

# Your Health, YOUR HOSPITAL

MARCH 2011

Littleton  
Adventist Hospital  
+ Centura Health.

MYLITTLETONHOSPITAL.ORG



## Exceptional Stroke Care

In June 2009, John Lascor of Denver suffered sudden left side weakness and confusion while looking through his pantry for an evening snack. His wife immediately recognized the symptoms of stroke as a 9-1-1 emergency and acted in time.

### *Lascor was treated*

at Littleton Adventist Hospital and had a complete recovery. A little more than a year later, Lascor suffered a second, more severe stroke, as 25 percent of stroke patients do.

The second event occurred in October 2010 as the 46-year-old was preparing to leave for vacation with his wife and two young children. Emergency

department staff and the neurologist at Littleton Hospital quickly administered clot-busting medication. Then, the neurointervention team at Littleton Hospital threaded a wire into the blood vessels in Lascor's brain to remove the clot that triggered the stroke. Within a couple hours, he was able to move his paralyzed left side, and all of the stroke symptoms disappeared.

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### AWARD-WINNING SERVICES

The Stroke Center at Littleton Hospital, a hub of the Centura Health Stroke Network of Care in Colorado, has been accredited as a Primary Stroke Center by The Joint Commission since 2005. This designation indicates that the hospital follows proven protocols and processes for treating stroke quickly and effectively. Last year, Littleton Hospital received the Gold Performance Achievement Award from the American Heart



Association/American Stroke Association (AHA/ASA) for 24 consecutive months of adherence to all Get With the Guidelines® indicators, which focus on improving quality of patient care and outcomes. We also became the first and only hospital in Colorado to be recognized on the AHA/ASA's Target: Stroke<sup>SM</sup> honor roll, signifying our team's effectiveness in the administration of clot-busting medication within the benchmark of 60 minutes.

"Based on the national Brain Attack Coalition's criteria, we're also a comprehensive stroke center with the expanded capability and resources of providing around-the-clock neurology, neurosurgery, and neuroendovascular intervention," says Janet Carlson, RN, MSN, stroke program coordinator at Littleton Hospital.

### A LIFE-CHANGING OUTCOME

Lascor is one of many patients who have benefited from the comprehensive stroke care provided through the Stroke Center at Littleton Hospital. To prevent a third stroke in the future, Lascor takes medications for his blood pressure and cholesterol, and he has had a successful procedure to close a hole in his heart. Today he's back to all that life has to offer, including raising his family, camping, fishing, and hunting.

## The Saving Power of F.A.S.T. Action

When it comes to treating stroke, time is brain—meaning the sooner a patient starts receiving treatment after the onset of symptoms, the better his or her chance of experiencing a good outcome. To quickly recognize the symptoms of stroke, the National Stroke Association recommends acting **F.A.S.T.**

**FACE:** A person suffering a stroke may exhibit a facial droop.

**ARMS:** A stroke can bring about sudden weakness in one or both arms and the inability to raise them.

**SPEECH:** Does the person have slurred speech or use incorrect words? Is he or she unable to speak at all?

**TIME:** If a person displays any of these symptoms, call 911 immediately.

For information about the Stroke Center at Littleton Hospital, visit [mylittletonhospital.org/stroke](http://mylittletonhospital.org/stroke).

## Littleton Adventist Hospital



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### MISSION

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

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Littleton, CO 80122  
(303) 730-8900  
[mylittletonhospital.org](http://mylittletonhospital.org)

Learn More!

# FREE Total Knee Replacement Seminar

## Where

Eastridge Recreation Center in Highlands Ranch  
Telluride Room  
9568 University Blvd.  
Highlands Ranch, CO 80126

## When

April 12, 2011  
6:30 to 7:30 p.m.

## Who

Robert Thomas, MD  
Orthopedic Surgeon

## What

This FREE seminar will include a presentation from Dr. Thomas about total knee replacement. He will also discuss everything you need to know to be prepared for a successful total joint replacement surgery.

RSVP required!

Call Ask-A-Nurse® at (303) 777-6877.