



WARNING SIGNS OF STROKE:

- » 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
- » Sudden, severe headache with no known cause

BE PREPARED FOR AN EMERGENCY

- » Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
- » Find out which area hospitals are primary stroke centers that have 24-hour emergency stroke care.
- » Know (in advance) which hospital or medical facility is nearest your home or office.

TAKE ACTION IN AN EMERGENCY

- » Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away!
- » Check the time. When did the first warning sign or symptom start? You'll be asked this important question later.
- » If you have one or more stroke symptoms that last more than a few minutes, don't delay! Immediately call 911 or the emergency medical service (EMS) number so an ambulance (ideally with advanced life support) can quickly be sent for you.
- » If you're with someone who may be having stroke symptoms, immediately call 911 or the EMS. Expect the person to protest — denial is common. Don't take "no" for an answer. Insist on taking prompt action.

If you notice one or more of these signs, don't wait. Stroke is a medical emergency. Call 911 or your emergency medical services. Get to a hospital right away!

—Courtesy of the American Heart Association.

{WAR STORIES}

IS THERE A DOCTOR IN THE HOUSE?

Event Lab client comes to the rescue. BY SHERI O'MEARA



PLANNERS CAN CAREFULLY PLAN for every eventuality. But when a medical emergency strikes, the best-laid plans are often out the window. At those times, it helps to have a doctor in the house...or a couple hundred of them. ¶ Such was the case at a December holiday party at Chippewa Falls Art Center, planned by Event Lab for the brain and spine institute of Sacred Heart Hospital. Project Manager Teddi Sellick tells us the story:

A team of event professionals from Event Lab traveled to Wisconsin to work the event. During the event, one of our team members was working in the kitchen area when something wasn't right. As I walked into the kitchen and noticed that he was trying to grab a soda, his hand wasn't connecting with the can. He tried over and over to pick up the can but couldn't perform that simple task. When I asked if everything was OK, I noticed that the right side of his face was drooping and his speech wasn't clear.

Immediately, I sat him down and asked another team member to stay with him. As luck would have it, the event was being thrown for doctors, so finding a doctor in the house was not a problem! A stroke specialist came back to the kitchen. Once he did the evaluation, he realized that he was having a stroke. He called 911 and got an ambulance to take him directly to a hospital 15 miles from the venue.

He made it to the hospital and was being looked after by a neurologist ER doctor within 45 minutes of the initial detection. We found out later that this saved his life, as his bleeding was catastrophic. He was treated with a new stroke product, which must enter the body in less than two hours. He was put into intensive care and had to remain there for several days. He is now home and receiving physical and occupational therapy. He is doing very well and getting better every day thanks to the wonderful team at Sacred Heart Hospital. We are very proud of the Neurosciences/Stroke program that was able to help in his recovery.

What Teddi doesn't say: The employee-patient is her husband, Reggie. So we're even happier to report on the happy ending!