

SPRING 2005

# Innovations IN HEALTH

There is New  
**HOPE**  
for  
**Stroke**

Volume 1 | Number 1

## ASAP

When stroke happens,  
you must act fast.  
The new Acute Stroke  
Activation Program  
(ASAP) at Oak Hill  
Hospital is here to give  
you new hope for stroke.



**Oak Hill  
Hospital**

Care that revolves around you.™





## CEO Letter

As Hernando and Citrus counties' longstanding leader in healthcare excellence, Oak Hill Hospital is dedicated to providing the communities we serve with the latest advancements in medicine and technology. We are innovators in healthcare and continue to look for new programs to further improve your vitality and well-being.

We are proud to announce the latest addition to our services—Acute Stroke Activation Program (ASAP), a program designed to rapidly diagnose and treat stroke patients to prevent disability and death. In the following pages, you will read more about stroke, the imperativeness of getting immediate medical help, the latest medicine designed to stop strokes caused by blood clots, and our new program.

Our mission is to provide excellence in healthcare and patient service. ASAP is just one of the many ways we are fulfilling this goal. If we save one life, the thousands of hours of preparation devoted to developing this program will be worthwhile.

Yours in health,

Mickey Smith  
Chief Executive Officer

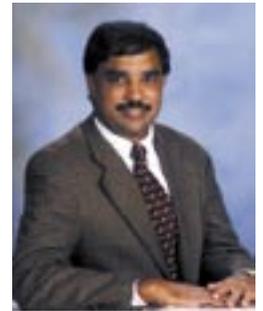
## An All-Star Stroke Team

**At** Oak Hill Hospital, the compassionate and experienced physicians on our stroke team provide high-quality healthcare to the residents of Hernando and Citrus counties every day. We thank them for their continued dedication.

Robert Blackburn, DO, Family Practice  
Ganesh Chari, MD, Neurology  
Daniel Newhaller, DO, Emergency Medicine  
Joseph Parise, MD, Radiology  
Alan Sherman, DO, Emergency Medicine

"I'm gratified to work with such a distinguished group of physicians to help champion stroke care at Oak Hill Hospital," says Ganesh Chari, MD, Neurologist on staff at Oak Hill. "We are proud of the program we have developed and the lifesaving care it brings to stroke patients in our area."

For a physician referral, please call (352) 597-6333 in Hernando County or (352) 628-6060 in Citrus County, or visit [www.oakhillhospital.com](http://www.oakhillhospital.com).



Ganesh Chari, MD

## Stroke: What You Need to Know

- FACT:** Someone suffers a stroke every 53 seconds.
- FACT:** Someone dies from stroke every three minutes.
- FACT:** More than 68 percent of Americans cannot name the most commonly recognized stroke warning sign.
- FACT:** Stroke is the number one cause of disability among adults.

**Know the symptoms of stroke to help yourself or someone you love.**

### Recognize the Warning Signs

Sudden onset of:

- weakness or numbness on one side of the body involving the face, arm, or leg
- inability to speak or slurred speech
- blindness in one or both eyes or double vision that occurs suddenly
- impaired balance, falling to one side, or inability to stand
- severe headache with no known cause

Oak Hill Hospital knows every second counts in a stroke. By calling 911 at the first signs of a stroke, lifesaving treatment can begin immediately.

Source: American Stroke Association



# Oak Hill Hospital: Your First Response for Stroke

**Oak Hill Hospital proudly introduces its new, comprehensive stroke program—Acute Stroke Activation Program (ASAP).**

It's 3 a.m. Your spouse wakes you as he's stumbling out of bed, unable to stand up or speak clearly. You're fear-stricken as you run to his side. Then suddenly you recognize his behavior as signs of a stroke. You know you have to act fast because seconds count when a stroke occurs. You call 911 and request your spouse be taken to Oak Hill Hospital—the first and only primary stroke center in Citrus and Hernando counties.

**S**troke is a form of cardiovascular disease. It's caused when an artery that delivers oxygen-rich blood to your brain bursts (a hemorrhagic stroke) or is blocked by a blood clot (ischemic stroke). When this occurs, your brain, which controls your body's functions, is deprived of the oxygen and blood it needs. As a result, brain tissue begins to die. Without immediate medical intervention, this can lead to paralysis, memory loss, and impaired speech and vision.

