

Staying on the Leading Edge of Acute Stroke Management

Getting the Most From Acute Rehabilitation of Stroke

There's no doubt that acute management of stroke saves lives and helps mitigate long-term disability. But stroke care is a constantly evolving field, which means that hospitals and the medical professionals who work in stroke care must stay at the forefront of research in order to best serve patients.

This is part of the reason members of Washington Hospital's

stroke. At this point, we can get good results with administering tPA intravenously," he explains. "Then, if the patient comes in between four and six hours after the stroke, we would inject the drug directly into the brain and still get fairly good results."

Tissue plasminogen activator (tPA), also known as clot-busting medication, is one of the key tools in acute stroke care. Unfor-



At an upcoming stroke education session, Washington Hospital clinicians will discuss stroke rehabilitation and chronic care after stroke. Chronic problems that stroke survivors must overcome and the toll stroke takes on caregivers will also be addressed. To learn more about acute management of stroke, as well as rehabilitation and chronic care following stroke, make sure to attend the upcoming free Stroke Education Series seminar Tuesday, Dec. 4, from 6 to 8 p.m. in the Conrad E. Anderson, M.D. Auditorium, Rooms A and B, located at 2500 Mowry Avenue (Washington West) in Fremont. To register for the upcoming seminar, call (800) 963-7070 or visit www.whhs.com and click on Upcoming Health Seminars.

Stroke Program recently attended and presented research at the 8th World Stroke Congress in Brazil.

The forefront of stroke care

"We are staying on the leading edge of stroke research in a way that many community hospitals cannot," says Dr. Ash Jain, cardiologist and medical director of the Stroke Program. "Techniques for acute management of stroke are always advancing, and to best serve our patients, we need to stay ahead of the curve, which is exactly what we are doing."

Next Tuesday, Dec. 4, Dr. Jain and Stroke Program Clinical Coordinator Doug Van Houten, R.N., will present a free seminar focusing on Acute Management of Stroke/Chronic Care and Stroke Rehabilitation.

"Attending the World Stroke Congress reaffirmed our goal to treat stroke as quickly as possible once a patient reaches our Emergency Room," according to Dr. Jain. "Acute management of stroke is all about timing, and even small delays can have heavy costs."

Dr. Jain says he is more determined than ever to maximize the use of intravenous (IV) tPA and associated interventional techniques for eligible patients, which requires that patients reach the ER as soon as possible.

"It is in our power to improve our times, which will maximize the number of patients who benefit from advanced treatment options, including interventional techniques in our Cath Lab," he explains. "However, it is very much up to community members to understand stroke so that they know how imperative it is to call 9-1-1."

Because timing, he says, is everything.

"Let's say the patient comes in within four hours of suffering a

stroke. At this point, we can get good results with administering tPA intravenously," he explains. "Then, if the patient comes in between four and six hours after the stroke, we would inject the drug directly into the brain and still get fairly good results."

The goal, in all cases, is to preserve as much brain function as possible. However, after eight hours, most of the damage to the brain has been done, and the window for acute treatment has usually closed.

"With the latest research and best tools at our disposal, we save lives and help reduce the chances of long-term disability from stroke, but it's people in the community who first need to recognize the signs and symptoms and call 9-1-1 immediately," Dr. Jain says.

The way back from stroke

After acute management of stroke is done, when as much brain function as possible has been spared, patients begin the task of acute rehabilitation. And this is the stage, according to Doug Van Houten, when patients can make real strides by working with the professionals he calls the "unsung heroes" of stroke care. Speech therapists, occupational therapists and physical therapists work tirelessly with patients to help them regain lost function, including speech, activities of daily living and mobility.

Van Houten is quick to note, though, that recovery starts with the stroke survivor, who many times is dealing with depression on top of stroke recovery.

"During this seminar of the Stroke Education Series, my emphasis will be on depression, a serious factor that can displace somebody's ability to participate

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Learn All About Diabetes Medications at Upcoming Free Seminar

A recent study by the Centers for Disease Control has revealed that, between 1995 and 2010, the rate of diabetes cases in 42 U.S. states increased by at least 50 percent. In the remaining 18 states, the rate of diabetes doubled during the same period.



