

# Stroke

Let's get the Legal requirements out of the way up front.

My sources for this presentation are:

Sentara Hospital Corporation

MCV/VCU

American Heart Association

National Stroke Association

What is a Stroke, are there different types of strokes, what are the symptoms, and what do I do if I think I/ or someone else am/ are having a stroke?

All of these questions will be answered in the next few minutes, but first who am I and why am I doing this?

The who you know. The why is different. My father died of a stroke, my lady suffered a deliberating stroke, Right Eminent William T. Hargrove, and Douglas Springman of Williamsburg # 6 HAD or suffered two types of Strokes and my mother has had an estimated 300 TIAs.

So what is a STROKE?

A stroke is defined as “The rapid loss of brain function caused by some type of disturbance in the blood supply to the brain, The part of the brain that does not get the blood starts to die”.

The disruption can be by FOUR different types of strokes and yes you can have more than two at a time.

The first that we will discuss is an *ISCHEMIC* stroke.

Ischemic strokes are caused by blood clots or the buildup of plaque over time. This buildup is called *ATHEROSCLEROSIS*.

Clots form in large blood vessels and block the smaller blood vessels when they break loose.

The second type is known as a *HEMORRHAGIC* Stroke:

The hemorrhagic stroke is caused by the breaking of or leaking of blood from the vessel.

The first is the *INTRACEREBRAL* hemorrhage which is within the brain and is associated with uncontrolled high blood (hypertension) pressure; the second is a *SUBARACHNOID* stroke which is caused by trauma or aneurysm. A third is known as *TIA* which we will discuss shortly. The fourth is called *Cryptogenic* which is responsible for 30%-40% of all ischemic strokes. All that we have discussed need **EMERGENCY MEDICAL TREATMENT** as they have “a three hour window” that improves your chance of recovery. Once brain tissue dies they cannot be recovered.

The third or TIA is the *TRANSIENT ISCHEMIC ATTACK* also known as a “mini stroke” and recovery can take as little as a few minutes to as long as 24 hours.

Let’s review:

TIA: Temporary lack of blood flow- No permanent damage.

STROKE: Prolonged or Permanent stoppage could/would cause brain tissue or death.

Action: CALL 9-1-1 immediately.

Duration: Minutes to hours for TIA Permanent for the others.

F face paralysis

A arm numbness

S speech difficulty

T Time call 9-1-1 and write down the time

## What are the risk factors?

Factors that cause strokes:

Overweight or Obese

Bad Diet:

High in saturated Fat (Blockages)

High in Salt (High Blood Pressure)

Cocaine or other recreational drugs

Diabetes

Smoking

Lack of routine exercise

Excessive Alcohol intake

So to sum it all up:

(1)Control your blood pressure.

(2)Stop Smoking

(3)Lose weight

(4)Manage your diabetes

(5)Get active

(6)Improve your diet

(7)Limit alcohol

A Stroke victim has a 33% chance of another stroke

REMEMBER:

F A S T

Thank you.