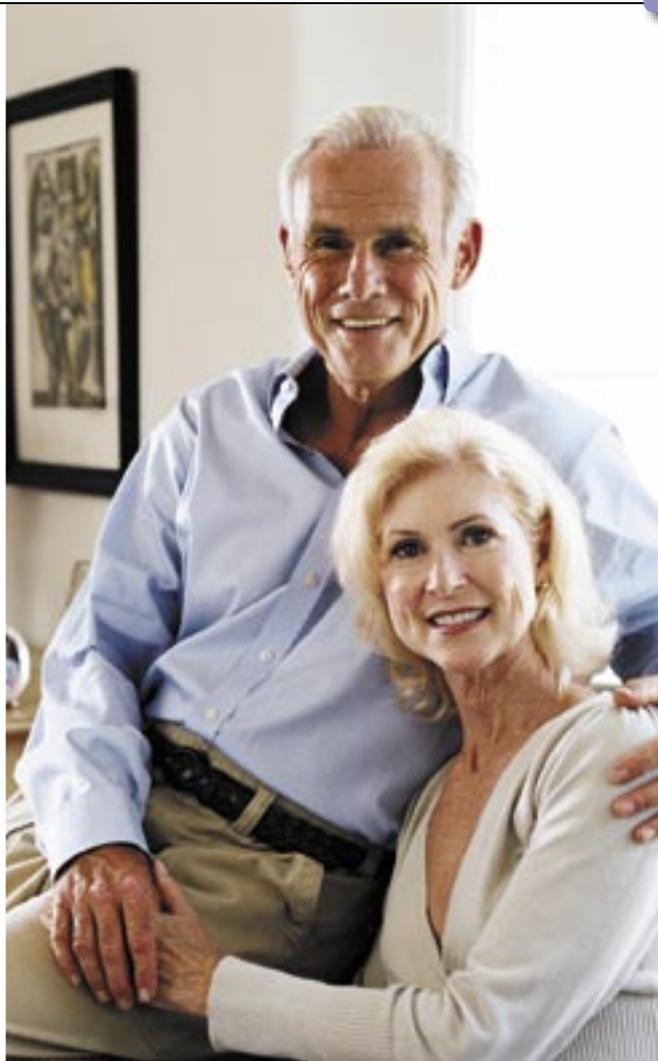
## The Care You Need—Fast

The Acute Stroke Activation Program (ASAP) of Oak Hill provides you with rapid response when stroke strikes. Emergency medical services (EMS) personnel can evaluate your symptoms and call ahead to alert the emergency department (ED) at Oak Hill of your arrival.

Once notified, specially trained radiologists in the ED prepare to evaluate your condition using a computed tomography (CT) scan. As a stroke patient, you'll bypass

any waits in the ED because EMS personnel will take you immediately to Oak Hill's CT scanner. A physician promptly interprets the CT images and notifies your family of the results. If the scan reveals you're suffering an ischemic stroke and you've arrived in the ED within three hours of the onset of your symptoms, physicians may elect to administer a clot-busting medication called tissue plasminogen activator (tPA). Administered within the three-hour window of symptom onset, tPA can dissolve the blood clot causing the stroke and reduce your chance of permanent disability. The rapid response of ASAP is critical because the chance of stroke survival is directly linked to how quickly clot-busting medication is administered.

*Don't take a chance with your loved one. Call 911 and come to Oak Hill at the first sign of stroke. Read "Stroke: What You Need to Know" for a complete listing of stroke symptoms.*



## Are You at Risk?

Use this simple assessment to determine if you're at risk for stroke.

- |                              |                             |   |
|------------------------------|-----------------------------|---|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I smoke.                                |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I'm diabetic.                           |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I use insulin.                          |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I take medication for hypertension.     |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I take medication for high cholesterol. |

If you answered "yes" to two or more questions and are age 50 or older, you may be at an increased risk. Talk to your doctor about ways you can address your risk factors. For referral to a physician on staff at Oak Hill Hospital, call (352) 597-6333 in Hernando County or (352) 628-6060 in Citrus County.



## Convenience Is Key

Whether you live in Hernando County, Citrus County, or a neighboring community, Oak Hill Hospital is a convenient choice for you.

11375 Cortez Blvd., State Road 50  
Brooksville, Florida 34613

**Directions:**

Oak Hill Hospital is located 2 miles east of US-19 and 3.5 miles west of Suncoast Parkway on Cortez Blvd., State Road 50.



## Contacts You Need to Know

**Do** you suspect a stroke?

**Call 911**—and record the time of onset of symptoms. Always make this your first step when stroke symptoms are present.

At Oak Hill, we are dedicated to providing care that revolves around you—and that includes being easily accessible.

Whether you're internet-savvy, love talking on the phone, or prefer to use the postal service, you can get in touch with Oak Hill. Here's how:

**Web site:** [www.oakhillhospital.com](http://www.oakhillhospital.com)

**Additional websites:**

[www.americanheart.org](http://www.americanheart.org)

[www.strokeassociation.org](http://www.strokeassociation.org)

**Main hospital phone number:** (352) 596-6632 in Hernando County or (352) 628-6441 in Citrus County

**Physician Referral/Consult-a-Nurse:** (352) 597-6333 in Hernando County or (352) 628-6060 in Citrus County

**Mailing address:** Oak Hill Hospital  
11375 Cortez Boulevard  
State Road 50  
Brooksville, FL 34613

