

What Is a Stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot (ischemic stroke) or bursts (hemorrhagic stroke). Without the oxygen carried by the blood, brain cells begin to die immediately.

Prior to a major stroke, people sometimes experience a transient ischemic attack (TIA) in which a clot obstructs an artery for a short time and creates stroke-like symptoms. Since these "temporary" or "mini-strokes" last only minutes or hours, people often ignore them. Do not dismiss such an episode! Prompt medical treatment after a TIA can often prevent a fatal or disabling stroke.

More than 750,000 people experience a stroke each year. Stroke is the third-leading cause of death in the United States and the leading cause of adult disability.

What Are the Signs of Stroke?

- Sudden trouble walking, dizziness or loss of balance
- Sudden confusion, or difficulty speaking or understanding speech
- Weakness, numbness or tingling on one side of the face or body
- Dim or blurry vision in one or both eyes
- Sudden, severe headache with no known cause

If you notice even one of these symptoms, even if it goes away, do not wait. Call 911 immediately.

What are the Risk Factors?

Men have a slightly higher risk of stroke, but women have a greater chance of dying from one. African Americans have the greatest risk, as their chances are double those of whites. Also, mini-strokes, high blood pressure, obesity, diabetes and smoking greatly increase your risk.

"It's crucial that people recognize the signs of stroke. Every single minute counts—seeking medical attention immediately can literally mean the difference between life and death or permanent disability," states Dr. Alison Baird, Medical Director, SUNY Downstate Stroke Center.

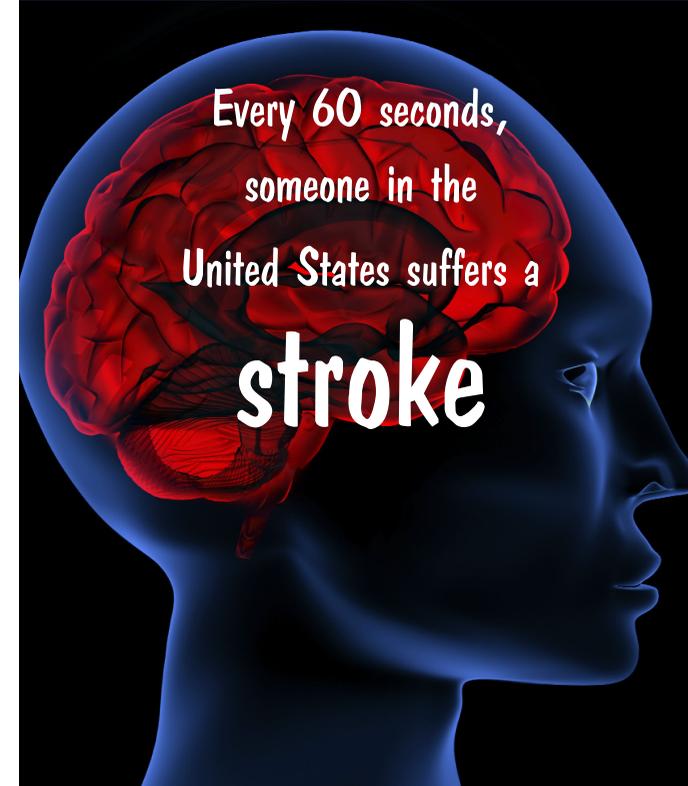
Providing a Continuum of Care, From Prevention and Diagnosis to Intervention and Recovery.

Call for an Appointment
or Additional Information
(718) 221-5188


**SUNY
DOWNSTATE**
Medical Center
SUNY Downstate Stroke Center
University Hospital of Brooklyn
450 Clarkson Avenue, Box 1213
Brooklyn, NY 11203

SUNY Downstate Stroke Center

Continuum of Care You Can Count On



the brain's equivalent of a
heart attack

 **SUNY
DOWNSTATE**
Medical Center

Prompt treatment at a
Primary Stroke Center

offers your best chance for preventing
death and recovering from a stroke.
In addition to standard tPA therapy,
we use new catheter-based techniques to
directly break up and dissolve clots
within the brain as long as
eight hours after a stroke starts.

What's So Special About Us?

SUNY Downstate Stroke Center is one of the most advanced centers in the United States for the diagnosis, management, prevention and research of stroke and cerebrovascular disorders.

We have been designated a Primary Stroke Center by the New York State Department of Health in recognition of our having met the highest standards for the treatment of stroke patients, including speed of treatment and cutting-edge treatment advances. From the time a patient arrives in an ambulance, the stroke team is able to evaluate and treat him or her within minutes.

SUNY Downstate Stroke Center

University Hospital of Brooklyn
450 Clarkson Avenue, Brooklyn, NY 11203
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We accept most insurance plans, including Medicare and Medicaid.

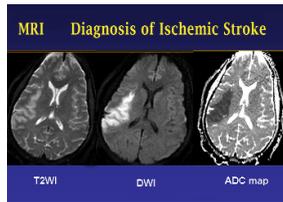
■ Prompt Diagnosis

The rapid, coordinated efforts of the EMTs and emergency room physicians and staff quickly identify stroke patients and fast-track them to appropriate medical and surgical interventions.

Nearly 50% of patients treated for stroke within the first 3 hours experience little and sometimes no physical or speech deficit.

■ Advanced Imaging

Advanced multi-modal diagnostic imaging, such as CT (computed tomography), CTA (CT angiography), MRI (magnetic resonance imaging) and MRA (MR angiography), quickly tells us the type of stroke, which vessel is blocked, the extent of damage, and location of viable tissue.



