



SAN ANTONIO
REGIONAL HOSPITAL

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San Antonio Regional Hospital Nationally Recognized for Commitment to Excellence in Stroke Care

The American Heart Association presents Get With the Guidelines® - Stroke Gold Plus award for demonstrating commitment to delivering evidence-based, life-saving stroke care

UPLAND, CA, August 10, 2026 – San Antonio Regional Hospital has received the American Heart Association's [Get With The Guidelines® - Stroke](#) Gold Plus quality achievement award for its commitment to ensuring people experiencing stroke receive timely, appropriate treatment based on nationally recognized, research-based guidelines, ultimately helping to save lives and reduce disability.

[Stroke](#) is the No. 4 cause of death and a leading cause of disability in the U.S, according to the American Heart Association's [2026 Heart Disease and Stroke Statistics Report](#). A stroke occurs when a blood vessel supplying the brain is blocked by a clot or ruptures, preventing blood and oxygen from reaching brain tissue. When this happens, brain cells begin to die. Early detection and rapid treatment are critical to improving survival, minimizing disability and supporting faster recovery.

Get With The Guidelines brings the expertise of the American Heart Association and American Stroke Association into hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. Get With The Guidelines - Stroke is an in-hospital program designed to improve stroke care through consistent adherence to these guidelines, which can minimize long-term effects of stroke and help prevent death.

“At San Antonio Regional Hospital, we are committed to providing the highest quality stroke care by following the latest evidence-based treatment guidelines,” said Stephanie Nakata, RN, MSN, Director of Cardiovascular Services. “The *Get With The Guidelines* program helps our care teams consistently apply proven best practices, which can lead to better outcomes and recovery for our patients. Ultimately, our goal is to help our community members live longer, healthier lives.”

Each year, participating hospitals qualify for the award by demonstrating how their organization has committed to providing quality stroke care. In addition to following clinical treatment

guidelines, Get With The Guidelines participants also provide education to help people manage their recovery and ongoing health at home.

“We are proud to recognize San Antonio Regional Hospital for its commitment to caring for people experiencing stroke,” said Steven Messe, M.D., volunteer chair of the American Heart Association Stroke System of Care Advisory Group. “Participation in Get With The Guidelines is associated with improved patient outcomes, including greater likelihood of being discharged home, fewer readmissions and lower mortality rates — a meaningful benefit for health care systems, families and communities.”

San Antonio Regional Hospital also received the American Heart Association’s Target: StrokeSM Honor Roll Elite award. To qualify for this recognition, hospitals must meet specific criteria that reduce the time between an eligible patient’s arrival at the hospital and treatment with thrombolytic therapy.

In addition, San Antonio Regional Hospital received the American Heart Association’s Target: Type 2 DiabetesTM Honor Roll award. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

San Antonio Regional Hospital also met specific scientific guidelines as a Primary Stroke Center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

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About Get With The Guidelines®

Get With The Guidelines® is the American Heart Association/American Stroke Association’s hospital-based quality improvement program that provides hospitals with the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 18 million patients since 2001. For more information, visit heart.org.

About San Antonio Regional Hospital

[San Antonio Regional Hospital](#) in Upland, California is a 363-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women’s health, maternity and neonatal care, and emergency services. Founded in 1907, with only 18 beds and 5 physicians, San Antonio Regional Hospital is continually growing with its community and is now recognized as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. Given its broad geographic reach and the depth and breadth of its services and programs, supported by the latest medical science and technology, San Antonio is a hospital of the future, offering state-of-the-art healthcare services in a healing environment focused on the patient and family.