


# Stroke Prevention Clinic

Your doctor has referred you to the Stroke Prevention Clinic at Humber River Health. At the clinic, you will go through different tests to check for any possible causes of a stroke.

## What laboratory or diagnostic tests will I have?

Test	Why am I having the test?
Blood work	We will take blood samples to test your cholesterol levels and blood sugar levels.
Carotid Doppler	We will take an ultrasound of the major arteries in your neck that supply your brain with oxygen. This test will find any blockages in these vessels that would reduce oxygen-rich blood flow to your brain.
Echocardiogram	We will take an ultrasound of your heart. This test checks your heart's size, how it pumps blood, and for any blood clots that may be present.
48-Hour Holter Monitor	We will ask you to wear this monitor for 48 hours, while you do your normal daily routine, including activities at home and at work. This test checks for any abnormal heart beats that could create blood clots inside your heart.

## My Appointments

Test/Visit	Appointment Date and Time	If you did not receive an appointment, please call (416) 242-1000: 
Blood work	Date: <u>DD</u> / <u>MM</u> / <u>YYYY</u> Time: _____	
Carotid Doppler	Date: <u>DD</u> / <u>MM</u> / <u>YYYY</u> Time: _____	Ext. 63311
Echocardiogram	Date: <u>DD</u> / <u>MM</u> / <u>YYYY</u> Time: _____	Ext. 47141
48-Hour Holter Monitor	Date: <u>DD</u> / <u>MM</u> / <u>YYYY</u> Time: _____	Ext. 47141
2nd Clinic Visit (with nurse practitioner and neurologist)	Date: <u>DD</u> / <u>MM</u> / <u>YYYY</u> Time: _____ Please note: we will book this 2nd clinic visit after <b>ALL</b> your test results are back.	Ext. 23400

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## Where do I go?

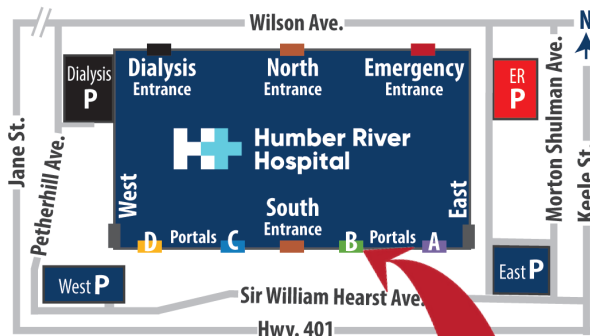
### Stroke Prevention Clinic

### Humber River Health

Cardiology (Level 1)

1235 Wilson Ave., ON M3M 0B2

We are located on Level 1, in Cardiology.  
Closest parking is the East Parking Garage and  
the closest hospital entrance to the Clinic is  
Portal B, off of Sir William Hearst Avenue.  
Register at the Registration Desk.



## What do I bring?

- Your health card (OHIP) and a piece of photo ID.
- An up-to-date list of **all** the medicines you are currently taking, including over-the-counter medicines, herbals, and supplements.
- If you have known allergies, please wear your Medic Alert® bracelet while in the hospital.



Are you interested in a FREE exercise program?

Yes  No

If yes, please ask the clinic staff how you can be referred to a cardiovascular rehabilitation exercise program.

## Call 9-1-1 right away if you experience any of signs:

**FACE** - is it drooping?

**ARMS** - can you raise both?

**SPEECH** - is it slurred or jumbled?

**TIME** to call 9-1-1 right away.

Stroke is a medical emergency. Learn the signs. Acting quickly can improve your survival and recovery. Do not drive to the hospital. An ambulance will get you to the best hospital for stroke care.

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