

HealthyLiving

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

Short Episodes, High Stakes: Recognizing the Emergency of a TIA

A transient ischemic attack (TIA), which is sometimes mistakenly called a 'mini stroke,' happens when blood flow to part of the brain is briefly blocked. Symptoms often fade within minutes to hours, but always less than 24 hours. It can trick people into thinking the danger has passed. In reality, a TIA is a medical emergency and one of the strongest early warnings that a full stroke could follow. Understanding how to recognize a TIA and lessen its risk can help protect brain function and prevent disability.

TIA vs. Stroke

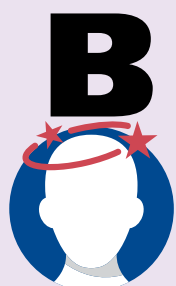
A TIA occurs when a clot or narrowed blood vessel interrupts blood supply to the brain for a brief period. The blockage usually clears on its own and symptoms resolve within the hour. Because the blockage is short-lived, the brain does not sustain the same level of permanent injury seen with a stroke. Both conditions start with a sudden drop in oxygen to the brain tissue. The key difference is duration. With a stroke, the blockage persists, causing brain cells to die. Stroke symptoms can lead to long-term disability.

"A TIA should never be dismissed as a minor issue. It signals a higher risk of stroke in the near future, especially within the first 48 hours," said Roger Behar, MD, a neurologist at Saint Peter's University Hospital. "In the moment, there is no way to be sure if someone is suffering from a TIA or stroke. That uncertainty is why clinicians treat every event like a stroke until proven otherwise."

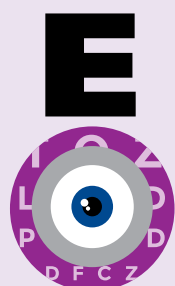
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Recognize the Symptoms: BE FAST

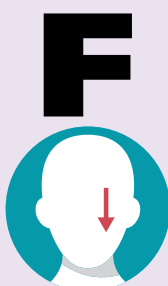
TIA symptoms look like stroke symptoms and tend to come on suddenly. The easiest way to remember them is:



Balance
Does the person have a sudden loss of balance?



Eyes
Are they experiencing blurred or double vision in one or both eyes?



Face
Ask them to smile. Does one side of their face droop?



Arms
Ask them to raise both arms. Does one arm drift downward?



Speech
Ask them to repeat a simple phrase. Is their speech slurred or strange?



Terrible Headache
Are they experiencing a sudden terrible headache with no known cause?

If you or a loved one begin to experience TIA symptoms, call 911 immediately and seek medical attention. Emergency teams can start evaluation and treatment on arrival and during transport. At Saint Peter's Robert and Joan Campbell Adult Emergency Department, clinicians perform rapid brain imaging, evaluate blood vessels in the neck and brain, check heart rhythm for atrial fibrillation, and order blood tests. Depending on the cause, patients may begin antiplatelet or anticoagulant medications, as well as treatments to control blood pressure, cholesterol, and blood sugar. The first two days after a TIA are especially high risk, so same-day evaluation is recommended even if symptoms have stopped.

"Time is the most critical factor in stroke care. Rapid evaluation can identify the cause and allow treatments that preserve speech, movement, and memory," said Dr. Behar.



Stock photo posed by model.

Prevent a TIA from Becoming a Stroke

Changes in daily habits can reduce the risk of stroke.

Monitor your numbers

Keep blood pressure, cholesterol, and blood sugar in healthy ranges. Hypertension and diabetes are major risk factors for TIA and stroke.

Be active

Aim for at least 30 minutes of moderate activity each day. Taking three 10-minute walks a day is an easy way to start.

Choose brain-healthy food

Emphasize fruits, vegetables, whole grains, lean proteins, beans, and healthy fats in your diet. Limit salty, sugary, and highly processed foods.

Quit smoking and vaping

Tobacco damages blood vessels and raises stroke risk.

