

# How do I get to the Stroke Prevention Clinic?

We are located on the second floor of the Medical Centre:

984 Oliver Road, Suite #201  
Thunder Bay ON P7B 7C7  
(807) 684-6700



This is the building adjacent to the Thunder Bay Regional Health Sciences Centre on the west side of the hospital, across from the main entrance.

## How do I contact the Stroke Prevention Clinic?

If you have questions or need to change an appointment, please call our office and speak to the Secretary, Monday to Friday, 8:00 a.m. to 4:00 p.m. at (807) 684-6700.

The Nurse Practitioner is available Monday to Friday between 8:30 a.m. and 4:30 p.m. and can be reached at (807) 684-6700.



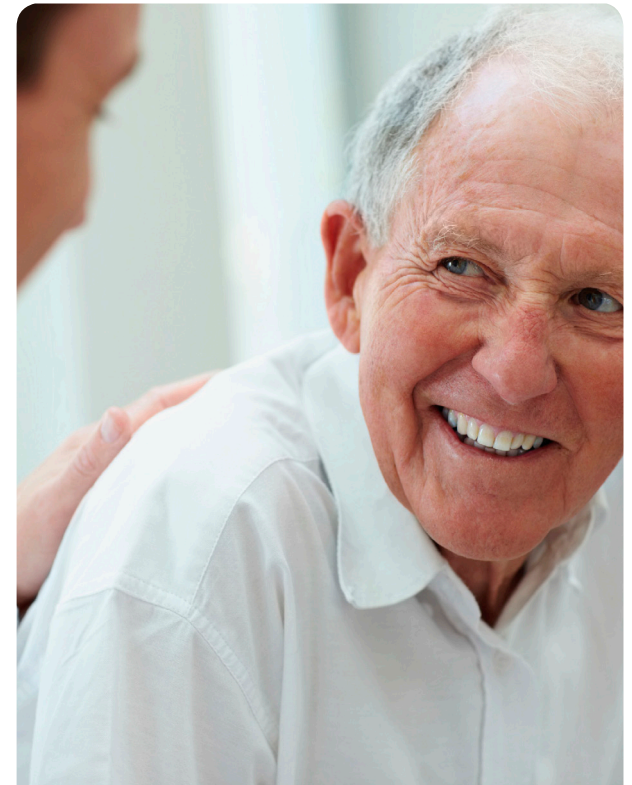
Do not call the Clinic if you think you are having a stroke - **CALL 911**

Smoke-Free  
together



984 Oliver Road, Suite #201  
Thunder Bay ON P7B 7C7  
(807) 684-6700

[www.nwestroke.ca](http://www.nwestroke.ca)



## Stroke Prevention Clinic

Information for Patients and Families



## What is the Stroke Prevention Clinic?

The Clinic is an outpatient clinic for people being investigated for Transient Ischemic Attack (TIA) or stroke, or who had a recent TIA or stroke. The purpose of this clinic is to review the cause of TIA/stroke and assist with strategies to prevent reoccurrence.

## Who can go to the Stroke Prevention Clinic?

You can go to the Clinic if you had a recent TIA or stroke. You need a referral by an Emergency Department doctor, or your family doctor/nurse practitioner or another medical specialist. Your family doctor/nurse practitioner is kept informed of your progress and treatment plans. If the signs of your stroke reoccur or get worse, go to the nearest Emergency Department immediately.

## How do I find out when my appointment is booked?

After you have been referred, the clinic will contact you with your appointment date and time. If you have any questions, please contact our office at (807) 684-6700.

## What can I expect at the Stroke Prevention Clinic?

Prior to attending the clinic, you may have some tests performed such as a CT scan and/or ultrasound (carotid doppler).

At the Clinic you can expect to:

- Meet with the Stroke Prevention Team that includes a Doctor who specializes in stroke as well as a Nurse Practitioner and a Dietitian
- Receive test results and receive information about future tests, if required
- Receive information and counselling about stroke, the risk factors for stroke and strategies for how to prevent a future stroke

Your care is based on your individual needs.

## What do I do in the meantime?

- Take your medications as ordered
- Look for the signs of stroke listed below. Call 911, your local Emergency number, or return to the Emergency Department immediately if they should occur.

## LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?

**A** RMS can you raise both?

**S** PEECH is it slurred or jumbled?

**T** IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

© Heart And Stroke Foundation of Canada, 2014

## How do I get ready for my appointment?

- Have your regular meals before your appointment
- Take all of your regular medications on the day of your appointment
- Bring all of your medications in their containers from the Pharmacy, including vitamins, minerals, herbal supplements, eye drops, and inhalers to your appointment
- Plan to be at the Clinic for about one hour
- If you have a home blood pressure monitor, please bring it to your appointment
- Bring one person with you, such as a spouse, family member or a friend, if possible
- Our Clinic is wheelchair accessible. For your safety and convenience there is a wheelchair available for your use during your clinic visit. For further details, contact the clinic to make arrangements
- Let us know if you need an interpreter, or have other special needs
- Please refrain from wearing scented products