



“Better to look weak and be strong than to look strong and be weak.” - Laura Moncur

Educate people on the signs of stroke and how they can act F.A.S.T. With immediate medical attention, they may be able to lower the risk of disability—and death.







Stroke Awareness Month is May

Stroke




A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and food. Within minutes, brain cells begin to die. A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications. In majority of cases, strokes can be treated and prevented.

Causes:

High blood pressure is the main risk factor for strokes, the other risk factors being:

-  Atrial fibrillation.
-  Diabetes.
-  Family history of stroke.
-  High cholesterol.
-  Increasing age, especially after age 55.
-  Race (black people are more likely to die of a stroke).

Stroke risk is also higher in:

-  People who have heart disease or poor blood flow in their legs caused by narrowed arteries.
-  People who have unhealthy lifestyle habits such as smoking, high fat diet, and lack of exercise.
-  Women who take birth control pills (especially those who smoke and are older than 35).

Symptoms:

A headache may occur if the stroke is caused by bleeding in the brain. The headache:

- ✚ Starts suddenly and may be severe.
- ✚ Occurs when you are lying flat.
- ✚ Wakes you up from sleep.
- ✚ Gets worse when you change positions or when you bend, strain, or cough.

Other symptoms depend on how severe the stroke is and what part of the brain is affected. Symptoms may include:

- ✚ Change in alertness (including sleepiness, unconsciousness, and coma).
- ✚ Changes in hearing.
- ✚ Changes in taste.
- ✚ Changes that affect touch and the ability to feel pain, pressure, or temperature.
- ✚ Clumsiness.
- ✚ Confusion or loss of memory.
- ✚ Difficulty swallowing.
- ✚ Difficulty writing or reading.
- ✚ Dizziness or abnormal feeling of movement (vertigo).
- ✚ Lack of control over the bladder or bowel.
- ✚ Loss of balance.
- ✚ Loss of coordination.
- ✚ Muscle weakness in the face, arm, or leg (usually on one side only).
- ✚ Numbness or tingling on one side of the body.
- ✚ Personality, mood, or emotional changes.
- ✚ Problems with eyesight, including decreased vision, double vision, or total loss of vision.
- ✚ Trouble speaking or understanding others who are speaking.
- ✚ Trouble walking.

Coping and support:



Several strategies may help you and your caregivers, including:

- ✚ Gather as much knowledge about stroke-causes, treatment and prevention strategies.
- ✚ Do not be too hard with yourself as regards work, lifestyle, career, achievements; lead an easy life.
- ✚ Do not let emotional stress overcome your mental stability and peace.
- ✚ Let friends and family know what you need.
- ✚ Know that you are not alone.




Prevention:

Many stroke prevention strategies are the same as strategies to prevent heart disease. In general, healthy lifestyle recommendations include:

- ✚ Controlling high blood pressure (hypertension).
- ✚ Lowering the amount of cholesterol and saturated fat in your diet.
- ✚ Quitting tobacco use.
- ✚ Controlling diabetes.
- ✚ Maintaining a healthy weight.
- ✚ Eating a diet rich in fruits and vegetables.
- ✚ Exercising regularly.
- ✚ Drinking alcohol in moderation, if at all.

-  Treat treating obstructive sleep apnea, if present.
-  Avoiding illicit drugs.

Reference Links:

-  <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001740/>
-  <http://www.mayoclinic.org/diseases-conditions/stroke/basics/prevention/con-20042884>
-  <http://www.strokeawareness.com>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.