

**FOR IMMEDIATE RELEASE**



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## **United Hospital District Designated as a Stroke-Ready Hospital**

**Blue Earth, MN – August 19, 2025** – United Hospital District is one of 121 hospitals recognized in Minnesota for their preparedness to evaluate, stabilize and provide emergency treatment to patients with acute stroke symptoms. Stroke is the fifth leading cause of death and one of the leading causes of disability in Minnesota, and outcomes improve for patients when they can get to the hospital for treatment as soon as possible.

In 2013, the Minnesota Legislature authorized the Minnesota Department of Health (MDH) to designate hospitals in Minnesota as "stroke hospitals." Facilities may be designated as Acute Stroke Ready Hospitals, Primary Stroke Centers, Thrombectomy-Capable Stroke Centers and Comprehensive Stroke Centers. These hospitals are prepared to provide quick and appropriate treatment to stroke patients, increasing the likelihood of better patient outcomes.

Minnesota has seen significant increase in access to stroke care, and 94% of Minnesotans now live within 30 minutes of a designated stroke system hospital. MDH has designated 121 stroke hospitals as part of the Minnesota Stroke System including 98 Acute Stroke Ready Hospitals throughout Minnesota.

"Earning this stroke-ready designation reflects our team's commitment to delivering life-saving care when every second counts," said Brianna Linder, an RN at UHD. "It's a promise to our community that the best possible care is right here at home."

"Stroke is an emergency and timely treatment decreases the chance of disability or death from stroke," said MDH Stroke Program Supervisor Nicky Anderson. "Every second counts. That is why it is so crucial that all Minnesota hospitals are ready to recognize and deliver timely stroke care close to home."

It is important for everyone to know how to spot a stroke quickly and call 9-1-1 at the first sign of a stroke. Local Emergency Medical Service (EMS) providers are trained to recognize stroke symptoms and will ensure patients are taken to the closest designated stroke center quickly. You can recognize the signs and symptoms of a stroke by remembering **B.E.F.A.S.T.**

**B - Balance loss** - Is coordination or balance suddenly difficult?

**E - Eyesight change** - Is there a sudden change in vision?

**F - Facial drooping** - Does one side of the face droop or is it numb?

**A - Arm weakness** - Is one arm weak or numb?

**S - Slurred speech** - Is speech slurred, are they unable to speak, or are they hard to understand?

**T - Time to call 9-1-1** - If the person shows any of these symptoms call 9-1-1 and get to a hospital immediately.

**About UHD:**

United Hospital District ([www.uhd.org](http://www.uhd.org)), based in Blue Earth, MN, is an independent system of care comprised of a 25-bed acute care hospital, comprehensive outpatient services, ambulance service and a home health/hospice care program, all supported by a 30-plus multi-specialty provider group with three clinic locations across two counties. UHD was recognized as a 2025 Best Hospital for Obstetrics, a 2024 Top 100 Critical Access Hospital, a 2023 Best Small Hospital Under 25 Beds, and a 2022 Top 200 Workplace in Minnesota.

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