

Love your heart, help your brain

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What is Stroke?

The National Heart, Lung and Blood Institute define stroke as when the flow of oxygen-rich blood to a portion of the brain is blocked. Without oxygen, brain cells start to die after a few minutes. Sudden bleeding in the brain also can cause a stroke if it damages brain cells. If brain cells die or are damaged because of a stroke, symptoms occur in the parts of the body that these brain cells control.

Types of Stroke?

The two main types of stroke are **ischemic** and **hemorrhagic**. Ischemic stroke is the more common type of stroke.

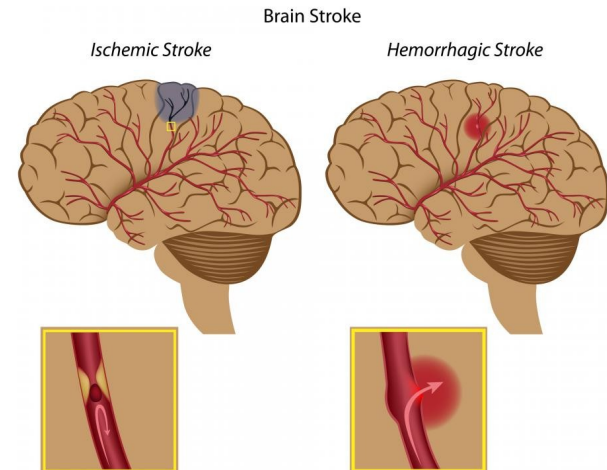
An **ischemic** stroke occurs if an artery that supplies oxygen-rich blood to the brain becomes blocked. Blood clots often cause the blockages that lead to ischemic strokes.

Transient ischemic attack, also referred to as TIA is similar to a "mini stroke". This occurs if blood flow to a portion of the brain is blocked only for a short time, so the damage to the brain cells isn't permanent. They are often caused by blood clots and can greatly increase the risk of having a full blown stroke

WHOSE AT RISK?

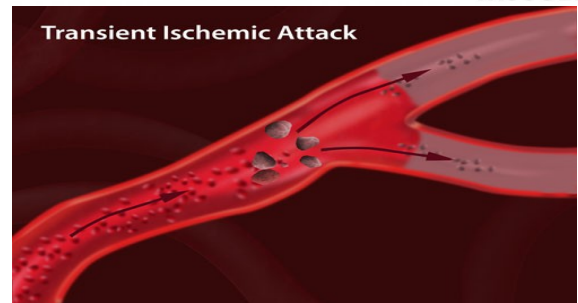
High blood pressure — there is no set BP level. But a Systolic of 150 or greater and a diastolic of 110 or greater puts you at great risk	Personal or family history of stroke or transient ischemic attack
Diabetes — leads to too much glucose in bloodstream. Over time, this glucose can lead to increased fatty deposits or clots on the insides of the blood vessel walls. These clots can narrow or block the blood vessels in the brain or neck, cutting off the blood supply, stopping oxygen from getting to the brain and causing a stroke	Age and gender: risk increases as you age. At younger ages, men are more likely than women to have strokes. However, women are more likely to die from strokes. Women who take birth control pills also are at slightly higher risk of stroke
Heart diseases such as coronary heart disease, cardiomyopathy, heart failure and atrial fibrillation	Race: occurs more often in African American, Alaska Native, and American Indian adults than in white, Hispanic, or Asian American adults.
Smoking	Sickle cell disease, vasculitis and bleeding disorders
Brain aneurysms	Obesity — BMI of 30 or greater puts you at greater risk of having a stroke
Alcohol and Drug abuse	Stress and depression

A **hemorrhagic** stroke occurs if an artery in the brain leaks blood or breaks open. The pressure from the leaked blood damages brain cells. High blood pressure and aneurysms (balloon-like bulges in an artery that can stretch and burst) are examples of conditions that can cause hemorrhagic strokes.



Blockage of blood vessels; lack of blood flow to affected area

Rupture of blood vessels; leakage of blood



Signs and Symptoms of Stroke

Depending on what part of the brain is affected our symptoms may differ:

1. Trouble seeing/ blurred vision/ complete loss of vision
2. Loss of balance- because one side of your body is affected and therefore weakened
3. Difficulty speaking or confusing words
4. Weakness of one's arms and or legs
5. Facial Paralysis which may/may not be accompanied with slight pain in the face, difficulty speaking, inability to express emotion, tearing of the eye, drooling, muscle twitching and dryness of the mouth and eye
6. Pain- from dull and constant to sharp and sudden pain
7. Loss of understanding , a feeling of confusion
8. Severe Headaches
9. Loss of your senses
10. Fatigue

F **FACE:**
Ask the person to smile.
Does one side of the face droop?

A **ARMS:**
Ask the person to raise both arms.
Does one arm drift downward?

S **SPEECH:**
Ask the person to repeat a simple phrase.
Is their speech slurred or strange?

T **TIME:**
If you observe any of these signs,
call 9-1-1 immediately.

ROAD TO RECOVERY...

STROKE RECOVERY GUIDE
THE PYRAMID APPROACH

04 **PREVENTION**

03 **EXERCISE**

02 **EDUCATION**

01 **MOTIVATION**

Flint
Rehabilitation Devices

Some patients may not return home and may be sent to a rehabilitation facility after having a stroke. For those who end up going back home here are some tips:

- Stop smoking
- Be more active
- If person cannot speak- try communicating with them and bring up memories to stimulate long-term memories
- Surround yourself with positivity
- Be patient
- If necessary may need Occupational therapy
- May need things re-arranged around the home to be more accessible

For more information you can visit the National Heart, Lung and Blood Institute website or heart.org

