Stroke can affect people of all age, race, and gender. It can also affect people in all geographic locations. In many smaller communities throughout the Intermountain West, there aren’t enough neurologists to care for people who have suffered from strokes. Over the past several years, neurologists from the University of Utah have partnered with various hospitals throughout the region to provide expert neurology care in these communities. This includes Utah, Montana, Idaho, Wyoming, Colorado and Nevada. Our neurologists are able to use a web based platform and camera system to treat stroke patients in their local hospitals. This technology is called telestroke.

Many of these areas would not otherwise have access to specialized care and treatment by a neurologist. By using telestroke, patients are able to get timely and the best specialized care and treatment for their condition. Since a new stroke can only be treated within a certain time period, it is very important to quickly see a physician who can expertly diagnose and treat strokes.

When the University of Utah is called by a hospital capable of using telestroke, we are able to speak with the patient, their family, and the medical staff to create a stroke treatment plan and discuss our thought processes. With the assistance of the medical staff, we are able to perform a detailed physical examination to help decide whether a patient is a candidate for the clot busting medication tPA or for having a clot removed with a catheter to help improve their symptoms of stroke.

Our mission at the University of Utah Stroke Center is to reduce the incidence and disabling effects of stroke by leading the intermountain region in stroke care, education, and research. One way we are doing this is by utilizing telestroke. This is how neurologists at the University of Utah are able to help take care of patients in under-served communities by providing the best care, expertise, and education for patients as quickly as possible. If you notice somebody with symptoms of stroke, it is important to call 911 immediately because this can lessen symptoms of a stroke and save lives.
A healthy blood pressure is less than 120/80. One out of three adults over the age of 20 in the U.S. has high blood pressure. When you have high blood pressure you don’t have obvious symptoms. The only way to determine how you are doing is to take a blood pressure reading. Taking a reading is a simple procedure that only takes a few moments but can tell you a lot. Uncontrolled high blood pressure is the greatest risk factor for stroke. It puts your health at risk! To know it is important and if you discover it is high, your doctor will work with you to manage it.

What do your blood pressure numbers mean? Track your blood pressure and other resources

If you’re into Social Media, use it as a resource. Here is how:

Facebook:
#1: If you discover your blood pressure is high, work with your doctor to manage it. Get the facts and learn what your numbers mean: http://www.heart.org

#2: Need help managing your blood pressure? View tools and resources here: http://www.heart.org/

Twitter:
#DYK 1 in 3 people over the age of 20 has high blood pressure? Find out where you rank: HEART.ORG

Instagram:
#1: DYK 1 in 3 people over the age of 20 has high blood pressure? Take a blood pressure reading and find out where you stand. It’s important to your health!

Suggested hashtags: #bloodpressure #highbloodpressure #bp #hbp #learn #heart #heartwarrior #health #healthinfo #healthtip

Need help managing your blood pressure? View tools and resources here: HEART.ORG