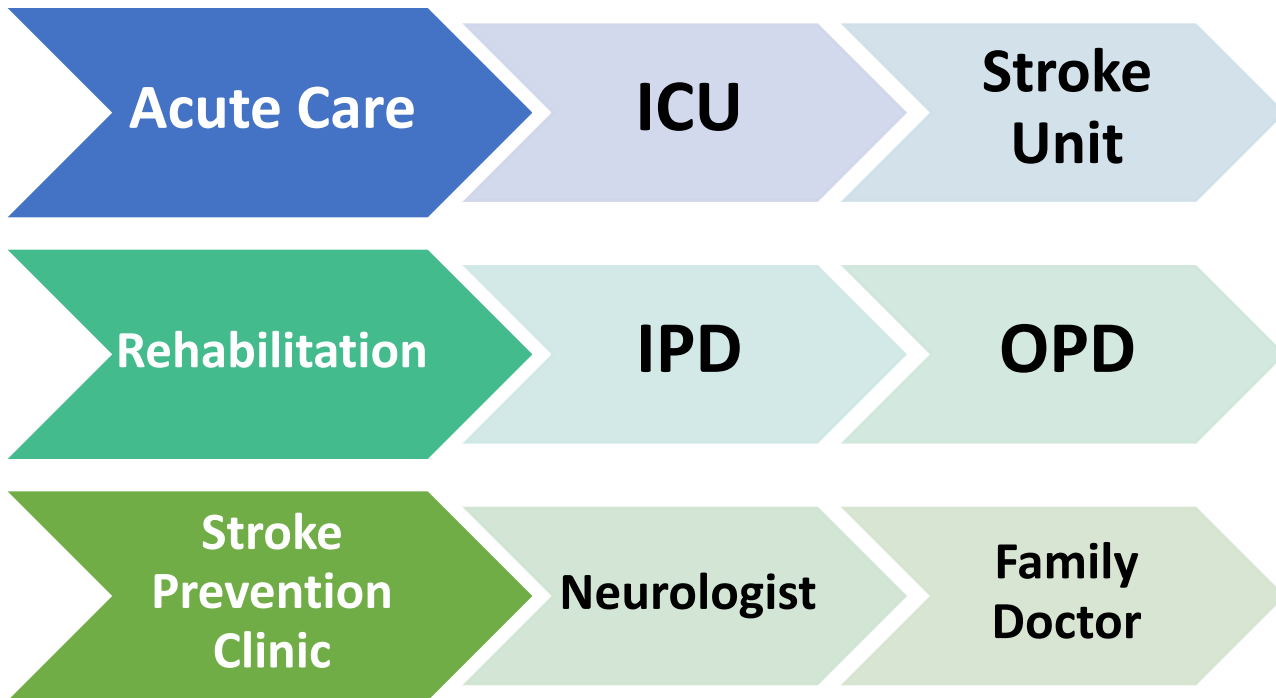




Toronto Stroke Network

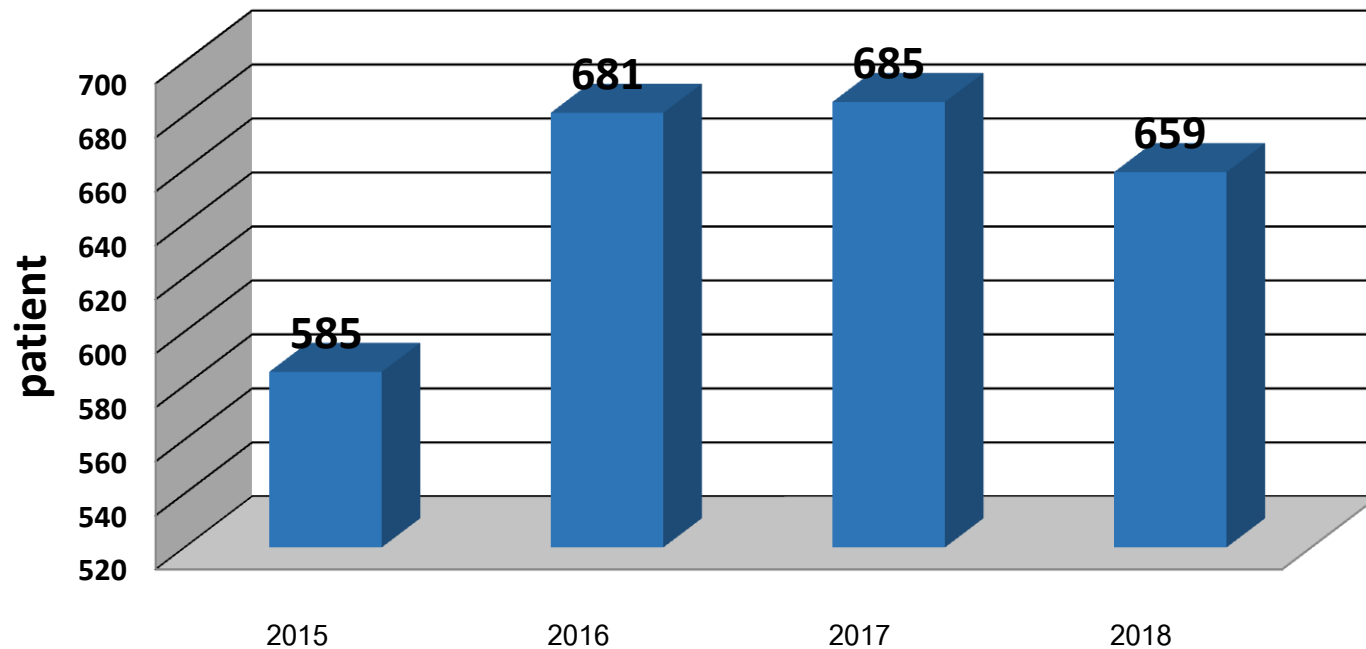


Stroke Prevention Clinic

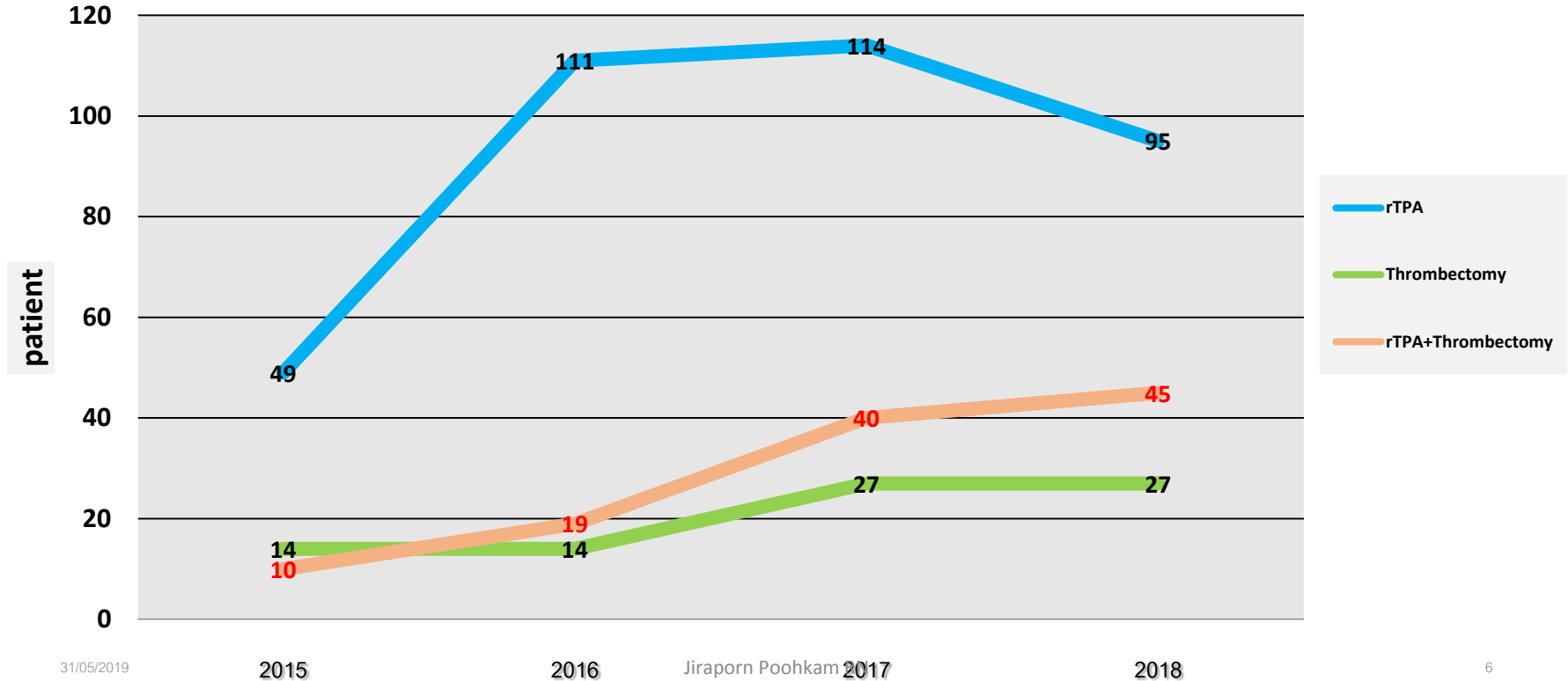
- Review the type of stroke.
- Review the test results, risk factors, medications.
- Undergo a neurological exam. Discuss whether more tests are needed.
- Develop a plan for how to prevent another stroke.
- Discuss the plan to follow up with the family doctor and/or another specialist.

