

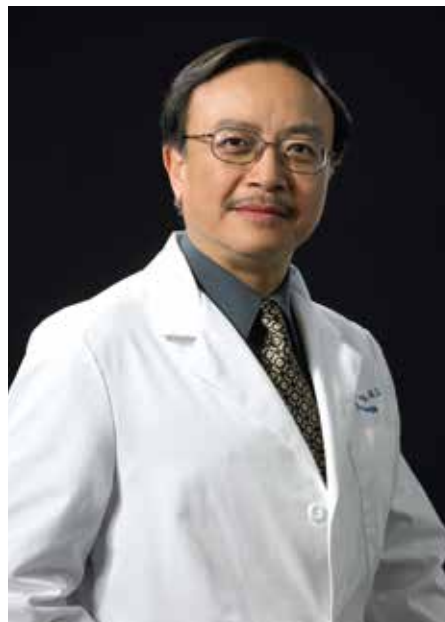
Healthy Giving

DECEMBER 2018

Julia and Peter Fung, MD Name the Stroke Center at El Camino Hospital

Julia and Dr. Peter Fung have made a leadership gift to name the Peter C. Fung, MD Stroke Center and endow it in perpetuity. Dr. Fung was the medical director of El Camino Hospital's stroke program from 2005 to 2015 and he remains passionate about it.

That passion was ignited in 1994, when his 70-year-old mother had the first of a series of strokes. "What followed was a jumble of driving to different hospitals, taking different medications, and undergoing different procedures," he recalls. Along the way he learned about the long neglected but then rapidly developing discipline of stroke care. He read every article and attended every conference he could as new, evidence-based guidelines for stroke treatment were being established. By the time he came to El Camino Hospital in 2004, he was determined to establish a better system. As medical director he turned the program from one that barely passed Joint Commission



Peter Fung, MD

certification to one that consistently does so with the highest accolades. The stroke program earned the Joint Commission's Gold Seal of Approval and the Gold Plus Achievement award from the American Heart Association, and El Camino Hospital became recognized as one of the top 5% of hospitals nationwide for stroke care.

The transition took passion, vision, tenacity, innovation and teamwork. Dr. Fung implemented weekly multidisciplinary stroke rounds, which were attended by all the patient's

CONTINUED ON PAGE 3

STROKE: TIME IS BRAIN



The El Camino Hospital Stroke Team

Every minute counts for stroke patients, so access to expert care minutes from home is critical. El Camino Hospital is a Joint Commission certified Primary Stroke Center and the dedicated stroke team follows the most rigorous, best practice rapid triage and response protocols. They are able to provide diagnosis and treatment within just 15 minutes of every stroke patient's arrival by ambulance to the emergency department. For the last 11 years, the hospital has also been recognized by the American Heart Association and American Stroke Association as a Gold Plus award winner for meeting all Get with The Guidelines® Stroke Performance Achievement indicators,

CONTINUED ON BACK COVER

"It is my greatest wish that this gift will help stroke care continue to improve."

– Dr. Peter Fung

Inside:

- » Thinking Bold at El Camino Hospital
- » Fulfilling the Promise
- » A Night on the Scarlet Express
- » Norma's Literary Luncheon



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Message from the Foundation Chair

Dear Friends,

Thinking bold. Openness to innovation has always been part of El Camino Hospital's DNA, dating back to 1971, when the world's first computer-aided medical information system was installed here. It is something that makes us proud and sets our hospital apart.

We can be even prouder that many of the bold initiatives El Camino Hospital launched over the years have succeeded thanks to the generous philanthropic support of our community - the Calypso 4D localization system, which is being used here in radiation treatment for many soft tissue cancers, not just prostate cancer as it is in other treatment centers; research studies at the Taft Center for Clinical Research; the sepsis program; innovative mental health and addiction treatment programs; leading edge care at the Norma Melchor Heart & Vascular Institute; the South Asian Heart Center and Chinese Health Initiative, to name a few.

El Camino Hospital Foundation too is the result of a bold initiative - one launched by my grandfather Jack Melchor in 1982, when he realized the hospital would need the philanthropic support of the community in order to thrive - and our fundraising efforts, like fulfilling the promise for mental health and addiction services, represent an ongoing commitment to daring, new ideas. We are grateful to you for responding generously year after year. The return on investment is evident in the compassionate, expert, leading edge care the hospital delivers day in and day out.

