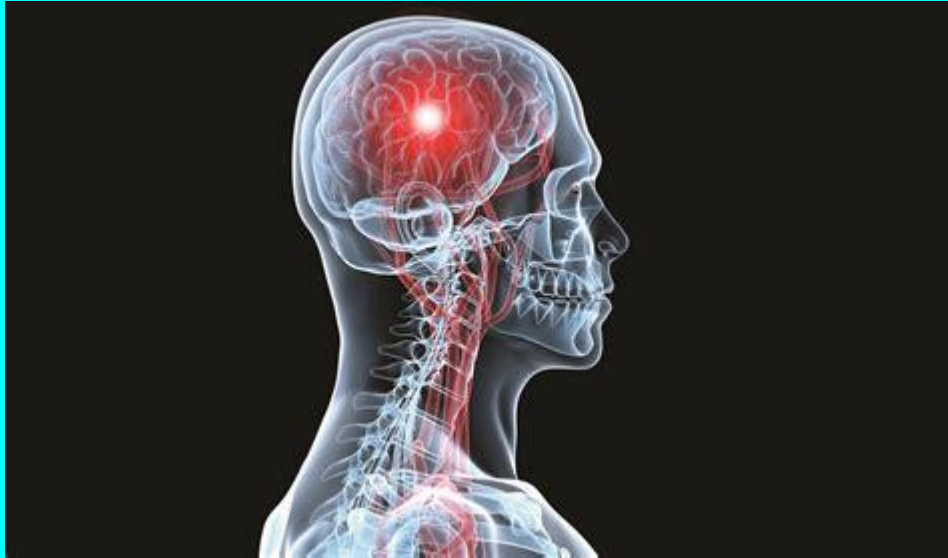


Stroke

Written by: Jerald Melendres

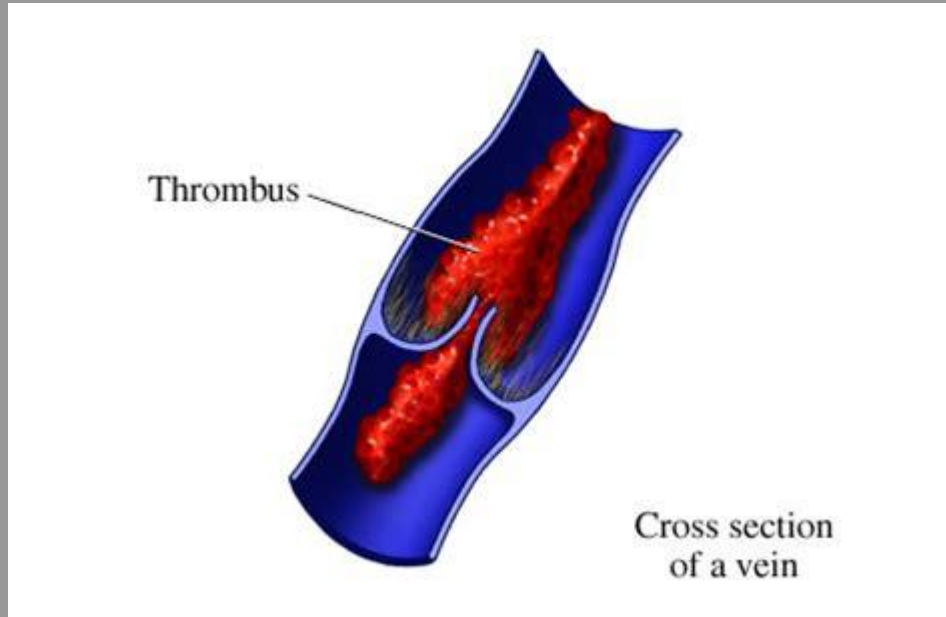
Stroke

It is a disorder that results from blockage brought by the hardening of arteries in the brain or in the neck vessels leading to the brain.



