



Bob Langland  
relaxes with his  
dog, Zoie.

Fortunately, Langland's wife was home and did exactly the right thing by immediately calling 911. Langland was rushed to the Emergency Department at Evergreen Hospital Medical Center, where he was quickly evaluated and treated by the Evergreen stroke team.

"Bob had a particularly massive stroke," explains Dr. David Likosky, one of the stroke team physicians who treated Langland. "He couldn't speak. He couldn't move."

"They weren't sure if I was going to wake up," Langland adds. "It's an absolute miracle that I am here today doing so well."

#### AGGRESSIVE THERAPY

What seems like a miracle was actually an intra-arterial tPA procedure, a type of "clot-busting" therapy. Interventional radiologist Dr. Pedro Vieco injected Langland with the thrombolytic drug tPA (tissue plasminogen activator) to dissolve the blood clot in his brain. With this procedure, timing is critical.

"Good outcomes for stroke depend upon getting treatment quickly," Dr. Likosky says. "An intra-arterial tPA procedure is only good if performed within six hours of stroke, and patients meet certain criteria. IV tPA procedures must be performed within three hours."

Dr. Likosky points out that Evergreen utilizes a fairly aggressive approach to stroke treatment. "Our success is due primarily to rapid response time, as well as the breadth of our stroke team," he says. That response time includes getting to the Emergency Department right away and having the right people and procedures in place to assess and treat the patient.

*"They weren't sure if I was going to wake up."*

*Sixty-two-year-old Bob Langland of Bothell had never been sick a day in his life. That changed one morning five years ago. "I got out of bed, and it felt like this electric shock went through my head," he recalls. "I ended up on the floor."*

The stroke team at Evergreen consists of an emergency physician, an internal-medicine specialist, a neurologist and a radiologist. Dr. Likosky is board-certified in both neurology and internal medicine. The team is available around the clock, and is able to provide a full range of intervention, from drugs to surgery.

While recuperating in the hospital, patients like Langland begin physical, speech and occupational therapy. Further inpatient therapy is available in the rehabilitation unit, and continued outpatient therapy is available at Evergreen's Head Injury Center.

#### LIFESTYLE CHANGES

Since his stroke, Bob Langland has made some major lifestyle changes; he's stopped smoking, gotten a less stressful job and bought a dog for companionship on the long walks he now takes each day. He has fully regained his speech and movement. "I have made a complete recovery," he declares. "Now I take time to stop and smell the roses."

"Bob's is the kind of case that makes medicine worthwhile," adds Dr. Likosky. "It's why we're here."

*For more information on Evergreen's stroke program, please see our Web site at [www.evergreenhealthcare.org](http://www.evergreenhealthcare.org).*



David Likosky, MD