

Medical Program

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 / MM / YYYY</u> Time:	
Carotid Doppler	Date: <u>DD / MM / YYYY</u> Time:	Ext. 63311
Echocardiogram	Date: <u>DD / MM / YYYY</u> Time:	Ext. 47141
48-Hour Holter Monitor	Date: <u>DD / MM / 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 ALL your test results are back.	Ext. 23400

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Where do I go?

What do I bring?

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.

Your health card (OHIP) and a piece of photo ID.

the-counter medicines, herbals, and supplements.

Wilson Ave. **Morton Shulman Ave** Dialysis North Emergency Dialysis Jane St. Humber River Petherhill Ave. Keele St. Hospital South Entrance Portals East P West P Sir William Hearst Ave Hwy. 401 An up-to-date list of **all** the medicines you are currently taking, including over-

If you have known allergies, please wear your Medic Alert[®] bracelet while in the hospital.



Are you interested in a FREE exercise program?



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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The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

English: This information is important! If you have Italian: Queste informazoni sono importanti! Se ha Spanish: ¡Esta información es importante! Si tiene trouble reading this, ask someone to help you. difficoltà a leggere questo, chieda aiuto a qualcuno. dificultad en leer esto, pida que alguien le ayude.