

LEARN THE SIGNS OF STROKE:

**F** ACE

Is it drooping?

**A** RMS

Can you raise both?

**S** PEECH

Is it slurred or jumbled?

**T** IME

to call 9-1-1

**ACT FAST** BECAUSE THE  
QUICKER YOU ACT, THE MORE  
OF THE PERSON YOU SAVE.

**CLINIC HOURS**

Monday-Friday (closed holidays)  
8:00am-12:30pm  
(519) 254-5577  
Ext. 33665

**COMPASSION** is our  
**PASSION**

Ouellette Campus  
1030 Ouellette Avenue  
Windsor, ON  
N9A 1E1

[www.wrh.on.ca](http://www.wrh.on.ca)  

For information about the new  
Windsor-Essex Hospital System  
[www.windsorhospitals.ca](http://www.windsorhospitals.ca)



**URGENT TIA CLINIC**  
**STROKE PREVENTION**  
**OUTPATIENT CLINIC**



## WHAT JUST HAPPENED?

Your doctor suspects you may have experienced a “TIA” (transient ischemic attack), or a ‘mini-stroke’.

These episodes occur when part of the brain suffers from a temporary lack of blood flow. The feelings or symptoms you had will depend upon which part of your brain’s blood flow was temporarily affected.

You have just been seen and examined by a physician to rule out other serious causes of your symptoms. To reduce the stickiness of your blood, an anti-platelet medication such as Aspirin or Plavix may have been prescribed. This medication will help the platelets from sticking together. This will decrease the chance of clots forming which reduces your chances of having another TIA or stroke.

## WHAT CAN I EXPECT NEXT?

Your physician has made a referral for you to be seen by a Stroke Specialist and a Stroke Prevention Nurse. The secretary from the TIA Clinic will call to arrange your appointment. Please be advised that you could receive a call the morning of your appointment.

The goals of the clinic are to reduce the incidence of stroke by:  
Providing early assessments and appropriate interventions.  
Providing rapid access to diagnostic tests.  
Providing education to patients and family members regarding stroke prevention and the management of risk factors.

### REDUCE YOUR RISKS BY:

- Maintaining healthy blood pressure and cholesterol levels
- Controlled diabetes
- Healthy eating
- Active living
- Limited alcohol intake
- Smoke-free living
- Managing stress

### ON THE DAY OF THE CLINIC VISIT:

- You may undergo tests to help the doctor determine the cause of your symptoms; your treatment plan will depend on the results of these tests.
- Receive information about future tests, if necessary.

- Meet with a nurse at a later date for assessment, counseling, lifestyle and risk factor modification.

### WHAT DO I NEED TO REMEMBER FOR MY APPOINTMENT?

- You may be at the hospital for several hours, as you may have testing done.
- You may eat, drink, and take your medications as usual.
- You may need to bring or purchase a lunch.
- Bring a printed up-to-date list of all your medications.
- DO NOT drive until advised to do so by your family physician or the clinic physician.
- Bring a friend/family member with you to your appointment. If someone observed your episode the Neurologist or nurse may want to discuss it with them.

### WHAT TO DO IN THE MEANTIME:

- Take your medications as prescribed.
- Recognize the warning signs and symptoms of stroke, call 911 and return to the Emergency Department immediately if they occur.