

# Understanding Stroke

What you need to know...

# 1

## Cardiovascular Diseases

### Stroke

A stroke, sometimes called a brain attack or cerebrovascular accident, occurs when there is blockage of blood supply to part of the brain or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long term disability or even death.

### Types of Stroke

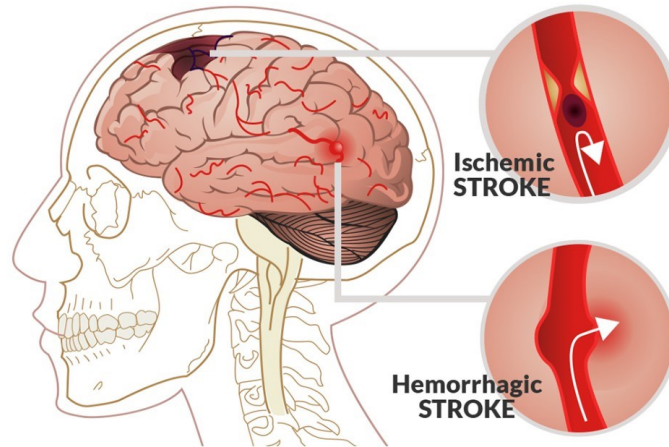
1. Ischemic Stroke: This account for about 80% of all strokes. It occurs when a blood clot blocks or narrows a blood vessel in the brain.
2. Hemorrhagic Stroke (Severe Bleeding): This type of stroke happens when a blood vessel in the brain ruptures or leaks, causing bleeding into the brain tissue.
3. Transient Ischemic Attack (TIA): Also known as 'mini-stroke'. It is a temporary episode of stroke-like symptoms that lasts for a short time (less than an hour). Although they resolve on their own, they are considered warning signs of a potential future stroke and should be taken seriously.



# 2

## Warning Signs!

Recognizing the warning signs of a stroke is crucial for seeking immediate medical attention. Common symptoms include **sudden numbness or weakness in the face, arm or leg (typically on one side of the body)** **confusion, trouble speaking or understanding speech, difficulty seeing in one or both eyes, severe headache, dizziness and loss of balance or coordination.** Use the FAST technique to identify an occurrence of stroke.



# 3

## FAST Stroke Recognition

**Face:** Tell the person to smile. Watch to see if their face drops.

**Arms:** Have the person raise both arms. Watch to see if one sags or drops.

**Speech:** Ask the person to say a simple phrase. Listen for slurred or strange sounding words.

**Time:** Every time counts, see the doctor right away.

Stroke is a serious medical condition that requires emergency care. See the doctor right away if you or someone you are with shows any signs of a stroke.



# 4

## Risk Factors

### Lifestyle Risk Factors

1. Being overweight or obese
2. Physical Inactivity
3. Heavy or Binge drinking
4. Use of Illegal drugs such as cocaine or methamphetamine

### Medical Risk Factors

1. High Blood Pressure
2. Cigarette smoking or secondhand exposure
3. High cholesterol level
4. Diabetes
5. Personal or family history of stroke, heart attack or transient ischemic stroke (future signs of stroke)
6. Other cardiovascular diseases including heart failure, heart defects, irregular heart rhythm such as atrial fibrillation

# 5

## Prevention and Management

### Prevention

- . Controlling high blood pressure
- . Lowering the amount of cholesterol and saturated fat in your diet
- . Quit tobacco use
- . Maintain a healthy weight
- . Avoid illegal drugs
- . Exercising regularly
- . Eating a diet rich in fruits and vegetable

### Management

- . Emergency Medical Care
- . Medical Assessment and Diagnosis
- . Acute treatment
- . Supportive Care(Monitoring, Medications, Rehabilitation, Lifestyle Modifications & Emotional Support)

# 6

## References

American Stroke Association (ASA)

ASA Resources in Spanish

National Heart, Lung and Blood Institute

National Institute of Neurological Disorders and Stroke (NINDS)

Centre for Disease Control and Prevention