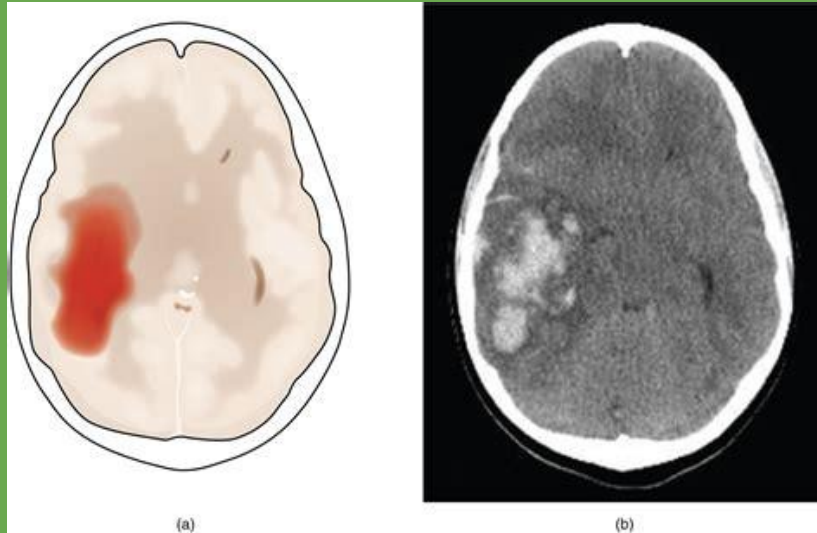
Blood clot

A blood clot fixed within a blood vessel, called thrombus can block the passage of blood. Sometimes, a wandering clot called embolus can also stop blood flow.



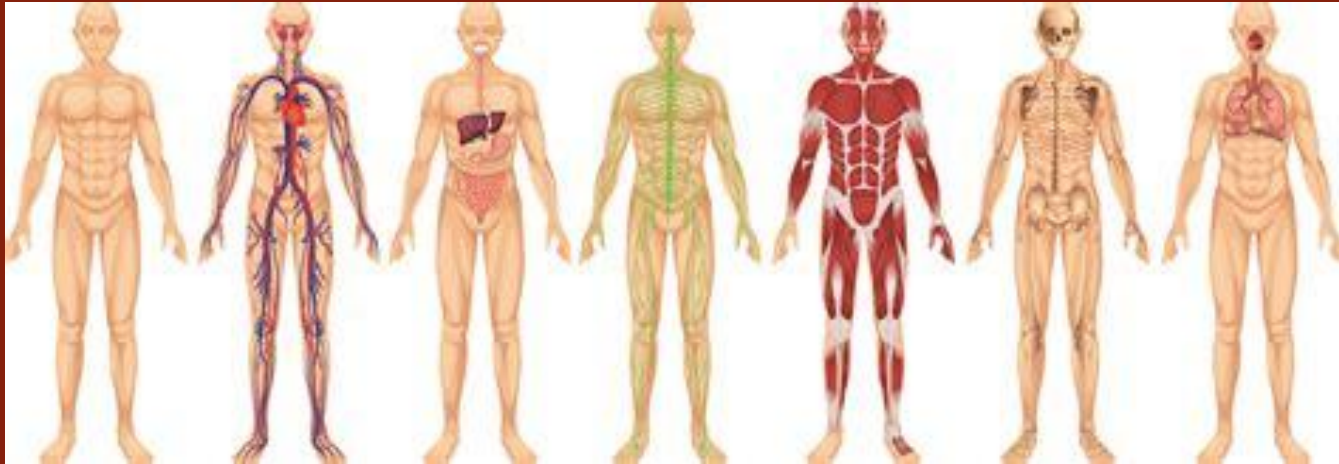
Cerebral hemorrhage

Stroke can also occur from a hemorrhage where a diseased artery suddenly bursts. This condition is called cerebral hemorrhage. This occurs when a patient has atherosclerosis and high blood pressure. Once stroke occurred, intensive rehabilitation is needed as soon as possible for a speedy recovery.



