



## The Region's Only Primary Stroke Center

Pitt County Memorial Hospital Stroke Center is the only hospital east of I-95 to be certified as a primary stroke center by the Joint Commission, the national organization that sets standards and accredits hospitals. This is a sign of our commitment to improve our patients' outcomes. We do this through exceptional treatment, education, prevention and research.

## Community Resources

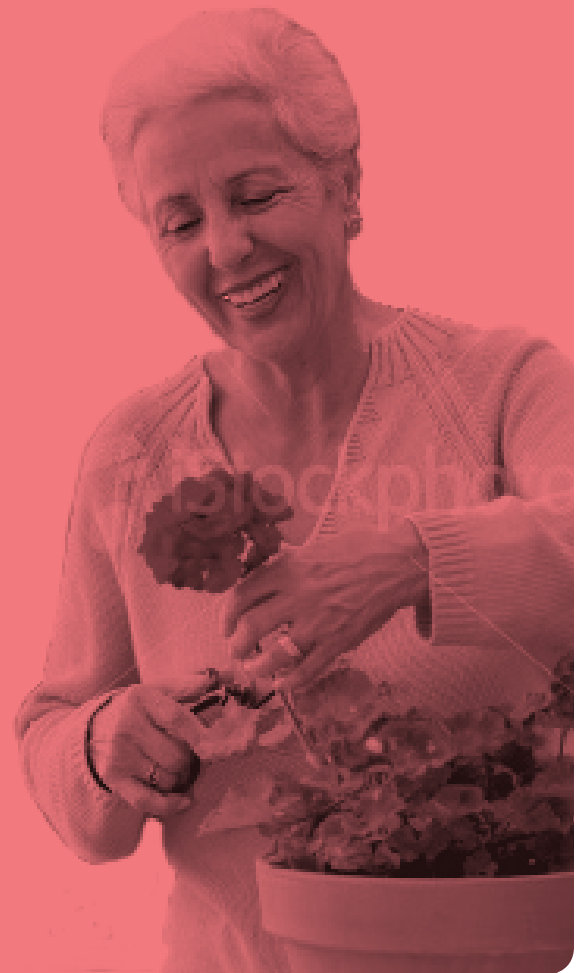
Visit [stroke.pcmh.com](http://stroke.pcmh.com) to find more information on stroke as well as community and support group information offered through PCMH. These resources can also help you learn more about stroke.

- American Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)
- Tri-state Stroke Network  
[www.tristatestrokenetwork.org](http://www.tristatestrokenetwork.org)
- North Carolina Stroke Association  
[www.ncstroke.org](http://www.ncstroke.org)
- National Stroke Association  
[www.stroke.org](http://www.stroke.org)

**OUR FAMILY. CARING FOR YOURS.**

[stroke.pcmh.com](http://stroke.pcmh.com)

# CLOSING THE GAP BETWEEN HAVING A STROKE AND HAVING HOPE.



  
**UNIVERSITY HEALTH SYSTEMS**  
*Pitt County Memorial Hospital*

**STROKE CENTER**



Prevention is the best treatment for a stroke. Stroke is the third-leading cause of death and the leading cause of disability in the United States. An estimated 700,000 U.S. residents will have a stroke each year. In eastern North Carolina, we are considered to be the “buckle of the stroke belt,” meaning our rates of stroke are among the highest in the nation.

### What is a Stroke?

Stroke is a “brain attack.” A brain attack occurs when blood and oxygen to the brain is cut off. This lack of oxygen can cause paralysis in one side of the body, impaired speech or loss of memory. Stroke is a 911 medical emergency.

### Learn and Recognize Stroke Warning Signs

Recognizing warning signs and symptoms of stroke and getting treatment fast are important. Get help immediately if you have:

- Sudden severe headache
- Sudden trouble seeing in one or both eyes

**F**  
**A**  
**S**  
**T**

Remembering **FAST** can help you recognize a stroke and get treatment immediately.

**F**ACE droop  
**A**RM drift (arm droop)  
**S**PEECH problems  
**T**IME to call 911

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking or loss of balance or coordination

### Stroke Risk Identification Program

The Stroke Risk Identification Program is a community-based outreach through free screenings designed to identify, educate and counsel high-risk individuals about their risk factors for a stroke.

We screen to detect stroke risk factors such as:

- High blood pressure
- High cholesterol (total cholesterol)
- Diabetes (random glucose)
- Atrial fibrillation
- Carotid artery disease
- Lifestyle

For more information about our programs or if you are interested in scheduling a screening for your group, call 252-847-0162 or visit [stroke.pcmh.com](http://stroke.pcmh.com).