

NATIONAL STROKE ALERT DAY

May 4, 2010



Don't stall – make the call!

9-1-1

Know these warning signs:

SUDDEN

weakness or numbness of the face, arm or leg, especially 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 and unusual headache.

Stroke Strikes Suddenly. Call 9-1-1 Immediately!

**Santa Clara County
takes Stroke seriously.
Join us to learn about Stroke.**



AMERICAN MEDICAL RESPONSE

Santa Clara County's ambulance service provider and dedicated community partner for over 50 years. Our mission is to make a difference by caring for people in need. Patient Focused ... Customer Centered ... Caregiver Inspired



American Heart Association | American Stroke Association
Learn and Live.

By 2020, the American Heart Association and American Stroke Association aim to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.
www.strokeassociation.org
1-888-4-STROKE; 408-977-4950

UPCOMING STROKE EVENTS

SEPT. 29: Saving Strokes at Los Lagos Golf Course
OCT. 2: Start! Silicon Valley Walk at Vasona Park



CALIFORNIA SHOCK TRAUMA AIR RESCUE

CALSTAR is available 24 hours a day, seven days a week to respond to victims of stroke who are in need of emergency air medical transport. For information on individual, family and group coverage for CALSTAR's air ambulance services, please contact our Membership Office at 1.888.207.LIFE (5433) or visit www.CALSTAR.org.



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY

The Stroke Center at El Camino Hospital will be hosting its annual FREE stroke screening on May 15, 2010. Anyone can have a stroke and your chances for having a stroke may increase if you have specific risk factors. This screening will help participants identify their risk factors and learn more about stroke. The screening is free and open to participants 45 and older only. Pre-registration is required to attend. Only registered participants will be admitted. For more information or to register call the El Camino Health line at 800-216-5556. Registration is limited.



GOOD SAMARITAN HOSPITAL

May 4—Free blood pressure checks and stroke prevention education, noon to 1:30 p.m., Good Sam Cafeteria
May 18—Community Stroke Seminar featuring stroke survivor Robert Guillaume; 6:00 p.m. at Addison Penzak Jewish Community Center, Los Gatos; free but reservations required, 1-888-724-2DOC. Space is limited.
Good Sam holds Joint Commission advanced certification as a Primary Stroke Center.



Kaiser Permanente San Jose Medical Center
250 Hospital pkwy San Jose May 4, 10 a.m.-1:30 p.m.
Wendy Brown, MD, talks about ways to prevent stroke, 11:00-12:00 p.m, Medical Office Bldg 275, Lobby Level
Stroke education booths with blood pressure readings in Hospital lobby, cafeteria.

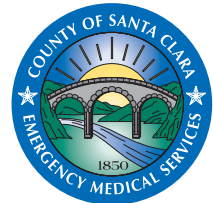


Recipient of Stroke Get With The GuidelinesSM
"Gold PLUS" Performance Achievement Award
STROKE SUPPORT GROUP
For survivors & caregivers.
Second Wednesday of the month, 3:30-5 pm.
Questions? Call Marianne Heidtmann (408) 947-2543.
www.oconnorhospital.org



Join us at 10th Annual
VICTORY OVER STROKE
May 6 – Santana Row
May 12 – Millbrae
May 20 – San Jose
May 27 – Palo Alto

For more information and to reserve seats, visit WWW.PSASTROKE.ORG or contact 650-565-8485 or events@psastroke.org



Emergency Medical Services Agency

The Emergency Medical Services Agency (EMS) and the EMS system provider agencies support Santa Clara County's eight Stroke Centers and non-profit groups such as the Stroke Awareness Foundation and the Peninsula Stroke Association, to provide emergency care and public education for stroke patients in our community. Remember, if you think someone is experiencing a stroke, "Don't Stall, Make the Call 9-1-1".



See if you are at risk for a stroke.
Free Blood pressure and body mass index checks
Tuesday, May 4th, 11:30 - 1:30 pm
RMC cafeteria in basement

Coming October 1, 2010
4th Annual Community Health Awareness Fair



Stanford University Medical Center

Providing multidisciplinary stroke care for 18 years, the Stanford Stroke Center has led the way in establishing community standards of care. Stanford is consistently recognized as a leader in stroke treatment and research, with a comprehensive center pioneering in medical, surgical and interventional therapies for treating and preventing stroke.
<http://stroke.stanfordhospital.org> (650) 723-4448



Join us for a benefit performance of *SINATRA SINGS SINATRA*, Saturday October 23, 2010. Frank Sinatra Jr. will perform with the Symphony Silicon Valley under the Musical Direction of Terry Woodson at the California Theater in downtown San Jose.

SAF needs your continued support in order to remain at the forefront of stroke care, advocacy and awareness. This event will sell out! Buy your tickets online, at WWW.STROKEINFO.ORG or call the Symphony Ticket Office (408) 286-2600 X 23



Dedicated to the Health of the Whole Community
On-going classes, at Valley Medical Center, are available to all stroke survivors and their families.
Valley Medical Center Stroke Classes, Mondays 4:00 pm - 5:00 pm
May 4: Stroke Awareness Fair – open to the public
May 11: Noon hour stroke lecture: Case Studies
May 18: Noon hour stroke lecture: Prevention
Questions: call 885-3184, www.sccgov.org