Limit alcohol

Heavy drinking raises blood pressure and stroke risk.

Treat sleep apnea

Loud snoring and daytime sleepiness can signal sleep apnea, which is linked to stroke risk. The Center for Sleep and Breathing Disorders at Saint Peter's University Hospital offers testing for sleep apnea and other sleep-related issues.

Quality Stroke Care Close to Home

Saint Peter's University Hospital, a primary stroke center, is nationally recognized for delivering high-quality stroke care based on the latest science. Saint Peter's received the American Heart Association's Get With The Guidelines® – Stroke Gold Plus quality achievement award for proven dedication to research-based treatment that improves survival, reduces disability, and supports recovery. The hospital also earned the Target: StrokeSM Honor Roll and the Target: Type 2 DiabetesTM Honor Roll for ensuring patients with Type 2 diabetes receive up-to-date, evidence-based stroke care.



To learn more about Saint Peter's stroke program, visit saintpetershcs.com/stroke.

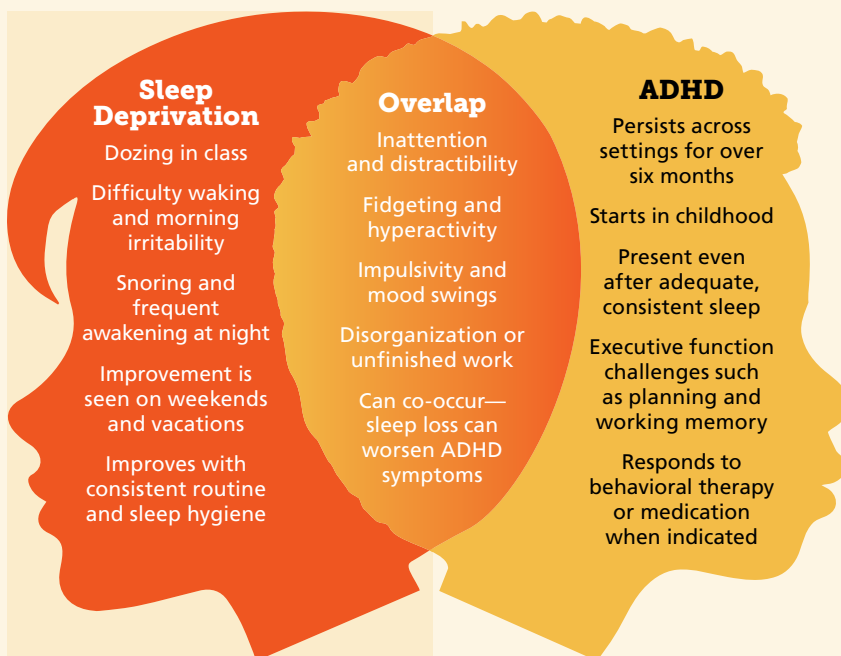
Saint Peter's offers nutrition counseling and diet education with registered dietitian nutritionists for individuals with diabetes. To make an appointment at Saint Peter's Thyroid and Diabetes Center, call **732.745.6667**.

Saint Peter's Health and Wellness Center offers physical, occupational, and speech and language rehabilitation after a stroke. To make an appointment, visit saintpetershcs.com/hwc.

Is It Sleep Deprivation or ADHD?

How to Tell in Kids and Teens

Restless nights can look like restless days. In children and adolescents, not getting enough sleep often mimics attention-deficit/hyperactivity disorder (ADHD). Behaviors include trouble focusing, impulsivity, mood swings, and hyperactivity. Because the behaviors of sleep deprivation and ADHD overlap, families and schools may struggle to figure out what is driving the problem. Getting the right help for your child depends on finding the right cause.



