



About the MVH Stroke Center

In the event of a possible stroke, doctors know that the first three hours make a critical difference – in the quality of recovery, and even between life and death. Martha's Vineyard Hospital's stroke protocol program was certified in 2006 by the Massachusetts Department of Public Health and the American Stroke Association. Our Emergency Department staff work closely with neurologists and radiologists at our affiliate, Massachusetts General Hospital. Brain images from the Island CT scanner can be instantly sent to MGH physicians who are able to interview patients via webcam in real time, a critical aid in establishing the nature of the stroke and in guiding such decisions as the use of clot-busting drugs.

Learn the Warning Signs of Stroke

- Sudden numbness or weakness 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 headache with no known cause

Be Prepared for an Emergency

Act F.A.S.T.

Face

Ask the person to smile.

Does one side of the face droop?

Arms

Ask the person to raise both arms.

Does one arm drift downward?

Speech

Ask the person to repeat a simple sentence.

Are the words slurred? Can they repeat the sentence correctly?

Time

If the person shows any of these symptoms, time is important.

Call **911** or get to the hospital fast

- | | |
|--|--|
| <ul style="list-style-type: none">• Keep a list of emergency rescue numbers next to your phone and in your pocket, wallet or purse.• Not all warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away?• Check the time. When did the first warning sign/symptom start? You'll be asked this important question later. | <ul style="list-style-type: none">• If one or more stroke symptoms last more than a few minutes, don't delay?• If you are with someone who may be having a stroke, call 911 or the Emergency Medical Service number immediately.• Expect the person to protest – denial is common. Don't take "no" for an answer. Insist on taking prompt action. |
|--|--|