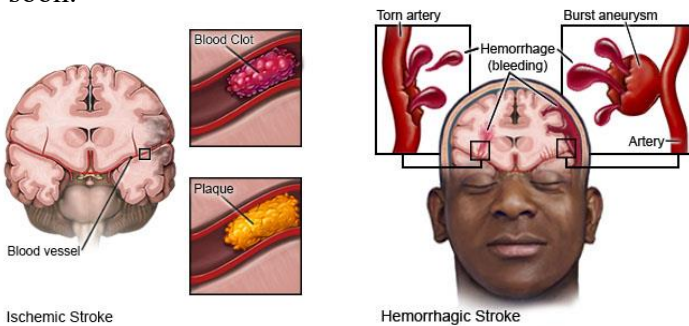




Stroke

It occurs when blood flow in part of the brain is interrupted. This can cause serious damage to the brain due to lack of oxygen.

A stroke caused by a blood clot is known as an ischemic stroke. A stroke caused by a bursting or tearing blood vessel is known as an intracerebral hemorrhage or hemorrhagic stroke. When the symptoms of a stroke last from a few minutes to a few hours and do not cause harm, it is known as a transient ischemic attack (TIA). A TIA is a warning sign that you are at risk for a stroke soon.



Warning signs of a Stroke

The words B.E. F.A.S.T. can help you remember and recognize the warning signs of a stroke.

B = Balance: Sudden loss of balance

E = Eyes: Loss of sight in one or both eyes

F = Face: Face falls to the side

A = Arms: You fall when you raise both arms

S = Speech: Difficulty speaking or sounds different

T = Time: Time to get help immediately

Signs and Symptoms of a Stroke

They will depend on the type of spill and when it occurred:

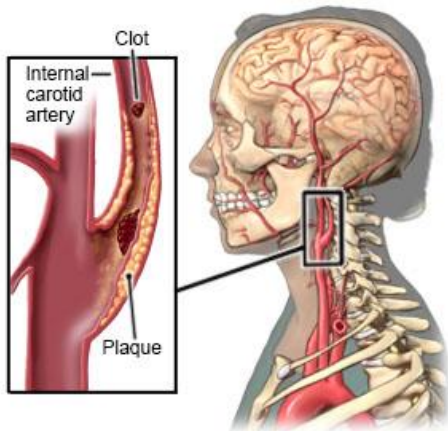
- Loss of consciousness or sight in one or both eyes
- Vomiting or severe headache
- Sudden weakness or paralysis in the arm, leg, or face with difficulty walking, speaking, or understanding words you hear or read.

Risk factors for a Stroke

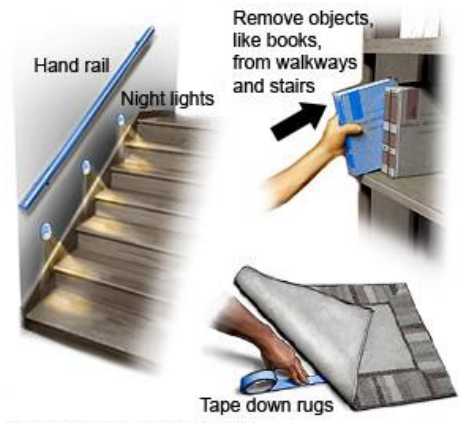
- Advanced age
- A family history of stroke or certain heart conditions
- Diabetes, kidney disease, or high cholesterol
- Migraines
- Atrial fibrillation, hypertension, or atherosclerosis
- Smoking cigarettes, consuming alcohol excessively, or using drugs such as cocaine
- Insufficient physical activity or obesity
- Sleep apnea or other sleep disorders that affect breathing
- In women, hormone replacement therapy or birth control pills

Diagnosis

- **Blood tests** will also test your blood's ability to clot. Tests may include a test for diabetes. Diabetes increases your risk of a stroke.
- A **computed tomography (CT) scan or magnetic resonance imaging (MRI)** may be used to find the area of the brain affected by a stroke. The pictures may also show bleeding in your brain.
- An **arteriogram** is a type of X-ray of your arteries that is taken to look for blockages in blood flow, as well as bleeding.
- A **carotid ultrasound** can show if the carotid arteries are narrowed or blocked. The carotid arteries are the blood vessels in the neck that carry blood to your brain.



Atherosclerosis of the Interior Carotid Artery



Fall Prevention for Adults

Treatment

Treatment depends on the type of stroke you have had:

- **Anticoagulant** medicines, to dissolve clots, or to help your body clot more easily. You may also need medicine to treat high cholesterol, high blood pressure, or diabetes.
- **Thrombolysis** is used to dissolve clots in an artery. A catheter is guided into the artery until it approaches the clot. They will put medicine into the catheter to help dissolve the clot.
- **Surgery** may be used to remove a blood clot or to help relieve pressure inside your brain. You may also need surgery to remove accumulated plaque from your carotid arteries.

Manage the effects of Stroke

- **Rehabilitation** is a program led by specialists who will help you regain the skills you have lost. Physical therapists help you gain strength or balance. Occupational therapists teach you new ways to do your daily activities. Your therapy may include movements for daily activities.
- **Make your home safe.** Remove anything you might trip over. Tape over electrical wires. Keep hallways clear in your home. Make sure your home is well lit. Put non-slip material on surfaces that could be slippery.

- **Take control of your health conditions.** A medical condition like diabetes can increase your risk of a stroke. Check your blood sugar level if you have hyperglycemia or diabetes. Take prescribed medications and monitor your blood sugar as directed. Check your blood pressure. High blood pressure can increase your risk of a stroke.
- **Don't use nicotine or illegal drugs.** Nicotine and other chemicals in cigarettes and cigars can damage blood vessels.
- Eat a variety of healthy foods, maintain a healthy weight, exercise frequently, and manage stress.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY-1-844-347-7804

References:

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