Introduction to Stroke

Education Module Information
for Stroke Patients & Family Members
What things have you been told or have heard about stroke?
WHAT is STROKE?

Interruption of blood flow to the brain, resulting in damage to the brain tissue.
There are TWO TYPES of STROKE

- Ischemic Stroke
- Hemorrhagic Stroke
Blockage in an artery in the brain caused by a blood clot.
HEMORRHAGIC STROKE

Bleeding into the Brain when a blood vessel bursts.

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WHAT is a TIA?
(TRANSIENT ISCHEMIC ATTACK)

- Symptoms of a stroke that last only for a short time. (*minutes, up to approx 1 hour*)

- A “mini strokes” or “warning strokes”.

- TIA can be followed by a full stroke.

- Seek immediate medical attention. (*nearest ER or call 911*)
What are the **Signs and Symptoms** of a stroke or TIA?
SIGNS and SYMPTOMS of a STROKE or TIA?

• sudden **Weakness/Numbness**
  
  *Sudden loss of strength or sudden numbness in the face, arm or leg even if temporary*

• sudden **Trouble Speaking**
  
  *Sudden difficulty speaking or understanding or sudden confusion, even if temporary*

• sudden **Vision Problems**
  
  *Sudden trouble with vision, even if temporary*
SIGNS and SYMPTOMS of a STROKE or TIA?

- sudden **Headache**
  *Suddenly severe and unusual headache*

- sudden **Dizziness**
  *Suddenly loss of balance, especially with any of the above signs*
If you or someone you know is having signs of stroke.

CALL 911 IMMEDIATELY
There are TWO TYPES of RISK FACTOR for STROKE

- Non-modifiable
- Modifiable
NON-MODIFIABLE RISK FACTORS

- Age (>55)
- Family history
- Gender (more common in men than women)
- Ethnicity
  (high risk groups are Asian, African-American, & Aboriginal)
• Certain medical condition increase your likelihood of having a stroke or another stroke.
• Your doctor can prescribe specific treatment to control these conditions…..
MODIFIABLE RISK FACTORS
(MEDICAL CONDITIONS)

- Previous Stroke or TIA
- High Blood Pressure
- High Cholesterol
- Heart Disease
- Atrial Fibrillation
- Diabetes
Certain stroke risk factors are controllable through healthy lifestyle choices…….
MODIFIABLE RISK FACTORS (LIFESTYLE)

- Sedentary Lifestyle
- Overweight
- Excessive Alcohol use
- Stressful Lifestyle
- Smoking
- Cocaine/Ecstasy use
What is the easiest change that you could make to improve your risk factors?

<table>
<thead>
<tr>
<th>MEDICAL</th>
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A. What is your greatest risk factor?

B. What needs to happen for that change to occur?

C. What do you need to do to successfully make this change?
What else would you like to learn about stroke?