



# ICAHN

Illinois Critical Access Hospital Network

# Stroke Newsletter

## Prevention and treatment work *together* to end stroke

Learn how to spot a stroke and how to prevent another.



## World Stroke Day is **October 29**.

Join millions around the world in spreading the word about secondary stroke prevention and treatment. One day together can help fight stroke 365 days a year.

## Dates to Remember

### ■ OCT. 10 @ 12 PM

Visit [www.aha.org/teamtraining](http://www.aha.org/teamtraining) to register for the free monthly webinar, "Hardwiring TeamSTEPPS Into Trauma Resuscitations: Optimizing Tar Heel Trauma Care."

### ■ OCT. 22 @ 11 AM

Please watch for an invite from Renee with "Get With the Guidelines." She will be providing a webinar to review use of the GWTC website.

## Education, Resources & Websites

The American Heart Association: <https://learn.heart.org>

ICAHN Website: [www.icahn.org](http://www.icahn.org)



*I plan to*  
**PRACTICE PREVENTION**  
*instead of having another stroke.*

*About one in four stroke survivors is at risk for another. Fortunately, most strokes can be preventable.*

**LEARN MORE**



*Learn and share*  
**F.A.S.T.**

*When stroke strikes, every second counts. Need help remembering the warning signs? It's easy with the F.A.S.T. Parody Video.*

**WATCH IT NOW**



*Join the*  
**CONVERSATIONS**

*Let's talk about stroke – and how to recognize and prevent another one. Join the live Facebook Q&A on "Preventing Another Stroke" on October 13 at 2 p.m. CST and the Twitter #StrokeTalk on "Stroke Warning Signs & Treatment" on October 19 at 1 p.m. SCT.*

**FACEBOOK Q&A**

**#STROKETALK**

Click here to access the **World Stroke Day Toolkit** and other resources.



## October is **Breast Cancer Awareness Month**.

Combine a Stroke Awareness and Breast Cancer Awareness booth! Engaging the community outside of the gym as everyone arrives/during/leaving a high school volleyball game is a great way to do this and promote your hospital!

For more information, contact:

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