Bold thinking requires courageous, creative leadership and Dave Reeder, who just stepped down from the El Camino Hospital Board of Directors, epitomizes it. Calm, kind, analytical, measured, dedicated, generous, and strategic, he helped the Hospital and Foundation through numerous transitions as he caringly stewarded our independent community health care institution. We welcome the fresh vision of two new Foundation Board members. Robin Driscoll is a retired executive and president of the Driscoll Family Foundation. Silicon Valley entrepreneur Gary Kalbach is our hospital board liaison.

On behalf of the El Camino Hospital Foundation staff and Board of Directors, I wish you a joyous holiday season, one filled with gifts and the rewards of giving. I look forward to thinking bold with you in the new year for our hospital and the health of our community.

Yours truly,

A handwritten signature in black ink that reads "Lane Melchor".

Lane Melchor, Chair



Lane Melchor

"We can be proud that many of the bold initiatives El Camino Hospital launched over the years have succeeded thanks to the generous philanthropic support of our community."

How is El Camino Hospital Thinking Bold?



Bold Adopter of New Diagnostic and Treatment Technologies

- Heartflow – software that noninvasively analyzes the extent to which narrowing arteries disrupt blood flow
- Calypso 4D Localization System – first to use this tumor tracking system during radiation treatment of soft tissue cancers other than prostate cancer

Bold Investigator of Promising Medical Advances

- First in the world to test the latest generation Auris robotic endoscopy system for enhanced lung nodule investigation
- One of only 40 centers in the U.S. to participate in the transcatheter aortic valve implantation clinical trial
- Investigating use of Cyberknife connected to a patient’s internal defibrillator to treat heart arrhythmia

Bold Pioneer of New Approaches

- Development of Sepsis Program – called a “leader in sepsis care” by the Joint Commission
- Groundbreaking mental health treatment programs, eg. ASPIRE and MOMS
- Home to the invention of the MitraClip minimally invasive treatment for mitral valve regurgitation
- Unique programs that meet the needs of our diverse community, eg. South Asian Heart Center and Chinese Health Initiative



Julia and Peter Fung, MD Name the Stroke Center at El Camino Hospital

CONTINUED FROM PAGE 1

care providers, so the full team could collaborate to come up with the best care plan. He instituted weekly nursing rounds and took regular night and weekend shifts to ensure consistent excellent care, 24 hours a day, seven days a week. He wrote regular scholarly articles in a column he dubbed “Stroke Front” for the hospital’s physician newsletter, hosted monthly stroke talks, and invited national experts to speak at quarterly stroke dinners. “I encouraged people to become champions of stroke care,” he says.

Today, he is happy and proud to make this donation. “It is my greatest wish that this gift will help stroke care continue to improve. I hope in the near future El Camino Hospital will become a Joint Commission certified Comprehensive Stroke Center so no patient ever needs to be transferred to another medical center for a ‘higher’ level of care,” (less than 1% of cases).

“This is the first time we have made such a significant gift,” Julia says. “I am so happy we can do this and never imagined how happy I would feel giving.”

Fulfilling the Promise

El Camino Hospital Celebrates 10th Anniversary of MOMS Program

In September El Camino Hospital celebrated the 10th anniversary of the Maternal Outreach Mood Services (MOMS) program, intensive outpatient therapy for pregnant and postpartum women experiencing serious depression and/or anxiety. These women are not ill enough to require hospitalization but are so challenged by illness that they need more than once-a-week therapy or occasional group care. El Camino Hospital was among the first to recognize that these patients have feelings too intense and traumatic to share in a general group setting and that they need specialized treatment.

"We started with a single therapist and one patient," Behavioral Health Services Executive Director Michael Fitzgerald, APRN, recalled. "Now programs all over the country reach out to us for our expertise."

The program launched with seed money from Hope to Health, a philanthropic council of the Foundation. Donations, including



Attorney George Parnham spoke about mental health and the law at the 10th anniversary MOMS Symposium.

multiple leadership gifts from Los Altos residents Donna and John Shoemaker and follow-up grants from Hope to Health, have supported its development, expansion, and sustainability.

