

Pembroke Regional Hospital Presents: Understanding Stroke - A Free Public Education Session

FOR IMMEDIATE RELEASE

April 7, 2025

Pembroke Regional Hospital is pleased to announce an upcoming free public education session aimed at raising awareness and providing valuable information on stroke prevention, treatment, and recovery.

“Understanding Stroke” will take place on Thursday, April 24th, from 6-8 p.m. at The Best Western Pembroke Inn & Conference Centre. Doors open at 5:30 p.m.

“We are thrilled to bring together a diverse group of partners for this important educational event,” said PRH President and CEO Sabine Mersmann who will moderate the event with Beth Brownlee, Vice-President of Clinical Services and Chief Nursing Executive. “Our collaboration with organizations such as the Champlain Regional Stroke Network and County of Renfrew Paramedic Service underscores our commitment to providing the community with essential health information and empowering individuals with knowledge about disease prevention and management.”

When it comes to stroke, the statistics speak for themselves:

- Every five minutes, someone in Canada is diagnosed with stroke
- ¼ of Canadians living with stroke are under age 65
- The risk of stroke rises rapidly after age 55
- Stroke is the third leading cause of death in Canada

With such a stark reminder of how life-changing stroke can be, the session will feature five speakers who are all experts in the field as well as information stations on a variety of related topics and resources.

Topics including the science of stroke, stroke risk factors, prevention, treatment and recovery will be presented by Dr. Chika Offiah, an Internist/Neurologist at PRH; Hope Proctor, Clinical Stroke Educator, Matthew Stanfield, Community Paramedic for the County of Renfrew Paramedic Service, Dr. Debbie Timpson, PRH Physiatrist; and Lisa McDonnell, Director of the Champlain Regional Stroke Network.

Attendees will also have an opportunity before the session begins and during intermission to visit information stations and speak with representatives of the Champlain Regional Stroke Network, County of Renfrew Paramedic Service, Ontario Health at Home, the Ottawa Valley Ontario Health Team, Pembroke 50+ Active Living Centre, PRH Volunteer Services (March of Dimes Peer Support Program), and the West Champlain Family Health Team.

To register for this free event, email pr@prh.ca or call (613) 732-2811 extension 6165.

We look forward to sharing more about how we can work together to prevent and manage strokes in our community.

FOR MORE INFORMATION, PLEASE CONTACT:

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