Other sophisticated brain imaging studies include angiography,

TCD (transcranial Doppler), EEG (electroencephalography), TEE (transesophageal echocardiography) and carotid duplex.

■ Multidisciplinary Stroke Team

The SUNY Downstate Stroke Center focuses on quality patient care using a multi-disciplinary approach. Our physicians, many of them recognized among the Best Doctors in America®, include specialists in internal, respiratory, critical care and emergency medicine; neurology; neurosurgery; neuroradiology; cardiology; and physical medicine and rehabilitation.

We also have stroke nurses, neuropsychologists, physical and occupational therapists, speech therapists, technicians, social workers and other healthcare professionals who are highly trained and devoted to the expert care of patients with stroke.

■ State-of-the-Art Stroke Care

In addition to the clot-dissolving drug tPA administered within the first 3 hours for acute ischemic stroke, advanced endovascular techniques can expand the window of treatment in some stroke cases. We are one of the few New York area hospitals offering patients cutting-edge interventional neuroradiology and intra-arterial therapy.



■ Interventional Stroke Therapy

Catheters (thin, hollow tubes) are inserted through the groin and guided via advanced imaging to treat problems endovascularly (from inside the blood vessel). Advantages include local or regional anesthesia instead of general anesthesia, a shorter recovery time, less pain, smaller incisions and less stress on the heart.

◆ Intra-arterial Thrombolysis

In this procedure, a small catheter is inserted into the blood vessels of the brain during cerebral angiography to deliver clot-dissolving medications directly to the blocked blood vessel.

◆ Neuroradiology

Our interventional specialists use the latest tools and technologies for the treatment of aneurysms, arterial venous malformations (AVMs), acute stroke, carotid stenosis and other vascular disorders of the brain.

■ Rehabilitation

Physical and mental deficits from stroke range from mild to severe. The most common results of a stroke are hemiparesis (paralysis on one side of the body), aphasia (inability to speak or understand language), learning difficulties, memory loss, behavioral/emotional changes and loss of motor skills.

Physiatrists and therapists specialize in helping stroke patients return to the highest possible level of day-to-day functionality and independence. Rehabilitation is comprehensive, ranging from intense therapy in the hospital to outpatient rehabilitation.

■ Stroke Research Center

As the only University Hospital and clinical stroke research center in Brooklyn, and one of the leading cerebrovascular research centers in the country, we are able to provide our patients advanced or investigational stroke therapies not always available at other stroke treatment centers.

A major part of our research focuses on imaging, genetics and outcomes (recovery predictors). The demographic diversity of Brooklyn affords us a uniquely rich clinical research opportunity to identify risk factors and genetic determinants of stroke in a multi-ethnic population.

■ Community Outreach

One of our primary goals is to stop strokes before they occur. Our community outreach program provides stroke



prevention education and screening opportunities. Our support group, the Brooklyn Downstate Stroke Club, meets once a month to provide continuing education, comfort, counsel and encouragement to stroke patients and their loved ones.

■ www.downstate.edu/strokecenter

Please visit our website for additional information about our physicians, staff, facility and services.

■ Staff You Can Rely On

◆ Roxanne Jones-Winter

Stroke Center Coordinator

◆ Sherene McIntyre

Stroke Nurse Coordinator

■ Physicians You Can Trust

◆ Alison E. Baird, MD, PhD, FRACP

Medical Director, SUNY Downstate Stroke Center
Professor of Neurology, Physiology and Pharmacology

A former member of the Neurology faculty at Harvard Medical School, Dr. Baird came to Downstate from the National Institutes of Health where she was chief of the Stroke Neuroscience Unit and Principal Investigator at the National Institute of Neurological Disorders and Stroke. Dr. Baird lectures worldwide, has published over 90 peer-reviewed journal articles, is a Fellow of the European Stroke Council and a member of the American Academy of Neurology and the Stroke Council of the American Stroke Association.

◆ Daniel M. Rosenbaum, MD

Professor and Chair, Department of Neurology
Diplomate, American Board of Psychiatry and Neurology:
Vascular Neurology

Prior to his appointment at Downstate, Dr. Rosenbaum was Vice-Chair of the Department of Neurology at Albert Einstein College of Medicine where he served as Professor of Ophthalmology and Neurology. He has also held the position of Director of the Stern Stroke Center at Montefiore Medical Center. Dr. Rosenbaum is listed in the publications "Guide to America's Top Physicians" and "Best Doctors in the New York Metro Area," has been honored with the Clinical Investigator Developmental Award by the National Institute of Neurological Disorders and Stroke, and has published over 80 articles in major peer-reviewed journals.

◆ Sophia R. Sharfstein, MD

Director, University Hospital of Brooklyn Stroke Service
Assistant Professor of Neurology
Diplomate, American Board of Psychiatry and Neurology

Dr. Sharfstein has served as Assistant Professor of Neurology and Chief of Section for Stroke and Cerebrovascular Disorders at Nassau University Medical Center. She has numerous research, publications and education activities to her credit and is a member of the American Academy of Neurology and the Stroke Council of the American Heart Association.

◆ Sundeep Mangla, MD

Director, Interventional Neuroradiology
Associate Professor of Radiology, Neurosurgery, and Neurology
Diplomate, American Board of Radiology

Prior to his appointment at Downstate, Dr. Mangla was on faculty at Columbia University, Cornell University and Yale University School of Medicine. He has published dozens of journal articles and book chapters, is very active in research and clinical trials, and is a member of the Neurocritical Care Society and the American Society of Interventional and Therapeutic Neuroradiology.