In acknowledgement of the milestone, El Camino Hospital hosted a full-day maternal mental health symposium that was attended by 150 providers, nurses, representatives from community organizations,

and concerned community members. There were presentations on assessment, diagnosis and medication, postpartum depression among Asian American women, and maternal mental health policy. Attorney George Parnham, who represented Andrea Yates after she drowned her five children in the bathtub, spoke about mental health advocacy and the law. There was also a panel discussion with MOMS program alumnae.

Hope to Health Members Meet New Medical Director

Hope to Health members met Dr. Daniel Becker, El Camino Hospital's new medical director for mental health and addiction services, at "Unwined," a wine tasting and reception at Los Altos Tasting Room by Byington Winery on September 25. The philanthropic council's grants of the past few years have all focused on mental health.

"It is an honor to serve this community," Dr. Becker said as he introduced himself. "El Camino

Hospital has a huge commitment to psychiatric programs. Few hospitals have been able to sustain such a commitment in partnership with the community. Hope to Health is a wonderful example of that."

Hope to Health meets bi-monthly and holds special events like this one periodically throughout the year. Members pool their annual dues and vote on the hospital program(s) they wish



Dr. Daniel Becker spoke at Unwined, H2H's fall event.

to philanthropically support. New members are always welcome. Contact Kirsten Krimsley to learn more.

Fulfilling the Promise

A Healthy Mind: Bringing Awareness and Education to the Community on Teen Mental Wellness

El Camino Hospital and Fremont Union High School District have partnered on a program called "A Healthy Mind," a series of presentations designed to proactively address rising rates of adolescent anxiety and depression, and prevent teen suicide. The curriculum was designed by El Camino Hospital's ASPIRE therapists to meet needs identified by the high school district. In 2017 and 2018, the therapists made presentations to parents, students, and school personnel (counselors, teachers and administrators) at all five high schools in the school district and reached more than 10,000 teens.

At each high school, an ASPIRE psychologist met with school staff to share the information that would be presented to students in coming days. An evening presentation to parents followed that covered signs and symptoms of mental health conditions, suicide prevention education, opportunities to communicate with teens in a healthy way, gaining insight on how a primary care doctor can support the family, and understanding when and how to reach out for help. Large groups of students then attended one-hour assemblies conducted throughout a single day that focused on causes of teen suicide and how a teen should respond if a friend confides troubling feelings. Each presentation included time for questions and answers. School psychologists and ASPIRE therapists returned to campus the following day, making themselves available to any student who sought them out. When indicated, students received further assessment and referrals, with a warm handoff to El Camino Hospital's ASPIRE program or another community resource.



ASPIRE therapists Steve Lo, IMFT and Glenn Teeter, PsyD conducted the Healthy Minds presentation at Lynnbrook High School on October 2.

"I was impressed to see such a high level of engagement from the students during the presentations," reported Lauren Olaiz, El Camino Hospital's manager of community engagement for mental health and addiction services, following the program at Monta Vista High School. "Their questions were insightful and validated the need for this work to continue. Many reached out to either Glenn Teeter or Steve Lo [the ASPIRE therapist presenters] after the presentations with concerns they wanted to share."

In 2017 and 2018, the therapists made presentations to parents, students, and school personnel at all five high schools in the Fremont Union High School District and reached more than 10,000 teens.

SAVE THE DATE
SECOND ANNUAL

Spring Forward

A Gala to Fulfill the Promise
Benefiting Mental Health
and Addiction Services at
El Camino Hospital

SATURDAY, MAY 18, 2019
LOS ALTOS GOLF & COUNTRY CLUB

Join us as we celebrate the imminent opening of the Redwood Pavilion for mental health and addiction services and honor



the donors who have helped to fulfill the promise. The 56,000 square foot, two-story building's design reflects the hospital's unique approach to mental health care: patient and family-centered with the adaptability to respond to the changing needs of the community. It will have a dedicated women's unit, one of only two in the country to provide perinatal psychiatric care. Look for your official save-the-date coming in the mail soon.

23rd Annual El Camino Heritage Golf Tournament: A Day So Fun It Was Scary!

