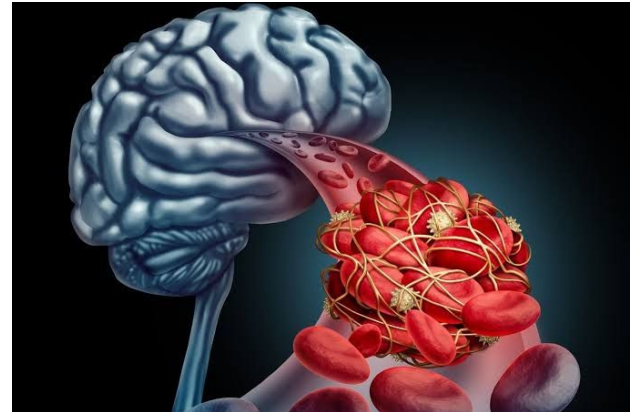


# Stroke

## What is stroke? What causes them?

- Stroke is a sudden or unexpected interruption in the blood supply of the brain. Most of the strokes are caused by blockage of the arteries leading to the brain and some other strokes are caused by bleeding into the brain tissue when a blood vessel bursts. There are different kinds and causes of strokes.



## What are the kinds of strokes?

- There are 3 main types of strokes.

The first type is called *Ischemic Stroke*. 87% of strokes are caused by ischemic strokes. This happens when blood flow through the artery that supplies oxygen to the brain becomes blocked.

- ( <https://www.cdc.gov> )

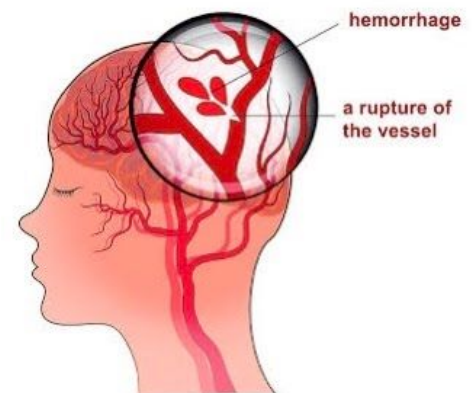
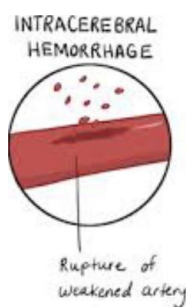


- The second type is called the *Hemorrhagic Stroke*. This occurs when an artery in the brain leaks blood or ruptures. The leaked blood puts too much pressure on the brain cells that it damages them.

- ( <https://www.cdc.gov> )

- There are 2 types of hemorrhagic strokes.

Subarachnoid. The Intracerebral stroke is more common under the hemorrhagic stroke.



- The third type of stroke is called *Transient ischemic attack* (aka TIA). This attack is a warning or a mini stroke. ( <https://www.cdc.gov> )

## How to prevent strokes?

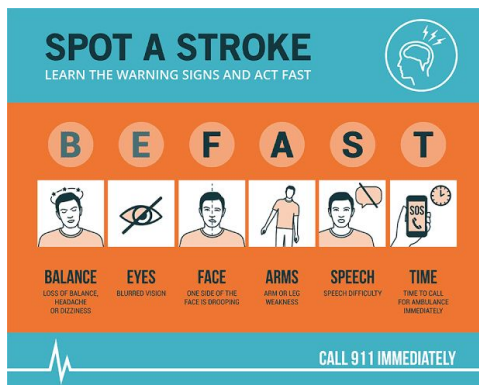
<https://www.mayoclinichealthsystem.org/get-stroke-ready/preventing-stroke>

- There isn't actually a way to prevent them completely, but here are the tips to reduce your risk of having a stroke attack:
  1. Control your blood pressure and make sure it won't get too high.
  2. Quit smoking if you do.
  3. Control your sugar intake. You can manage diabetes with diet, exercise, etc.
  4. Maintain a healthy weight.
  5. Keep your diet healthy. It should consist of at least fruits and vegetables.
  6. Exercising is a healthy and productive thing to do to reduce having a stroke.
  7. Don't drink too much alcohol because it raises the risk of having high blood pressure.
  8. Treat obstructive sleep apnea (OSA) by treating the patient with oxygen at night.
  9. Avoid drugs such as cocaine and methamphetamines.
  10. Manage other medical conditions.



## What happens during a stroke attack?

- Numbness of the face, arm or leg may be felt by the patient. It can also be really sudden and usually affects one side of the body.



## What are the warning signs?

- Sudden numbness or weakness in the face, arm, or leg can be a sign. Sudden confusion and trouble speaking and seeing can also be one. Difficulty of understanding speech and sudden trouble walking, sudden severe headache, dizziness, loss of balance, and lack of coordination can be signs. If you experience these symptoms, call 9-1-1 or your emergency number immediately.

## Things to know:

- The good news is that strokes can be cured with proper treatment! Research says that in many instances, a brain can heal itself after a stroke occurs.
- Someone who has already experienced a stroke has a higher chance of having another attack than others.

- Common complications of having strokes are brain edema or swelling of the brain and pneumonia that can cause breathing problems.

[https://www.stroke.org/-/media/stroke-files/lets-talk-about-stroke/life-after-stroke/life-after-stroke\\_complications-after-stroke.pdf?la=en](https://www.stroke.org/-/media/stroke-files/lets-talk-about-stroke/life-after-stroke/life-after-stroke_complications-after-stroke.pdf?la=en)