

## What to Expect

At your first clinic visit, you will have a complete evaluation which will include the following.

- ◇ Questions about your stroke or TIA
- ◇ Questions about your medical history
- ◇ Questions about all of your current medications
- ◇ Measurement of your blood pressure and other vital signs
- ◇ A complete neurological exam
- ◇ Possible blood work or other studies
- ◇ Screening for depression / fatigue
- ◇ Screening for sleep apnea

We will identify and discuss all of your risk factors and establish goals for disease management.

We will give you a folder with educational materials and other tools to help you reach your goals and answer any questions that you may have.

**STRIVE to SUCCEED with our SUPPORT**

# Act FAST



**Call 911** if you or someone you know has symptoms of stroke.

**F** Weakness of the face

**A** Arm weakness

**S** Slurred speech

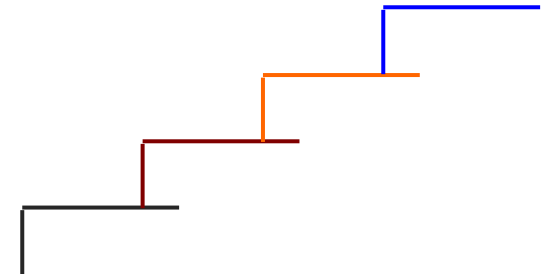
**T** Time is brain



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Stroke  
Transitions  
Education  
Prevention

## STEP CLINIC



*A patient-centered approach to stroke prevention and recovery*

# About Us

## Our Purpose

Stroke is a preventable disease with devastating consequences. The risk of stroke can be decreased by addressing and controlling **risk factors**. Risk factors are medical conditions or lifestyle practices that can increase one's chance of having a stroke.

At the **STEP** clinic, we know that risk factor control and lifestyle change takes time. We assist patients with identifying and controlling personal risk factors and taking steps toward improving dietary habits and increasing physical activity.

Our staff is trained to recognize the many consequences of stroke including depression, fatigue, and changes in thinking and memory. Identification of these and other consequences is important for stroke recovery.

Patients and families have many concerns after a stroke or TIA occurs. These include questions about new medications and their side effects, returning to work, driving, and many others. At the **STEP** clinic, we work hard to address these concerns.

## Our Patients

**The STEP clinic serves patients who have had or are at high risk for having the following conditions:**

- ◇ A Transient Ischemic Attack or TIA.
- ◇ An ischemic stroke which results from blockage of an artery
- ◇ A hemorrhagic stroke or bleeding stroke which often results from high blood pressure

**Many of our patients have the following stroke risk factors.**

- ◇ Hypertension (high blood pressure)
- ◇ Diabetes
- ◇ Cigarette smoking
- ◇ High cholesterol
- ◇ Atrial fibrillation
- ◇ Poor diet
- ◇ Lack of exercise
- ◇ Obesity or overweight
- ◇ Obstructive sleep apnea

## Our Staff

- ◇ Stroke Physicians
- ◇ A Stroke-trained Nurse Practitioner
- ◇ Stroke Division Medical Assistants
- ◇ A social worker who specializes in improving transitions of care for stroke patients
- ◇ Clinic schedulers

## Clinic Services

- ◇ Education about stroke and TIA
- ◇ Screening for stroke risk factors
- ◇ Management of hypertension, high cholesterol, and tobacco use
- ◇ Screening and treatment of fatigue, depression, memory/ cognitive disorders, post-stroke pain
- ◇ Referrals for management of diabetes, nutrition programs, and intensive tobacco cessation programs
- ◇ Referrals for driving assessments and programs to assist with return to work