The 23rd annual El Camino Heritage Golf Tournament was a spooktacular affair. The Halloween-themed benefit was held at Sharon Heights Golf & Country Club on October 29, 2018 and raised more than \$208,000 for the Norma Melchor Heart & Vascular Institute. One hundred twenty eight golfers enjoyed a beautiful day on the course and more than 200 guests attended the reception, costume contest, celebration dinner, and live auction. Raffle sales were brisk, bidding on the live auction packages was spirited, and attendees raised their paddles generously for the fund-in-need appeal. They were inspired by grateful patients Susan English and Fred McPike of Paso Robles, who were on hand to judge the costume contest.

"Our vision was to create a vehicle to foster collaboration," Norma Melchor Heart & Vascular Institute Medical Director Fred St. Goar, MD, told the golfers, as he acknowledged the transformational philanthropic support of the Melchor Family. "Physicians, nurse leaders, administrative directors and the



Uwe Kladde, Donna Whitney, Steve Rossi, John Conover

hospital's executive team provide the pinnacle of cardiovascular care."

"We are thankful for the Heart & Vascular Institute and thankful to you for supporting it," added Chad Rammohan, MD and Daniel Kaiser, MD. They noted that charitable giving helps to underwrite the development of new programs and the participation in national registries that enable the team to rigorously monitor the quality of care.

Tournament festivities closed with the awarding of trophies and an entertaining video that captured the Halloween hijinks of the day. Proceeds will be used to bolster outpatient cardiac services, including the launch of a specialty clinic devoted to heart care for women, when the Norma Melchor Heart & Vascular Institute moves into the new medical pavilion next year, its first official home.





Doug Scrivner, Chuck Horstmann, Tom Stroud, Marty Putnam



Amy Maher, Paul Lang, Barbara Lang, Jodi Barnard, John van Blitter, and Michele Kirsch



Gail King and Golf Tournament Chair Ken King won the costume contest for most creative costume.



Lane Melchor, Kathy Palmer, Lindsey Melchor, Bryan Hooppaw



Jim Joye, DO, Rick Sanchez, Fred St. Goar, MD, Allan Walsworth



Rich Martoglio, Curt Mason, Mark Thorpe, Russ Satake

The Pen and the Trowel: Marta McDowell to Speak at Norma's Literary Luncheon, February 7

Norma's Literary Luncheon, El Camino Hospital Foundation's annual fundraiser benefiting health services for women and families at El Camino Hospital, has quickly become a "can't miss" event in our community. The memorial tribute to Norma Melchor, who was a devoted hospital benefactor as well as a voracious reader, provides a congenial, informative, and entertaining opportunity for women to help advance medical care that meets their own and their families' distinct health needs.

The next luncheon will take place on February 7, 2019 at Sharon Heights Golf & Country Club. Remembering Norma's love for her apricot trees and roses, we have invited award-winning author Marta McDowell, a teacher of landscape history and horticulture at the New York Botanical Garden, to be the featured speaker. Ms. McDowell's particular interest is authors and their gardens, the connection between the pen and trowel. Her gorgeously produced and illustrated books include, *The World of Laura Ingalls Wilder: The Frontier Landscapes that Inspired the Little House Books*, *All the Presidents' Gardens*, *Emily Dickinson's Gardens*, and *Beatrix Potter's Gardening Life*.



Author Marta McDowell

Since its inauguration in 2013, Norma's Literary Luncheon has raised more than \$750,000 to support a variety of health services for women and families at El Camino Hospital. The event is underwritten by the Melchor family and this year's proceeds will bolster El Camino Hospital's breast health services.

For more information, to learn about sponsorship opportunities, or to purchase tickets, please contact Sarah Garcia-Angulo, sarah.garcia-angulo@elcaminohospital.org or 650-988-7687.



Illustration by Lindsey Melchor

Santa Clara Sporting Club Honored at Silicon Valley Philanthropy Day Luncheon

Santa Clara Sporting Club was El Camino Hospital Foundation's distinguished volunteer fundraiser honoree at the Association of Fundraising Professional's Philanthropy Day luncheon on November 16. They were recognized for donating more than \$320,000 over 10 years to El Camino Hospital's Free Mammogram Program, which, to date, has provided nearly 1,000 free and low-cost breast screenings and follow-up diagnostic tests to uninsured and under-insured women in our community.