Organs affected

The organs affected by stroke are the respiration system, nervous system, circulatory system, muscular system, digestive system, and urinary system.



Stroke

It can affect the respiration system because of the damage to the brain that controls eating and swallowing. If it is a stroke that happens in the brain stem it is more likely that it would cause coma or death.



Stroke

It can affect the nervous system because of the damage to the brain. The effects are different depending on which part of the brain is damaged. It could cause loss of vision. If the damage is in the front part of the brain, it will affect your intelligence and your thinking patterns.



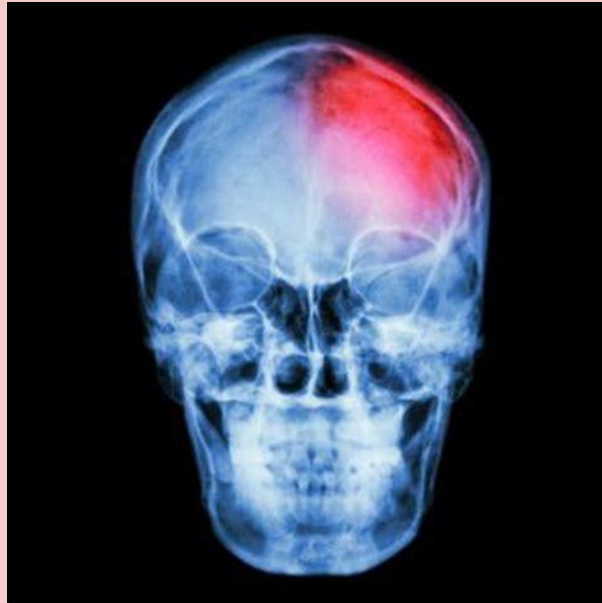
Stroke

If the damage is in the right side of the brain, it can cause loss of attention span, focus and memory issues, and trouble recognizing faces or objects even if they are familiar.



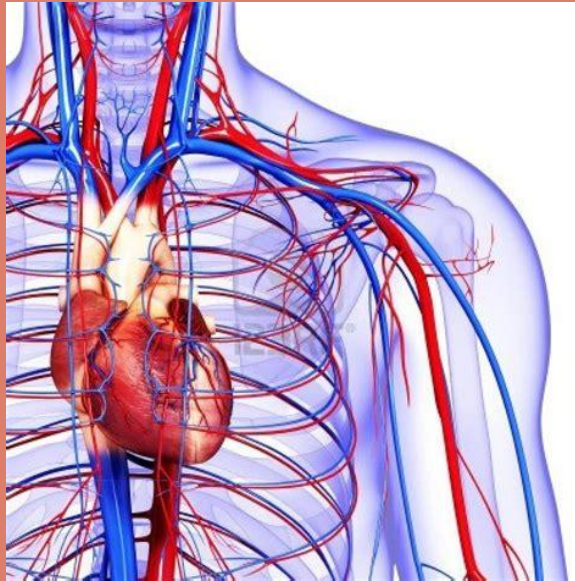
Stroke

If the damage is in the left side of the brain, this can cause difficulty in speaking and understanding language, memory problems, trouble reasoning, organizing, thinking mathematically, and behavior changes.



Stroke

It can affect the circulatory system because the blood clot is blocking the passage of blood. These are often caused by existing issues within the circulatory system that build up over time. It is often related to high cholesterol, high blood pressure, smoking, and diabetes.



