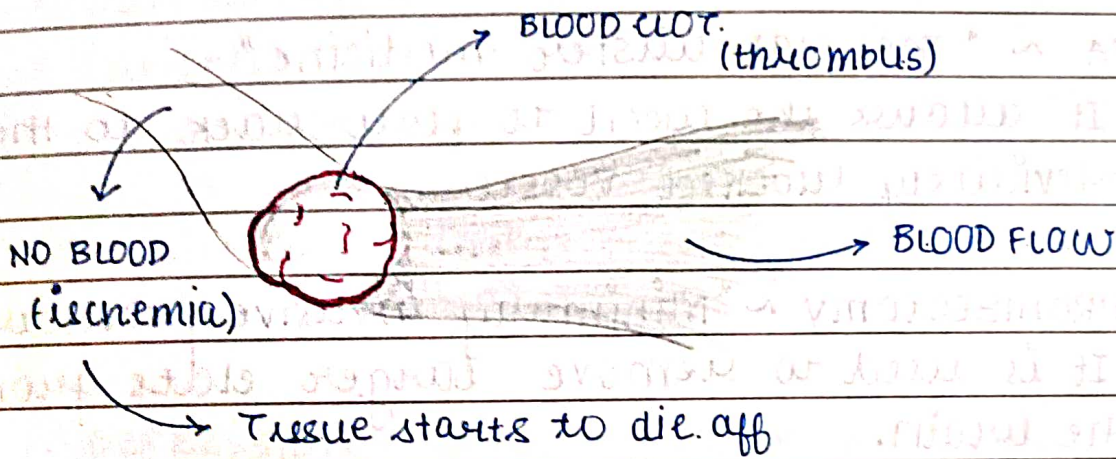


Stroke :

- What is stroke?
When our brain doesn't get enough oxygen.

Most common cause :

Blockage into the vessel leading to the brain, often due to a blood clot getting trapped or when a vessel gets narrow.



* Sometimes, the blood clot dissolves on its own and it is known as a transient ischemic attack ("mini-stroke") (TIA)

symptoms disappear after few hours.
but still the patient should visit the hospital.

A warning about a larger stroke.

- Signs and symptoms :

CLASSIC SYMPTOMS

F	A	S	T
Face	Arm	Speech	Time
One side of the face droops	weakness outstretch difficulty (+ feel)	slurred speech	Emergency call 911 immediately

Head CT scan can be done if the hospital worker suspect a stroke.

- Treatment :

* First few hours after stroke *

Because the tissue can't be saved afterwards

① TPA ~ "The clot buster medicine"

It allows the blood to flow back to the previously blocked vessel.

② THROMBECTOMY ~ "Minimally invasive procedure"

It is used to remove larger clots from the brain.

- Risk factors :

• Hypertension

- lowering BP back to normal can give a greater decrease in risk for stroke.

• Smoking

- Quitting : Risk disappears in 2-4 years.

• Diabetes

• High cholesterol.

T → can be reduced with

• LIFESTYLE CHANGES

• MEDICATIONS

- Medications:

- Daily - ASPIRIN (Reduces the chances of clotting)
- Blood thinners

(except for people with ABNORMAL HEART RHYTHM
eg: atrial fibrillation)

- Recovery:

- can be slow
- Patients may work with

~ speech therapists

~ physical therapists

~ occupational therapists

} No regain their
muscle strength

- DEPRESSION ~ common after stroke.
(shouldn't be ignored)

~ When treated...

You feel better.

Regain physical strength.