Besides insulin, there is a variety of other medications to help people control their diabetes. On Thursday, Dec. 6, from 7 p.m. to 8 p.m., Washington Hospital is holding a free diabetes education seminar called "Straight Talk about Diabetes Medications." The class is open to the public as part of the monthly Diabetes Matters series sponsored by the Washington Outpatient Diabetes Center. For more information call (510) 745-6556.

"Today, more people are living with diabetes and it's important that they understand how to manage their disease," said Adrian Palisoc, PharmD, a postgraduate pharmacy practice resident in the Clinical Pharmacy at Washington Hospital. "In addition to making lifestyle changes, people with diabetes need to understand their treatment options, and that includes the various medications and how they work."

On Thursday, Dec. 6, from 7 p.m. to 8 p.m., Palisoc and Michele Siu, PharmD, also a pharmacy practice resident at the Hospital, will lead a free diabetes education seminar called "Straight Talk about Diabetes Medications." The class is open to the public as part of the monthly Diabetes Matters series sponsored by the Washington Outpatient Diabetes Center.

Intended to provide science-based information to help all community members increase their knowledge about diabetes, Diabetes Matters is held in the Conrad E. Anderson, M.D. Auditorium of the Washington West building next to Washington Hospital at 2500 Mowry Ave. in Fremont. Advance registration is not required. Following the program, there will be a meeting of the Center's Diabetes Support Group. People with diabetes, their families and caregivers are welcome to participate.

"During the class, we'll start by talking about the basic biology of diabetes—what it is and how it affects your body," explained Palisoc.

When people have diabetes, the levels of glucose, or sugar, in their blood are too high. That's because the glucose stays in the blood rather than going into the cells of the body to produce energy. Ideally, insulin—a naturally occurring hormone secreted by the pancreas—helps the glucose enter the cells. When someone has diabetes, this doesn't happen.

There are two types of diabetes. With type 1, the body doesn't make insulin, so having regular insulin injections is the only way people with type 1 diabetes can control their blood glucose levels. With type 2 diabetes, the body doesn't make enough insulin and the cells don't take in glucose as well as they should.

"It's very important that people manage their diabetes because high levels of blood glucose can cause damage to vital organs, and this could lead to heart attacks, strokes or other serious, even life threatening, health problems," added Palisoc. "One way to manage diabetes is with medication."

Palisoc went on to explain that, once people start taking medication to help manage their diabetes, it is most likely they will need to be on it for the rest of their life.

"So, if someone is not on diabetes medication yet, and depending on blood test results, we encourage them to try managing their diabetes through healthy lifestyle changes, including diet and exercise," Palisoc stated. "If this doesn't help get their blood glucose levels under control, they will need to start taking medication."

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Washington Hospital Healthcare System

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fully in rehab," he explains. "After stroke has occurred, rehab is really the only way back. Based on the research, depression is something that is expected, because it occurs in as many as 30 percent to 40 percent of stroke survivors. It's also something that's pretty treatable."

He says that the kind of depression common after a stroke usually can be successfully treated with medication.

Unfortunately, there are challenges that prevent many stroke survivors from getting the help they need in the first place.

"Many still feel a stigma about depression," he says. "They'll say, 'Well, I'm not the kind of person who has mental problems or can't control my emotions.' On the other hand, some people really don't even see depression in themselves; they just know they're not doing well."

Most significantly, by not seeking help for depression, Van Houten says, stroke survivors can jeopardize their recovery.

"Emotional stress leads to behavioral changes like disinterest and apathy," he says. "It's this downward spiral. Despite the fact that rehab can help you, depression makes you less likely to do rehab, which makes it harder to get better, causing you to go down and dThe good news is that there are plenty of resources for stroke survivors. Van Houten facilitates the monthly Stroke Support Group at Washington Hospital, and says it's the perfect opportunity for stroke survivors to get out of the house and talk to other people who understand the challenges they're going through."