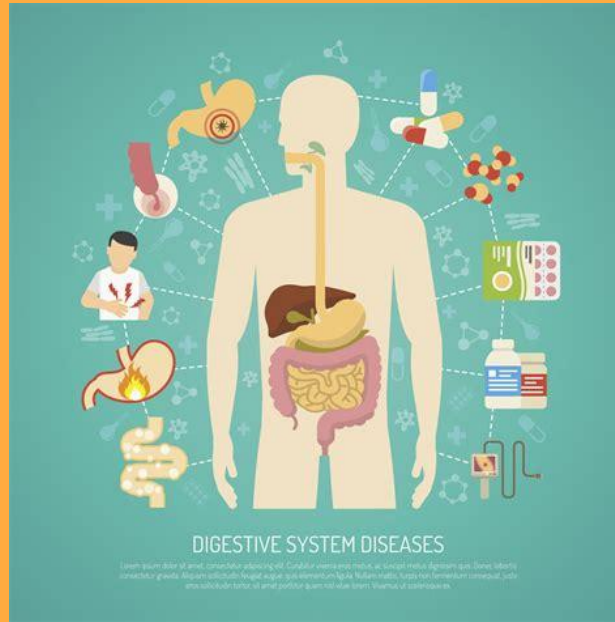
Stroke

It can affect your muscular system depending on where the damage in the brain is. A stroke normally affects one side of the brain. The left controls the right side of the body and the right side of the brain controls the left side of the body. This can cause paralysis and weakness, which can affect your balance as well.



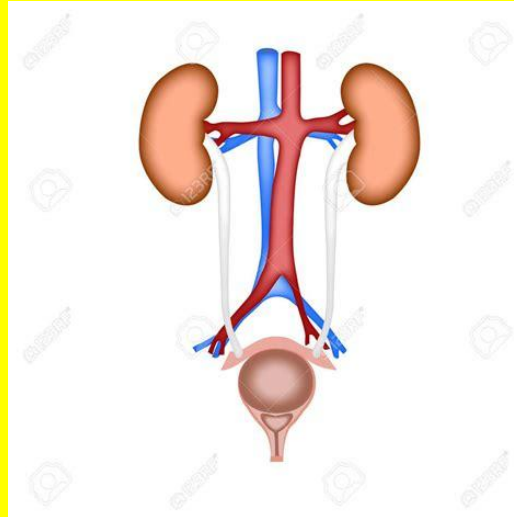
Stroke

It can affect your digestive system because of the damage in the brain that controls your bowels. This can cause incontinence, or the loss of control over the bowel function. It is more common in the early recovery stages and often improves over time.



Stroke

It can affect your urinary system because a stroke can cause a breakdown in communication between your brain and the muscles that control your bladder. When this happens, you need to go the restroom more often, or you may urinate in your sleep or while laughing or coughing.



Stroke

People can get a stroke if they have high blood pressure, high cholesterol, diabetes, overweight, usage of illegal drugs, or drinking too much alcohol.



Detecting stroke

If you want to detect if someone has stroke, do the F.A.S.T. Test.

Face - ask the person to smile check if one side of their face drops or appears numb.

Arms - ask the person to raise both arms. If they cannot lift their arms, or if one drifts downward, they are most likely suffering from stroke.

Speech - Ask the person a question, any question. Check if their words are slurred or difficulty in forming words.

Time - If the person displays any symptoms, call an ambulance.

Preventing Stroke

There are 7 ways to prevent stroke, first, try to lower your blood pressure. Reduce the salt intake, avoid saturated fats get more exercise and quit smoking. This will lower or maintain your blood pressure.



Preventing Stroke

Losing weight is the second step, when you lose weight you also lower your blood pressure or maintain it to a normal level. This will lower your chances of getting stroke.



Preventing Stroke

Exercising is the third step, when you exercise you also lower your blood pressure and you also lose weight. On its own, it stands as a stroke reducer. Even walking around your house every morning is considered as exercise.