Steps Parents Can Take Now

- Keep the same bedtime and wake time every day, including weekends
- Keep phones and gaming devices out of the bedroom
- Encourage daytime physical activity
- Avoid caffeine later in the day
- Track sleep and daytime behavior for two weeks to share with the pediatrician
- See a pediatric sleep specialist for your child's snoring, breathing pauses, frequent awakenings, or significant daytime sleepiness
- If attention issues persist after sleep improves, request an ADHD evaluation that includes teacher and caregiver input

"Sleep sharpens attention, builds memory, and steadies emotions so children can focus and thrive at school. If problems continue despite a strong sleep routine, consult an adolescent medicine specialist or your pediatrician to determine whether ADHD or another condition is involved," said Samuel Knee, MD, pediatric sleep specialist at The Children's Hospital at Saint Peter's University Hospital.

To schedule an appointment at The Center for Sleep and Breathing Disorders at Saint Peter's University Hospital, visit saintpetershcs.com/sleep.

To schedule an appointment with an adolescent medicine specialist at The Children's Hospital at Saint Peter's University Hospital, visit saintpetershcs.com/adolescentmedicine.

Families looking for a pediatrician can schedule an appointment with a pediatrician at Saint Peter's Family Health Center by calling **732.745.8519**.

COMMUNITY CALENDAR

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/events. Most programs are FREE unless noted; please call for information.

Cancer Support

Cancer Care
800.813.HOPE (4673)
supportgroup@cancercare.org

Cancer Hope Network
877.467.3638

Crossroads4Hope
908.658.5400

Sister 2 Sister
For Breast Cancer Survivors
732.246.8300

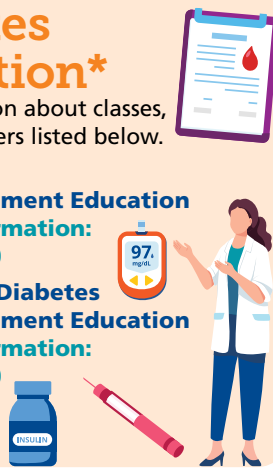


Diabetes Education*

For information about classes, call the numbers listed below.

Diabetes Self-Management Education
Call for information:
732.339.7630

Gestational Diabetes Self-Management Education
Call for information:
732.339.7630



Saint Peter's Smoking Cessation Program



Quitting smoking is no easy feat.

Saint Peter's is here to help you.

Call 732.339.QUIT (7848)

Parent Education

Some parenting classes are being held online. Once registered for a class, access information will be provided to you.

Register at saintpetershcs.com/ParentEducation. For information about the following classes, please call Parent Education at 732.745.8579.

Baby Care	Hypnobirthing
Birth Center Class (for moms under midwifery care)	New Daddy Class
Breastfeeding Class	Prenatal Yoga/Exercise Class
Grandparents Class	Prepared Childbirth/Lamaze Classes
	Sibling Class

Parent Support

Registration is required. Visit saintpetershcs.com/ParentEducation or call 732.745.8579.

Breastfeeding Support Group
1st Tuesday of each month
Next meeting: October 7 • 1 pm

New Moms Support Group
"Life Will Never Be The Same"
1st Tuesday of each month
Next meeting: October 7 • 12 pm

Support Groups

Bariatric Nutrition Support

2nd Thursday of each month
Next meeting:
October 9 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information

Bereavement

Call Pastoral Care for information:
732.745.8565

Craniofacial Teen Girls

Call for information:
732.745.8600, x8113

MyGoal Autism Family

2nd Sunday of each month
Next meeting:
October 12 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information

SHARE

3rd Thursday of each month
Next meeting:
October 16 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support

Call for information:
732.745.8600, x8653

Saint Peter's Virtual Urgent Care

Monday through Friday • 5 to 10 p.m.
Saturday & Sunday • 9 a.m. to 4 p.m.

For adults experiencing:

- Cold or flu
- Diarrhea
- Nausea or vomiting
- Pink eye
- Rash/skin conditions
- Sinus problems
- Sore throat
- Urinary issues

saintpetershcs.com/virtualurgentcare

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician.

Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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