"It's very touching in stroke support when you have a new person come to the group," he says. "When you see a person really experienced with stroke talking to someone new, it's great to watch that relationship and the stroke mentorship that takes place. It's encouragement; it's understanding; it's advice."

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For more information about the Stroke Program at Washington Hospital, visit www.whhs.com/stroke.

Let's Go Birding!

SUBMITTED BY MYRON FREEDMAN

The San Francisco Bay is a fabulous winter haven for thousands of shorebirds and waterfowl. Join a shore side walk to discover some of the winter migratory birds in the Bay Area on Sunday, December 2, from 10 a.m. - 12:30 p.m.

The migratory birds have arrived from up north in Alaska, and should be found in abundance in both the mud flats that have tidal flow and the flooded salt ponds. Dress warmly, wear good walking shoes, and bring binoculars if you have a pair. Registration for the walk is required. The group will meet at the Eden Landing Ecological Reserve parking lot at the intersection of Clawiter and Arden Road. To reserve your spot, call Hayward Area Historical Society at (510) 581-0223. Tickets are \$8 for adults and \$5 for seniors and students. No dogs allowed.

Hayward Area Historical Society and the Hayward Shoreline Interpretive Center are collaborating to offer this fun and enlightening program. The Hayward Area Historical

Society preserves and interprets the diverse history of the Hayward, Castro Valley, and San Lorenzo area through educational programs, history exhibitions, and the preservation of historic sites and artifacts. The Hayward Shoreline Interpretive Center is your introduction to the ecology of the San Francisco Bay-Estuary. The Interpretive Center features exhibits, programs and activities designed to inspire a sense of appreciation, respect and stewardship for the Bay, its inhabitants and the services they provide.

For additional information regarding "Let's Go Birding!" contact Johanna Fassbender at (510)581-0223 or visit www.haywardareahistory.org.

Let's Go Birding!

Shore Walk

Sunday, Dec 2

10 a.m. - 12:30 p.m.

Eden Landing Ecological Reserve

Clawiter and Arden Rd., Hayward

(510) 581-0223

www.haywardareahistory.org

Tickets: \$8 adults, \$5 seniors and students

Community workshops for General Plan Update

SUBMITTED BY ERIK PEARSON

The General Plan is a city's basic planning document that provides a blueprint for development, guides growth and sets land use policy city-wide. The purpose of a General Plan is to: identify land use, transportation, environmental, economic and social goals and policies as they relate to new development; provide a basis for the City's decision-making; provide citizens with an opportunity to participate in the planning and decision-making process; and inform citizens, developers, decision-makers and others of the ground rules that guide development within the city.

Community input is needed to establish the vision for the City of Hayward which will hold six community workshops in November and December 2012 to prepare for a comprehensive update of the City's General Plan. The meetings will be:

Thursday, Nov 29

7 - 9 p.m., Conference Room 2A,
City Hall, 777 B Street, Hayward.

Saturday, Dec 1

10 a.m. - 12 p.m., to Noon Conference Room 2A,
City Hall, 777 B Street, Hayward.

Monday, Dec 3

6:30 - 7:45 p.m., MLK Middle School
26890 Holly Hill Avenue, Hayward.

Thursday, Dec 6

6:30 - 8:00 p.m., Fairway Park Baptist Church
425 Gresel Street, Hayward.

Monday, Dec 10

6:30 - 8:00 p.m., Conference Room A/B
(near the Food Court), Southland Mall, Hayward.

Wednesday, Dec 12

6:30 - 7:45 p.m., Hayward High School
1633 East Avenue, Hayward.

Spanish translation is available at all meetings. At the community workshops, participants will be asked to share: their favorite place in Hayward; what they consider to be the community's biggest assets, challenges and opportunities; and "Why you love Hayward."

For more information and to sign-up for regular updates, visit the City's website at www.hayward-ca.gov/GENERALPLAN/

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