

# Stroke Prevention Clinic at Rush

Our team of providers at the Stroke Prevention Clinic at Rush offers at-risk patients strategies and resources that reduce their likelihood of stroke. If a patient has already experienced a transient ischemic attack (TIA), we investigate the causes of the event and develop a plan for preventing future TIA/stroke that addresses the risk factors for stroke. Whether through the prevention or management of stroke, we give our patients a personalized, tailored treatment plan.

## Who are the ideal candidates for this clinic?

### Prevention

- Patients with a strong family history of stroke.
- Patients with a metabolic syndrome such as diabetes, dyslipidemia and hypertension.
- Patients who have had an episode(s) of transient stroke-like symptoms without hospitalization for these symptoms.

### Management

- Patients who have already suffered a stroke and are looking for ways to better control their risk factors for preventing future stroke/TIA.

### Conditions of primary focus

- Silent strokes/infarcts
- Stroke risk factors
  - Atrial fibrillation
  - Diabetes
  - Dyslipidemia
  - Genetic predisposition to blood clots
  - High blood pressure
  - High cholesterol
  - Hypertension
  - Obstructive sleep apnea
- Transient ischemic attack

### Tests

- CTA head/neck
- Echocardiogram
- Hypercoagulability testing
- Lipid panel
- MRI brain/MRA head and neck

### Treatments

- Lifestyle management to reduce stroke risk
  - Blood pressure control
  - Blood sugar control
  - Cholesterol management
  - Exercise
  - Nutrition counseling
  - Smoking cessation



**Best in Illinois.  
No. 4 in the country.**

## Why refer your patients here?

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**First-rate care:** The neurology and neurosurgery programs at Rush are ranked No. 4 in the nation and the best in the Midwest by *U.S. News & World Report*.

**Nationally recognized stroke care:** Rush University Medical Center, Rush Copley Medical Center and Rush Oak Park Hospital have been recognized by the American Heart Association/American Stroke Association with the Get with the Guidelines Stroke Gold Plus Achievement Award. Additionally, Rush University Medical Center and Rush Oak Park Hospital have received the Stroke Elite Plus Honor Roll Award. These awards recognize that Rush hospitals provide timely and effective stroke care and are among the best in the country.

**Comprehensive care:** Rush is certified by the Joint Commission as a Comprehensive Stroke Center, the most demanding stroke certification, which is designed for those hospitals that have specific abilities to receive and treat the most complex stroke cases.

**Convenient telemedicine:** In addition to providing care at our main campus, we also offer virtual visits for patients.

## Our team

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**Deborah Lynch,**  
CNS, APRN  
Board certifications:  
Adult-Gerontology  
Clinical Nurse  
Specialist, Board  
Certified (AGCNS-BC)  
Stroke-Certified  
Registered Nurse  
(SCRN)

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## Locations

**Rush University Medical Center**  
1725 W Harrison St.  
Suite 1118  
Chicago, IL 60612

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For general inquiries regarding the Stroke Prevention Clinic at Rush, call (312) 942-4500.

Learn more:  
[rush.edu/neuro](https://rush.edu/neuro)



Excellence is just the beginning.