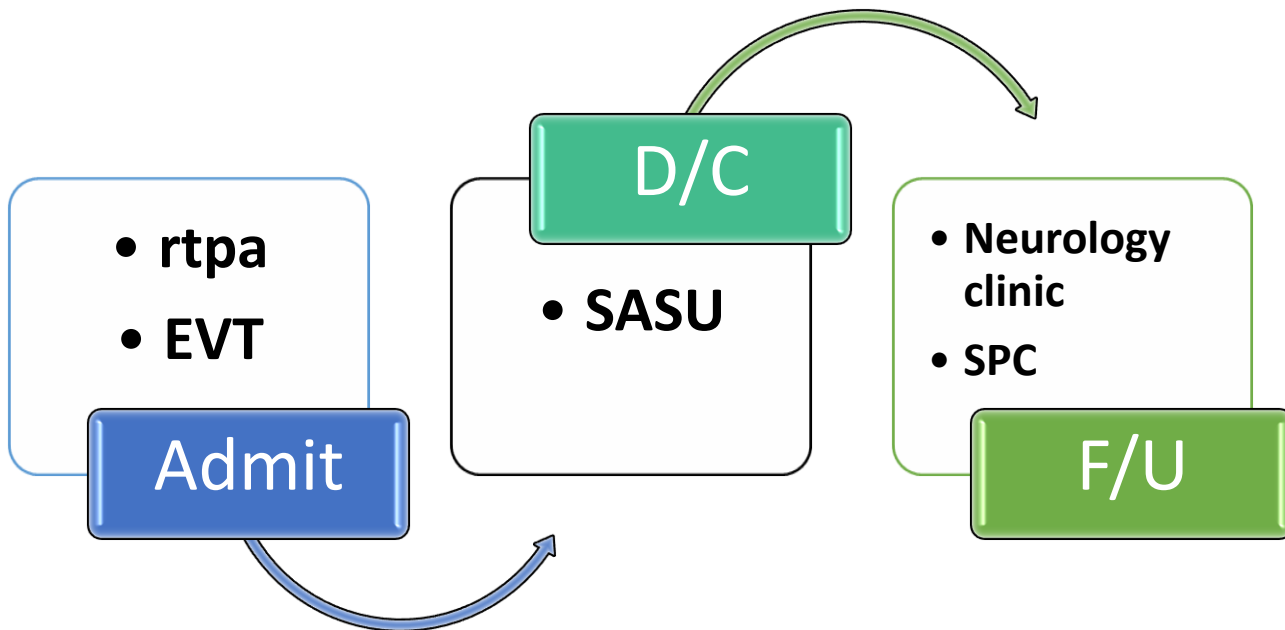
Siriraj Acute Stroke Unit

17 beds



Stroke Fast Track 2015-2018







Stroke Prevention Clinic (SPC)

Established in June 20th, 2017

A multidisciplinary team

Eligible patients: Stroke survivors whom fibrinolytic (rtpa) and/or thrombectomy was administered/performed

Objective: Modify risk factors in high risk population and prevent further admission due to recurrent stroke in one-stop service



