

Announcement

STROKE

EVERY SECONDS COUNT



1. STROKE

It occurs when blood flow to the brain is blocked or there is sudden bleeding in the brain.



2. TYPES

There are two main types of stroke: **Ischemic** and **Haemorrhagic**.

An ischemic stroke is caused by a blockage in a blood vessel supplying blood to the brain, while a haemorrhagic stroke is caused by sudden bleeding in the brain.



3. SIGN & SYMPTOMS

Include sudden confusion, trouble speaking, or understanding speech; sudden numbness or weakness, especially on one side of the body; sudden severe headache with no known cause; sudden trouble seeing from one or both eyes; and sudden trouble walking, dizziness, or loss of balance or coordination.



4. RISK FACTORS

- High blood pressure, obesity, physical inactivity, poor diet, smoking, and conditions like diabetes and atrial fibrillation.
- Lifestyle factors such as high stress, excessive alcohol consumption, and drug use elevate stroke risk, along with genetic predispositions.
- Environmental factors like air pollution
- Other medical conditions such as sleep apnoea and migraines.



5. DIAGNOSIS

- Imaging techniques such as CT scans and MRIs
- Ultrasound (carotid ultrasonography)
- Brain angiography
- Echocardiograms



6. RECOVERY

- Adopt a heart-healthy lifestyle: eat well maintain a healthy weight, manage stress, exercise.
- Quit smoking, and get good-quality sleep.
- Regular medical care and adherence to prescribed medications are crucial.



7. TREATMENT

Ischemic stroke treatment involves tPA or anticoagulants and procedures like thrombectomy to restore blood flow, while hemorrhagic stroke treatment focuses on controlling bleeding with medications and surgical interventions. Prompt treatment is crucial for recovery. Early intervention improves outcomes for both stroke types.



8. FUTURE SCOPE

- Public awareness about stroke through the efforts of health workers and activists is a highly effective strategy.
- Awareness through campaigns, using media platforms such as social media, television, radio, and community events to disseminate information widely.

