



## WHAT YOU SHOULD KNOW ABOUT STROKES

Stroke is the third leading cause of death for Americans and occurs when there is an interruption in the flow of blood to cells in the brain. When the cells are deprived of oxygen, they die.

### A STROKE OCCURS WHEN:

- A blockage of an artery prevents blood from reaching cells in the brain
- An artery ruptures inside or outside the brain, causing hemorrhage

### WARNING SIGNS OF POSSIBLE STROKE

- Sudden numbness or weakness in the face, arm or leg, particularly on one side of the body
- Sudden confusion, trouble speaking or understanding
- Loss of balance or coordination, sudden dizziness or trouble walking
- Sudden severe headache with no known cause
- Sudden double vision or trouble with vision

### SPRING VALLEY HOSPITAL

Offering a comprehensive range of specially designed services and treatments:

- Prevention and intervention
- Patients sent to designated nursing units
- Education
- Active management of strokes through a multidisciplinary medical team
- Rehabilitation

Spring Valley Hospital's total stroke care can help patients address a wide range of physical, emotional and lifestyle issues.



**SPRING VALLEY HOSPITAL**

MEDICAL CENTER

*A Member of The Valley Health System™*

**On Rainbow at Hacienda**

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