

At one time TIA and Stroke were thought to be inevitable, untreatable and unpreventable. However, today much has changed.

We now know what we can do to prevent, treat, and recover from stroke. This program has been developed to help you learn how you can significantly reduce your chance of having a serious stroke.



Pillars of Chronic Disease Management Program Design

Exercise	Disease-Specific Management	Self-Management
<ul style="list-style-type: none"> Community based supervised exercise and rehabilitation programs providing personalized exercise prescription Education sessions Group and social support 	<ul style="list-style-type: none"> Inter-professional team working closely with individuals, their family, Family Physicians and Specialists. Evidence-based optimal care delivery. 	<ul style="list-style-type: none"> Individualized plan of action for patients Peer-led support classes through the LiveWellwith Chronic Conditions Program Enhance self-management skills

Saskatoon and area locations

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- White Buffalo Youth Lodge
- West Winds Primary Health Centre
- Cosmo Civic Centre
- Confederation Mall
- Humboldt

Stroke Program Goals

To develop and implement coordinated, effective and efficient care for people who have had a TIA or stroke.

To promote a team approach with enhanced self management and participation throughout all areas of care.

To promote inter-professional collaboration and education.

For more information or to register for the Partnering for Stroke Prevention Program, call:

Stroke Services
Saskatoon City Hospital, 701 Queen Street
Saskatoon SK S7K 0M7

Phone: (306) 655-8691
Fax: (306) 655-8813



Optimizing Chronic Disease Management

655-LIVE (655-5483)
1-877-LIVE-898 (1-877-548-3898)



LiveWell

Partnering for Stroke Prevention

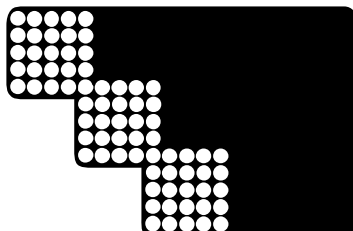
Optimizing Chronic Disease Management

A program for people who have had a TIA, stroke, or are at high risk for stroke.



What is a Stroke?

A stroke is a sudden interruption of flow of blood to the brain caused by a blood clot (ischemic stroke) or a bleed in the brain (hemorrhagic stroke). It causes brain cells in the affected area to die. The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact any number of areas including your ability to move, see, remember, speak, reason and read and write.



What is a Transient Ischemic Attack?

A TIA is a short term for reduction in blood flow to part of the brain, usually caused by a blood clot. Most TIAs last less than 10 minutes, but they may last as long as 24 hours. Even though the symptoms may not last, the risk of having another TIA or stroke remains. A TIA is an important warning sign of stroke and should never be ignored. Prompt medical attention can prevent a major stroke from occurring. A TIA is both a warning and an opportunity!

What is the Partnering to Manage TIA and Stroke Risk Factors Program about?

This program has been developed to help you learn what risk factors for stroke are, and will teach you how to help to manage those risk factors and prevent another stroke.

Many people who have had a TIA (Transient Ischemic Attack) or mild stroke can return to their regular lives with little lasting effect.

However, if you have had even a minor stroke or TIA, you are at much greater risk of having another stroke.



What happens at the Stroke Program?

This program consists of five information sharing sessions and will bring together a group of people who have had a stroke or TIA with a team of health care professionals. The focus of these sessions will be to help you learn about the risk factors for stroke, and how you can make small but important lifestyle changes to prevent a second attack. You will also learn about medication and treatments that may be important for you.

What are the 5 Sessions about?

Introduction and Modifiable risk factors: Understanding what happens with stroke and TIA, risk factors, and how lifestyle impacts your risk of stroke.

Nutrition: Healthy eating to reduce blood pressure, decrease cholesterol, and assist with weight management.

Physical activity: Why being physically active is important.

Medications: Medications may be needed to control risks (blood pressure, cholesterol levels, heart function).

Psychosocial: This addresses the emotional and social side of recovery and prevention.