



The Facts

2008 Stride4Stroke

- 2nd annual 5K Walk/Run will be held on March 8, 2008, on the Rice University campus.
- Houston's only 5K Walk/Run dedicated solely to stroke awareness.
- This year, the 5K run will be timed.
- Part of The Methodist Hospital System Taking Strides4Stroke: Community Stroke Awareness Campaign.
- Designed to promote education and awareness of stroke symptoms, treatment, prevention and research, through the annual implementation of small events and one major initiative.
- Funds raised benefit the Methodist Neurological Institute and its stroke outreach education which serves all Methodist System hospitals including The Methodist Hospital, San Jacinto Methodist Hospital, Methodist Sugar Land Hospital and Methodist Willowbrook Hospital.
- Goal of the five-year campaign is to create a stroke education program model at Methodist that can be used by other urban hospitals and communities throughout the nation.
- For more information on Stride4Stroke, visit www.methodiststride4stroke.com or call 832-667-5867.

Stroke

- On average, someone suffers a stroke every 45 seconds, and someone dies of a stroke every 3.1 minutes. Each year, about 750,000 people experience a new or recurrent stroke.
- Stroke is the third leading cause of death and the leading cause of serious long-term disability in the U.S. Approximately 4.8 million Americans are stroke survivors, and as many as 30 percent of them are permanently disabled. Strokes cost the nation an estimated \$63 billion in 2007.
- The greater Houston area has one of the highest incidences of stroke in the state, and Texas is one of the 10 states within the "stroke belt."
- More than 80 percent of stroke patients have ischemic strokes, where a clot causes an obstruction in an artery leading to the brain, restricting blood flow. A hemorrhagic stroke occurs when a blood vessel in the brain bursts. The interruption deprives the brain of blood and oxygen, causing brain cells to die and injuring the brain.
- "Time is brain" - Time lost is brain lost. The only FDA-approved clot-busting drug, tPA, must be administered within three hours of the onset of symptoms. Effective stroke treatment involves a coordinated, multi-disciplinary rapid response system, such as the one at Methodist's Eddy Scurlock Stroke Center.
- If you notice any of the following stroke warning signs, call 9-1-1 and ask emergency medical personnel to take you to a hospital with a **primary stroke center**:
 - 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; and

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- Sudden, severe headache with no known cause.
- Alternatively, the FAST method is an easy way to assess stroke symptoms. Share this information with those you know and you could help save a life:
 - **Face** - Does one side of the face droop? Ask the person to smile.
 - **Arm** - Does one arm drift downward? Ask the person to raise both arms.
 - **Speech** - Does their speech sound slurred or strange? Ask the person to repeat a simple phrase.
 - **Time** - If you observe any of these signs, it's time to call 9-1-1.

Eddy Scurlock Stroke Center / Methodist Neurological Institute

- With 18 beds, the Eddy Scurlock Stroke Center (ESSC) at the Methodist Neurological Institute (NI) is the largest dedicated stroke unit in Texas. The ESSC is a designated primary stroke center by The Joint Commission, one of 26 in Texas.
- Under the direction of medical director Dr. David Chiu, physicians and researchers are working on over a dozen clinical trials, ranging from treatment of acute ischemic stroke to prevention of secondary strokes.
- The NI houses the practice and research activities of the departments of neurology, neurosurgery, neurophysiology, neuroradiology and physical medicine & rehabilitation.
- Methodist is ranked among the country's top centers in 14 specialties in *U.S News & World Report's* 2007 *America's Best Hospitals* issue. The hospital ranked in more specialties than any other hospital in Texas, and is 9th in the nation for neurology and neurosurgery.
- For more information on the Methodist Neurological Institute, call 713.790.3333 or visit www.methodistneuroinstitute.com.