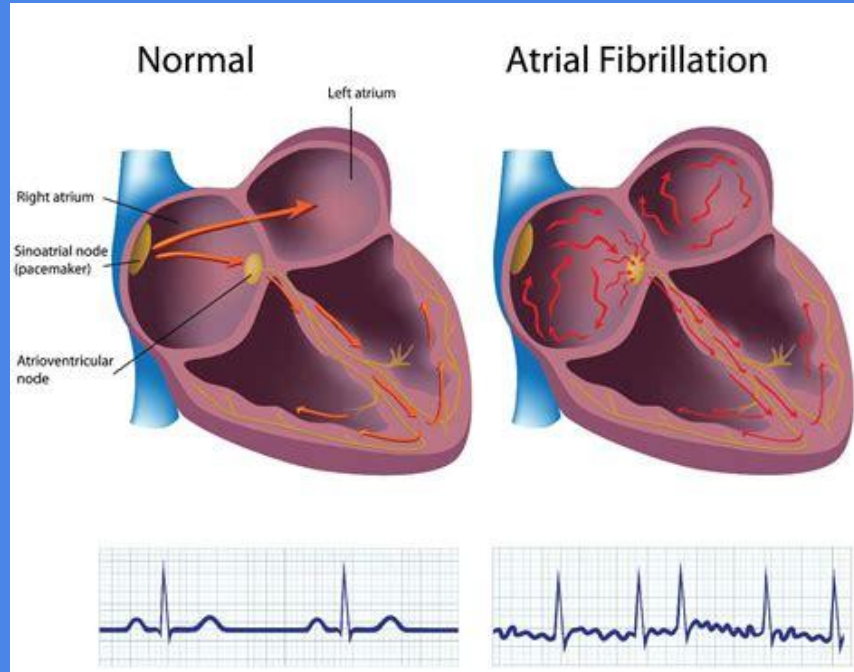
Preventing Stroke

Avoid drinking too much alcohol is fourth step. Alcohol can increase your chances of getting stroke, so as much as possible do not drink.



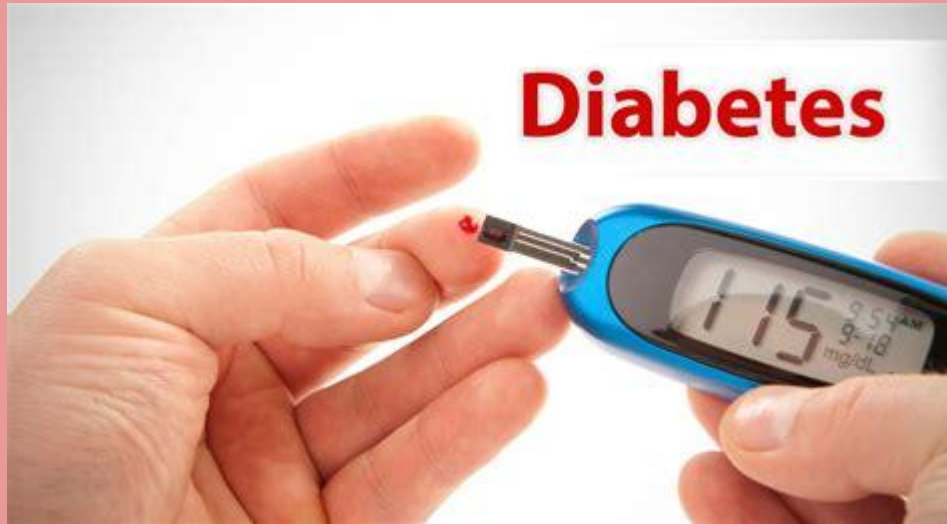
Preventing Stroke

If you have atrial fibrillation, it is best that you get it treated. This is a form of irregular heartbeat that causes clots to form in the heart.



Preventing Stroke

If you have diabetes, it is best if you get it treated as well. Although you cannot heal from the disease instantly, you can at least maintain your sugar intake. Too much sugar will cause even more problems for you.



Preventing Stroke

The last step would be to stop smoking. If you do not smoke, keep up the pace. This is because smoking accelerates clot formation in a couple of different ways. It thickens your blood, and it increases the amount of plaque build up in the arteries.



Treating Stroke

Treating stroke has different kind of methods depending on the type of stroke. But most of the treatments include medicines or injections and a healthy diet.



Sources

<https://www.healthline.com/health/stroke/effects-on-body>

<https://www.verywellhealth.com/know-stroke-fast-3968743>