

TIA: Transient Ischemic Attack



ORGANIZED CARE
STROKE
SOINS COORDONNÉS DE L'AVC
PRINCE EDWARD ISLAND/ÎLE-DU-PRINCE-ÉDOUARD

Health PEI

Disclaimer

This is general information from the Health PEI Organized Stroke Care Program based on information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider; the intent is to provide basic facts or understanding of TIA.

Please consult your own family physician/NP who will be able to determine the appropriateness of the information for your specific situation.

You have been referred to the Provincial Secondary Stroke Prevention Clinic



Phone: 902-368-5506

Fax: 1-833-520-1446



**The Polyclinic, 199 Grafton Street, Suite 307
Charlottetown**

You will be contacted by the clinic with an appointment.

If you are staying with a friend or family member, please call the Provincial Secondary Stroke Prevention Clinic and provide us with your contact numbers.

What is a TIA?

The medical term is Transient Ischemic Attack (TIA). A TIA is sometimes called a mini-stroke. It happens when a clot stops blood from flowing to the brain for a short time. The symptoms of TIA can be the same as the symptoms of a stroke except they get better within a few minutes or hours. Having a TIA is a warning sign. It tells you that you have a higher risk of having a stroke and is a medical emergency. Recognize and respond immediately to any of these signs by calling 9-1-1.

Learn the signs of stroke

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

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**If you have any of these symptoms,
even lasting a couple of minutes**

CALL 9-1-1 Immediately

What you can do:

The doctor/NP may give you new medications to help you prevent a stroke. It is very important that you take your medications as ordered.

It is important to do certain tests to determine the cause of your TIA and what may have blocked blood flow to your brain. These tests will help you and your doctor/NP determine the best way to prevent a stroke.

DO NOT DRIVE until advised by your physician/NP.

What will happen now?

Some or all of the following tests may be organized for you:



Carotid Doppler

Ultrasound of the arteries of the neck



Echocardiogram

Ultrasound of the heart







Holter Monitor


Portable monitor that measures the electrical rhythm of your heart for a period of 48 hours to weeks



Fasting Blood Tests









To determine blood levels of cholesterol and sugar

Test/Appointment	Date/Time	Location
Carotid Doppler 	<div>_____</div> <div>DD/MM/YYYY</div> <div>_____</div> <div>Time</div>	Queen Elizabeth Hospital <i>You will be contacted with an appointment</i>
Echocardiogram  This test is not always required, this will be determined by the doctor/NP	<div>_____</div> <div>DD/MM/YYYY</div> <div>_____</div> <div>Time</div>	Queen Elizabeth Hospital Prince County Hospital Kings County Memorial Hospital <i>You will be contacted with an appointment</i>
Blood Tests (Fasting**) 	<i>Please call to make an appointment</i> **The night before your test, do not eat or drink anything after 12:00 am, midnight <div>_____</div> <div>DD/MM/YYYY</div> <div>_____</div> <div>Time</div>	Queen Elizabeth Hospital Prince County Hospital Local community Hospital You may take your morning medications with a small sip of water. If you are diabetic , please check with your Health Care Provider Paperwork will be given to you to take to the lab.
Holter or Loop Monitor  This test is not always required, this will be decided by the physician	<div>_____</div> <div>DD/MM/YYYY</div> <div>_____</div> <div>Time</div>	Queen Elizabeth Hospital Prince County Hospital Local community Hospital <i>You will be contacted with an appointment.</i>

Test/Appointment	Date/Time	Location
Stroke Prevention Clinic  Visit with the Neurologist The Neurologist and a Registered Nurse will meet with you to discuss your test results and develop a plan with you to reduce your risk of stroke in the future.	<div>_____</div> <div>DD/MM/YYYY</div> <div>_____</div> <div>Time</div> <div>_____</div> <div>Doctor's Name</div>	The Polyclinic 199 Grafton Street Suite 307 Charlottetown Please bring a copy of your medication list including name, dose and how often you take your pills, or bring your medication bottles. Please arrive 15 minutes prior to your appointment
	Please bring your: <ul style="list-style-type: none"> ✓ Health Card ✓ List of all current medications, or bring your medication bottle ✓ Please bring any test results relevant to this appointment with you for review by the Neurologist 	

Knowing your stroke risk factors is an important step in preventing a stroke. Some risk factors include your age or family history which we cannot change. The risk factors on the following page can be improved through specific lifestyle changes that will be discussed at the Provincial Secondary Stroke Prevention Clinic visit.

Some common risk factors for TIA and stroke include:

	High Blood pressure		Inactivity
	Smoking		Alcohol/drug abuse
	High blood cholesterol		Diabetes
	Obesity		Heart Disease

You can take steps to help reduce your risk of a stroke by talking to your doctor/NP or nurse and making changes to your lifestyle.

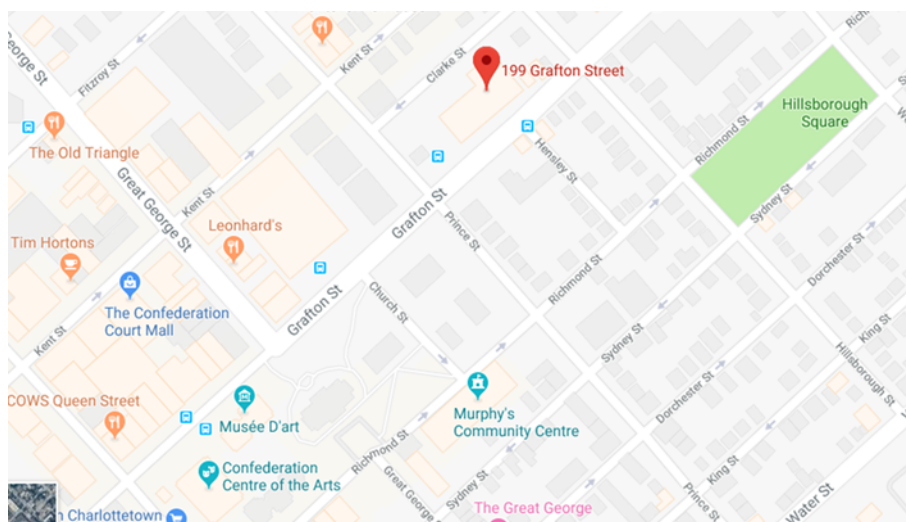
Some changes include:

- **Quitting smoking**
- **Achieving a healthy blood pressure**
- **Eating healthy**
- **Achieving a healthy weight**
- **Being active**

Talk to your doctor/NP or nurse about your risk and make a plan to prevent a stroke!

Location

The Polyclinic
Provincial Secondary Stroke Prevention Clinic
199 Grafton Street, Suite 307
Charlottetown



Paid parking and wheelchair access at the back of the Polyclinic building.

Metered and unmetered parking available on Grafton Street.

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