Quality of Care NL

Stroke Prevention in Newfoundland and Labrador
What is Carotid Stenosis?

• **Carotid arteries** in the neck carry oxygen-rich blood to the brain.

• Plaque builds up in the arteries and can cause narrowing called **Carotid Stenosis**.

• If symptoms of carotid narrowing occur, surgery may be necessary very soon.
Did you know?

• Symptoms occur when the carotid arteries become very narrow or a clot forms, blocking blood flow to the brain.

• This may cause a mini-stroke or TIA

• Mini-stroke or TIA are a warning of serious disease and need **urgent attention** to prevent stroke

• In Newfoundland and Labrador we have far more strokes than the rest of Canada

Stroke Prevention in Newfoundland and Labrador
Dr. Greg Browne, Chief of Vascular Surgery
St. Clare's Mercy Hospital
Symptoms to act on

Sudden onset of:

1. Weakness to one side of the body (face, arm or leg)
2. Trouble Speaking
3. Temporary Blindness in one eye

Remember

FACE is it drooping?
ARMS can you raise both?
SPEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

If you have any of these symptoms, even if they only last for seconds or minutes, you need to call 9-1-1.
When do I need a test?

- Sudden onset of high-risk symptoms needs urgent testing!
- Without symptoms, carotid artery testing is not helpful and may prevent someone who needs an urgent test from being seen.
What's happening here?

- Over 2000 carotid tests each year
- 1/3 are for high risk symptoms
- The system is clogged with people who don’t need the test
- High risk patients should have a test right away but they may wait more than 7 days
- They may have a stroke while they are waiting
Remember

Sudden onset of:

• Weakness on one side
• Speech difficulty
• Visual loss in one eye

Go to Emergency right away, you need carotid testing.

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