SIRIRAJ Stroke Prevention Clinic

- Neurologist
- Nurse Educator
- Pharmacist
- Physiotherapist
- Dietitian

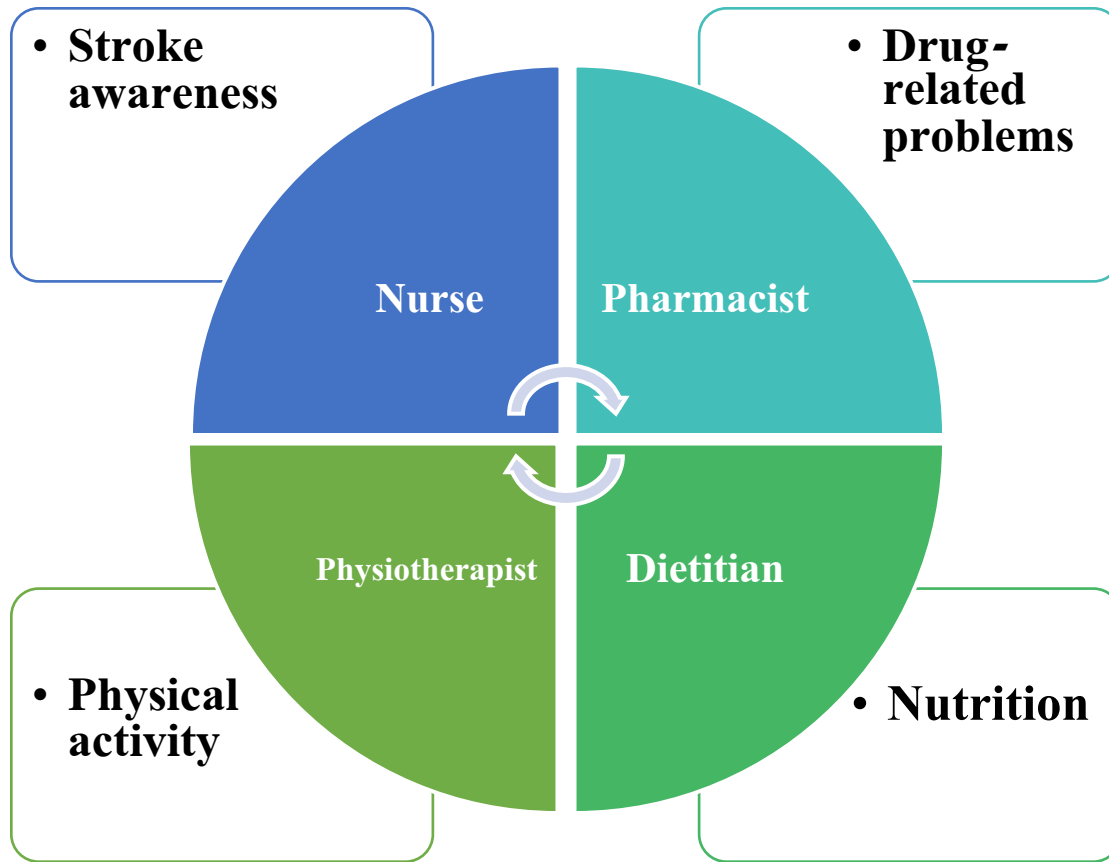




SIRIRAJ Stroke Prevention Clinic

**OPD MED
213
On Tuesday
1-4 PM**







Preventing another stroke

- Blood pressure management
- Cholesterol management
- Diabetes management
- Atrial Fibrillation **consult cardiologist**
- Nutrition
- Healthy weight
- Depression, Anxiety, Cognition management
- Physical Activity
- Sleep Apnea **sleep test**
- Smoking cessation
- Alcohol Information

Sign of Stroke

If you experience any of the following signs
dial **1669** immediately!!!!

