

East Kootenay TIA Clinic



Interior Health
Every person matters

You will be contacted by the TIA clinic nurse within 72 hours.
If not, please call 250-489-6414.

Patient Information

www.interiorhealth.ca

You have been referred to the East Kootenay TIA Clinic because:

- You have displayed signs and symptoms that are consistent with having a Transient Ischemic Attack (TIA) or a minor stroke.
- You are safe to go home but it has been recommended that you have rapid investigations to reduce your risk of having a complete stroke.

Appointments (two locations)

Hours: 8:30 a.m. – 3:30 p.m.

Monday to Friday, closed Statutory Holidays

- **East Kootenay Regional Hospital**
13 - 24th Avenue North
- **Cranbrook Health Unit**
20 - 23rd Avenue South
- Available to residents of Cranbrook, Kimberley, Creston, Elk Valley (Fernie, Sparwood, Elkford), Columbia Valley (Invermere, Golden, Canal Flats)

If you experience any of the following TIA/stroke symptoms, call 9-1-1 or go to the nearest Hospital Emergency Department:

- Weakness, numbness or paralysis of the face, arm or leg (especially one side of the body).
- Difficulty speaking or understanding speech.
- Sudden loss of vision in one eye.
- Sudden dizziness and inability to walk.
- There is usually no pain.

What to expect:

- TIA Clinic Nurse will phone you to get more information about your TIA episode.
- Diagnostic testing will be arranged as needed, usually at the East Kootenay Regional Hospital. Some lab work may be done at your community lab. Further testing may include: CT Head Scan; CT Angiogram, Head & Neck; Carotid Ultrasound; EKG; Lab work; 24 hour Holter Monitor; Echocardiogram
- TIA Clinic appointment will be booked, usually within one week.
- If you do not live in Cranbrook we will try to book all appointments on the same day as your TIA Clinic appointment in Cranbrook. Plan for a full day of appointments.

What to bring/know:

- Medications, blood sugar records, blood pressure records, home blood pressure monitor.
- Driver – no driving until assessed in TIA Clinic.
- Snacks/book in case of appointment delays.
- Pay parking at East Kootenay Regional Hospital and Cranbrook Health Unit; usually best to pay for a full day, as your appointment may take 3-4 hours.

IMPORTANT!

1. NO DRIVING.
2. If you experience any TIA/stroke symptoms, call 9-1-1 or go to the nearest Hospital Emergency Department.

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
Call 8-1-1	Dietitian	9 am – 5 pm	Mon – Fri	
	Pharmacist	5 pm – 9 am	Daily	
	www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1	

TIA: Transient ischemic attack

What is a TIA?

A TIA (transient ischemic attack) is when there is a temporary blockage of the blood supply to the brain. TIA is often called a mini-stroke.

TIA is a serious warning that you are at higher risk of stroke.

How do you recognize a TIA?

The symptoms are similar to a stroke. They last only a few minutes and less than an hour.

FACE is it drooping?

ARRMS can you raise both?

SPEECH is it slurred or jumbled?

TIME to call 9-1-1 right away or your local emergency number.

If you think you are having a TIA or stroke, call 9-1-1. If you are not admitted to a hospital, ask when you will be seen at a stroke prevention clinic and how that is arranged.

What causes a TIA?

The most common causes of a TIA are:

- A blood clot
- The buildup of plaque in your arteries.

Both reduce blood flow to your brain.

What are the risk factors?

Risk factors include:

- Some things that you cannot control, like age and family history.
- Many things that you can control, including medical conditions and everyday lifestyle habits.

The good news is that healthy lifestyle habits can protect your health and lower your risk of stroke. These habits will help you to keep a healthy weight, prevent or manage high blood pressure, manage stress and much more.

What can you do?

Talk to your doctor about a stroke prevention plan. You should discuss:

- Treatment of any medical conditions that may affect your risk. This may include medication, in addition to your lifestyle habits.
- Most common conditions related to TIA are:
 - High blood pressure,
 - Atrial fibrillation (Afib) – a condition involving an irregular heart rhythm,
 - Diabetes,
 - High cholesterol.

Know the signs. Call 9-1-1 if you experience them.

Learn about the everyday choices that you can make to reduce your risk factors.

Have the big picture in mind when you make your prevention plan. What is important to you? To be able to travel? To be able to play with your grandchildren?