website



PREVENTION:

A STROKE CAN HAPPEN TO ANYONE. HOWEVER THERE ARE CERTAIN THINGS THAT CAN TWIGGER A STROKE LIKE SMOKING, HIGH BLOOD PRESSURE, HIGH CHOLESTROL, STRESS, GENETICS, OBESITY ARE BUT A FEW. WITH THE VARIOUS CHALLENGES THAT WE DEAL WITH ON A DAY-TO-DAY BASIS, WHO HAS TIME TO WAIT IN ANTICIPATION FOR A STROKE?

WHAT YOU CAN DO IS KNOW THE SYMPTOMS, KNOW WHERE YOUR LOCAL OR REGIONAL RESOURCES ARE. SEEKING HELP BY CALLING 911, INSISTING THAT PARAMEDICS AND/OR EMERGENCY SERVICES, INCLUDING THE FRONT-LINE CONTACTS AT THE HOSPITAL AND THE TRIAGE TEAM ACT QUICKLY. THE CLOCK IS TICKING AND EACH MINUTE MATTERS WITH A STROKE. YOUR LIFE COULD BE SAVED AND A DETRIMENTAL DISABILITY COULD BE AVOIDED.

STROKES ARE THE NUMBER 1 CAUSE OF LONG-TERM DISABILITY. WHEN A FAMILY MEMBER HAS A STROKE, THE FAMILY IS STROKED AS WELL. OFTENTIMES, ONE OF THE FAMILY MEMBERS BECOMES A CAREGIVER, AN ARDUOUS AND EMOTIONALLY DRAINING RESPONSIBILITY. THOSE WHO HAVE HAD A STROKE ARE MORE SUSCEPTIBLE TO HAVING ANOTHER ONE.

TAKE THE TIME TO BE INFORMED, NOT ONLY FOR YOURSELF, BUT TO BE PREPARED TO **ACT** IF AND WHEN A STROKE ATTACKS THE BRAIN OF SOMEONE THAT YOU LOVE.

HEALINGS IN MOTION IS A PATIENT-DRIVEN AGENCY THAT PRESENTS QUALITY PROGRAMS MONTHLY TO EDUCATE AND EMPOWER FOR BETTER HEALTH CARE. WE ARE ADVOCATING FOR A CERTIFIED STROKE CENTER IN SAN JOAQUIN. WE ADVOCATE FOR INCLUSION, DIGNITY AND RESPECT FOR ALL TO END HEALTH CARE DISPARITIES. <http://www.ama-assn.org/ama/pub/category/7639.html>