The club inaugurated "Goals for a Cure" to support the fight against breast cancer in 2008 after one young player's mother succumbed to the disease. Since then, every October (breast cancer awareness month), 650 boys and girls on 36 teams compete on the soccer field in pink jerseys. They raise money through donations and a "goal-a-thon" that earns dollars for each goal scored.

"Even in an area as affluent as Silicon Valley there are women without access to health care," Dr. Silaja Yitta, El Camino Hospital's director of breast imaging and intervention, reports. One of her free mammogram patients, a 40-year old nanny in San Jose who carried the BRCA gene and had a



Natasha Azevedo, Athena Moguel and Maria Moguel represented Santa Clara Sporting Club, El Camino Hospital Foundation's distinguished volunteer fundraiser honoree, at the Silicon Valley Philanthropy Day luncheon.

family history of breast cancer, waited a year to check out a lump because she was uninsured. Dr. Yitta biopsied it and was able to arrange treatment at Stanford. "I strongly believe that had she not found our program, her cancer would have continued to grow and she would have been diagnosed at a later stage," Dr. Yitta says. "The Free Mammogram Program saved her life."

They were recognized for donating more than \$320,000 to El Camino Hospital's Free Mammogram Program, which, to date, has provided nearly 1,000 free and low-cost breast screenings and follow-up diagnostic tests to uninsured and under-insured women in our community.

The Breast Health Center at El Camino Hospital

El Camino Hospital's Breast Health Center, a Breast Imaging Center of Excellence, is doing everything possible to make screenings more accessible and to ensure women get timely, accurate results, with access to seamless follow-up care when necessary.

- 3D tomosynthesis and automated breast ultrasound, the gold standards for routine screening, are available now in both Mountain View and Los Gatos. This has resulted in a 15% decrease in the call back rate.
- Cancer detection rates are higher than average and well above national benchmarks. In 2017, the team detected 8.6 cancers per 1,000 women screened.
- Saturday appointments make screenings more convenient for working women.
- Staff provides same day results for all diagnostic exams and telephone results in one to two days following a screening exam.
- The SCOUT® radar localization system enables surgeons to locate target tissue during a lumpectomy so patients no longer need a wire inserted into the breast on the day of surgery.
- Thanks to generous philanthropic support, El Camino Hospital provides free and low-cost mammograms and follow-up diagnostic tests to women in need.

In fall 2019, the Breast Health Center will move into a 5,000 square foot state-of-the-art facility in the integrated medical office building. Although the location will be new, the drive to provide patient-centered care and use the most advanced technologies will remain the highest priorities.

Save the Date: A Night on the Scarlet Express, March 23

A Night on the Scarlet Express, this year's gala benefit for the South Asian Heart Center, will take place on Saturday, March 23, 2019 at the Computer History Museum in Mountain View. More than 300 philanthropists, physicians, business and community leaders are expected to attend the lively and elegant affair. It will be an evening of mingling and networking at gourmet food stations, among enticing silent auction items, and in the casino. There will be a short formal program followed by a top hearts fund-in-need appeal and dancing. Fundraising chairs are Bhavna Agarwal and Prerana Vaidya. For more information, to learn about sponsorship opportunities or to purchase tickets please contact Kirsten Krimsley.

The South Asian Heart Center launched in 2006 with the mission of reducing the high incidence of heart disease and diabetes among people who trace their origin to India, Pakistan, Nepal, Bangladesh and Sri Lanka. Its groundbreaking science-based, lifestyle-focused and culturally sensitive approach to risk reduction and management delivered



The 2018 Scarlet Ball committee

through expert counselors and health coaching facilitators was validated in the American Heart Association's recently published first guidelines for South Asians. Gala proceeds will continue to help underwrite the Center's community outreach activities, leading edge research, physician education, and participant services.

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Your Gifts to the El Camino Fund at Work

In November, El Camino Hospital Foundation allocated \$128,000 of unrestricted donations to the El Camino Fund.

