



1900 Columbus Ave.
Bay City, MI 48708

YOU ARE INVITED TO JOIN US

Register now and stop in for a presentation with time for questions and answers of a topic related to stroke. Guests are welcome to join you!

MEETING DETAILS:

All meetings will be held at the Center for Rehabilitation (Building C), located on McLaren Bay Region's West Campus at 3190 E. Midland Road, Bay City, MI.

Please RSVP by calling toll-free 1-877-411-2762 anytime or online at www.mclaren.org/BayClasses.

There is no cost to participate in any of these programs.



For more information on McLaren Bay Region's stroke center, scan the QR code and learn more.



BAY AREA STROKE EDUCATION SERIES



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SEPTEMBER – DECEMBER 2024

WEDNESDAY, SEPTEMBER 11, 2024

3:00 P.M. – 4:00 P.M.

“Headache After Stroke: Is It Typical?”

Speaker: Janice Baker, Nurse Practitioner, McLaren Bay Neurology

Headache after stroke is fairly common. These headaches often have features similar to tension-type headaches and may be more severe than pain during the stroke itself. Anyone experiencing a headache after a stroke should seek medical advice. This session will cover how to diagnose the headache, identify underlying causes and recommend appropriate treatments.

WEDNESDAY, OCTOBER 9, 2024

3:00 P.M. – 4:00 P.M.

“Atrial Fibrillation and Stroke”

Speaker: Michelle Crean, MSN, RN-BC, ACCNS-AG, Structural Heart – STEMI Coordinator, McLaren Bay Region

Untreated atrial fibrillation puts you at higher risk for stroke and heart failure. People with atrial fibrillation have a 3 to 5 times greater risk for ischemic stroke. This session will explain the link between atrial fibrillation and stroke, how to prevent a stroke, and what you can do to reduce your stroke risk as well as the current treatment options available.

WEDNESDAY, NOVEMBER 13, 2024

3:00 P.M. – 4:00 P.M.

“Managing Holiday Stress”

Speaker: Annette Kata, LMSW, Social Worker/Case Manager, McLaren Bay Region Inpatient Rehabilitation Unit

The holidays are the most wonderful time of the year, right? But let's face it, they can also be stressful. Life after a stroke can be full of daily challenges so let's explore some ways to manage stress and make the most of the holiday season.

WEDNESDAY, DECEMBER 11, 2024

3:00 P.M. – 4:00 P.M.

“Wound Care for Stroke Patients”

Speaker: Tara Stephan, DNP, FNP-C, McLaren Bay Region Wound Care Center

According to the National Institute of Health, chronic wounds affect around 6.5 million patients in the U.S. with many being stroke victims who have become immobile related to paralysis. In effect, this population is a prime target when it comes to wound infection. Join Tara Stephan as she discusses critical steps to take to avoid the onset of pressure ulcers, in addition to initial maintenance of a newly acquired ulcer.