Weakness

**Trouble
Speaking**

**Vision
problems**

Headache

Dizziness



We Can Prevent **STROKE**



STAY **Physically Active**



CHOOSE **Healthy Foods**



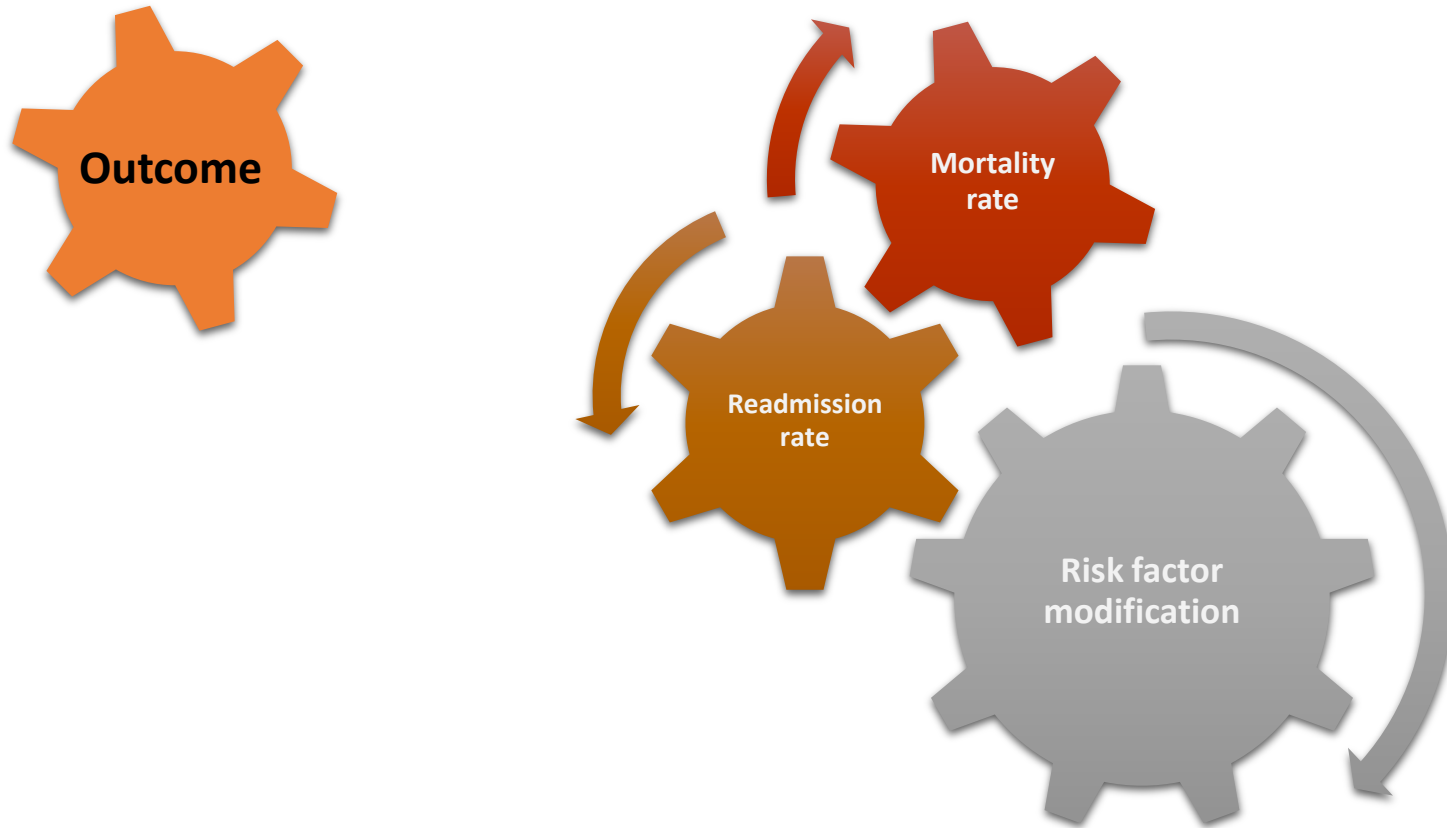
DO NOT **Smoke**

LIMIT **Alcohol Consumption**



Work with your health care team to manage **High Blood Pressure, Cholesterol and Blood Glucose**







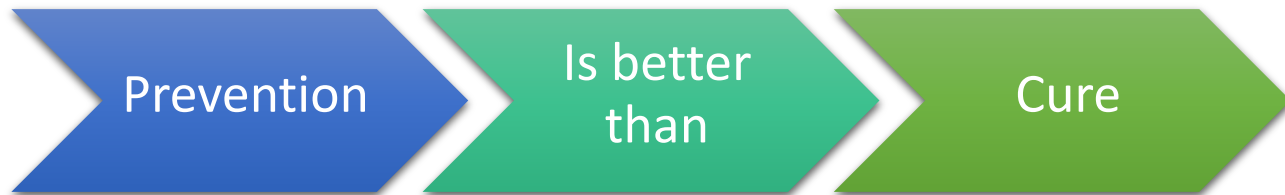
Stroke Awareness in Family member at Siriraj Acute Stroke unit





World stroke day





**Primary Stroke prevention
is
the best way!!!!**



**The best way to cure stroke
is to prevent stroke.**

**90% of all stroke can be
prevented!!**



Thank You!

You can find me at

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Siriraj Acute Stroke Unit 02-4198613-4