Advance Care Planning Academy

Advance care planning helps health care professionals better understand the wishes of patients who are not in a position to make or communicate their choices. Over the past two years, with funding from El Camino Hospital Foundation, the hospital has been teaching community volunteers and hospital staff how to educate patients and families about the value of an advanced care plan and prepare advance care directives. This new allocation will enable the program to be tailored for physicians, so they can be trained in small groups on the advance care planning topics most important to them. The sessions will also give the doctors a chance to practice and engage with their colleagues for support and professional development. "Empowering our patient community to have the knowledge and skills to navigate health care decisions is giving back to the community at the highest level," Chief Nursing Officer Cheryl Reinking says.

Home Meal Delivery

Malnutrition among older adults is becoming a health crisis in the United States and other developed nations. It negatively impacts health outcomes following discharge from the hospital and is increasingly recognized as a major readmission risk factor. This allocation from the Foundation will fund a pilot project to test whether or not delivering a standardized package of groceries shortly after the patient is discharged, followed by the delivery of two medically-tailored meals a day, five days a week for four weeks, will improve the health of these vulnerable patients and reduce readmissions.



Donations are helping physicians learn how to have advance care planning conversations with patients and families.

Care for the Hospital Caregiver

Hospital caregivers may need care themselves after a traumatic or adverse event that involves serious, unintentional patient harm. This grant will help the hospital formalize its process and policies, and train a caregiver response team of peers, managers, and administrators that can provide immediate psychological first aid and other support.



Your gifts are helping El Camino Hospital address malnutrition in older patients.

Unrestricted donations to the El Camino Fund are allocated twice a year to support the hospital's strategic priorities. "These gifts give us the flexibility to help the hospital meet critical needs as they arise," says Foundation President Jodi Barnard. "Every proposal our Allocations Committee carefully reviews is first vetted by the hospital's executive leadership team to ensure it will enhance patient care, strengthen the organization, and improve the health of the community." You can make a donation to the El Camino Fund online at www.elcaminohospital.org/donate.

"These gifts give us the flexibility to help the hospital meet critical needs as they arise," says Foundation President Jodi Barnard.

Donate online at www.elcaminohospital.org/donate

Healthy Giving

DECEMBER 2018

www.elcaminohospital.org/Foundation

Stroke: Time is Brain

CONTINUED FROM PAGE 1

demonstrating adherence to the latest scientific treatment guidelines. The result is significantly better outcomes.

Sara, who was in her first trimester of pregnancy, was one of the 550 stroke patients El Camino Hospital in Mountain treats on average each year. Just five weeks along, she began to experience severe headaches and nausea before losing all feeling in her right leg. Concerned, her family drove her to the emergency department. When she arrived, one side of her face collapsed and she had a seizure. The stroke team rapidly mobilized and saved both her life and the baby's. Sara spent four days in the critical care unit before being transferred to the stroke unit. Now recovered and enjoying motherhood, she is grateful that,

with the help of El Camino Hospital's rehabilitation therapists, she has regained most of her mobility.

How can additional philanthropic support help? El Camino Hospital would like to establish a TIA Clinic for patients who have experienced the warning of a transient ischemic attack (TIA), often known as a "mini stroke," to head off more strokes and avoid a hospital admission. In a further effort to diminish "door to needle time," the number of precious minutes it takes to diagnose stroke and administer tPA, the stroke team would also like to implement a telemedicine program. This would enable the neurologist to examine the patient remotely and write the order for tPA before the patient arrives in the emergency department.

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Know the Warning Signs for Stroke

- **Gaze** – Are you only able to look in one direction, without the ability to look the other way?
- **Face Drooping** – Is one side of the face drooping or numb? When asked to smile, is his or her smile uneven?
- **Arms/Legs** – Does he or she have weakness or numbness in one arm or leg: Is he or she unable to raise one arm? Does one arm drop down?
- **Speech Difficulty** – Is his or her speech slurred or unclear? When you ask the person to repeat a simple phrase, is it repeated incorrectly or is he or she unable to understand you?
- **Time to call 911** – Time lost is brain lost. If you notice any of these symptoms or suspect a stroke, even if they go away, call 911 and tell the dispatcher there are symptoms of stroke. Get the person to the hospital by ambulance immediately and note the time the symptoms first appear.