The Stroke Center at Mount Sinai South Nassau
In the event of a stroke, it is important to call 911 because every second counts—**do not wait**. It’s important to know that you can get the kind of care you need, right here in your community—at the dedicated Stroke Center at Mount Sinai South Nassau.
- **Primary** designated Stroke Center
- Thrombectomy Readiness Center
- Earned the Get With The Guidelines®—Stroke GOLD PLUS with Honor and Target Achievement Award® from the American Heart Association/American Stroke Association
- Joint Commission Disease Specific-Stroke Certified
- New York State Department of Health Stroke Designated Center

It is our commitment to implement a higher standard of stroke care, including:
- Rapid assessment of patients with stroke symptoms
- On-site, next-generation CT scanner
- Aggressive treatment using the most up-to-date clinical guidelines for stroke—treatments that improve survival rates and lower the risk of another stroke
- Multidisciplinary neurological and neurosurgical care during the hospital stay
- Nurses with special training in stroke care
- Stroke support group
- Community education

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**Did You Know?**
- Stroke is the fifth leading cause of death in the United States
- Stroke is the leading cause of disability in the United States
- Someone in the United States has a stroke every 40 seconds
- African Americans have about twice the mortality rates from stroke compared with any other ethnic group
- 60% of strokes occur in women
- 80% of strokes are preventable
- Risk of stroke increases in patients with two or more risk factors

**Reduce Your Risk**
- Treat high blood pressure
- Eat healthy
- Get physically active
- Treat high cholesterol
- Manage diabetes
- Quit smoking

**Virtual Stroke Support Group:**
Second Wednesday of each month

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Mount Sinai South Nassau
One Healthy Way,
Oceanside, NY 11572
1-877-SOUTH-NASSAU
mountsinai.org/southnassau

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All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.
Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.
What is a Stroke?
A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain, bursts, ruptures or is blocked by a clot. When this occurs, part of the brain cannot get the blood and oxygen it needs, which results in brain cell death.

Types of Strokes
- A transient ischemic attack (TIA) is caused when blood temporarily cannot flow to part of your brain, often called a “mini stroke.” This is a warning sign and should be taken very seriously.
- Ischemic stroke is the most common type of stroke, which occurs in 87% of patient cases. It is a sudden, severe disruption of blood flow to the brain.
- Hemorrhagic stroke occurs when a weakened blood vessel in the brain bursts and spills blood into or around the brain.

A stroke is a medical emergency! Please call 911 immediately if you are experiencing one or more of these symptoms suddenly.

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Stroke Support Group
Mount Sinai South Nassau offers supervised meetings where you can share similar experiences in a comfortable, caring setting. For more information, please call 516-377-5333