Chinese Community Health Resource Center (CCHRC)

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Stroke Prevention
Stroke Prevention

- What is a stroke
- Causes of stroke
- Types of stroke
- Effects of stroke
- Stroke warning signs
- Risk factors for stroke
- Diagnosis of stroke
- Stroke management
- Prevention of stroke
What is Stroke?

- Stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain.

- A sudden onset of a neurological deficit that lasts more than 24 hours
Causes of Stroke

• It is caused by blockage or rupture of brain blood vessels, leading to insufficient oxygen supply to the brain and hence death of the brain cells.

• The body may lose the ability to perform activities that are controlled by that part of the brain, such as:
  a) The ability to speak
  b) The ability to move your arm or leg
Types of Stroke

1. Ischemic (Clot)
2. Hemorrhagic (Bleed)
3. Transient ischemic attacks (TIA)
Effects of Stroke

• Depends primarily on the location of the obstruction and the extent of brain tissue affected.

• Commonly affects motor functions, communication, swallowing, and behavior.
Effects of Stroke:
Stroke in the Right Brain

• Paralysis on the left side of the body
• Vision problems
• Quick, inquisitive behavioral style
• Memory loss

Right Brain Functions
Holistic thought
Intuition
Creativity
Art and Music

Credit: Author from Pixabay
Effects of Stroke:
Stroke in the Left Brain

• Paralysis on the right side of the body
• Speech/language problems
• Slow, cautious behavioral style
• Memory loss

Left Brain Functions
Analytic thought
Logic
Language
Science and math

Credit: Author from Pixabay
Warning Signs

• Sudden numbness or weakness of the face, arm, leg, especially on one side of the body
• Sudden confusion, trouble speaking or understanding
• Sudden trouble seeing in one or both eyes
• Sudden trouble walking, dizziness, loss of balance or coordination
• Sudden, severe headache with no known cause

Call 9-1-1 immediately if you experience symptoms!
Time lost is brain lost!
Risk Factors

- Age-- the older, the higher the risk
- Men more than Women
- Atrial Fibrillation
- Diseases of the heart and blood vessels
- High Blood Pressure

- Diabetes
- High blood Lipids
- Cigarette smoking
- Alcohol Consumption
- Obesity
- Lack of Physical Activity
Diagnosis

- Medical history
- Physical and neurological examinations
- Certain laboratory tests
- CT scan
Management of Stroke

• Acute
  Clot-busters, e.g. tPA (administered within 3 hours from the onset of symptoms)

• Hemorrhagic Stroke
  Surgical Operation
Prevention

• Risk Factor Control for TIA and ischemic stroke
• Medication (anticoagulants/antiplatelets)
• Surgical Operation (Angioplasty/Stents, Carotid Endarterectomy)
• Regular medical examinations and compliance with drug treatment
• Control the use of Menopausal Hormone Therapy
National Stroke Association’s Stroke Prevention Guidelines

- Know your blood pressure
- Find out if you have atrial fibrillation
- If you smoke, stop
- If your drink alcohol, do so in moderation
- Know your cholesterol number
- Control your diabetes
- Include exercise in the activities you enjoy in your daily routine
National Stroke Association’s Stroke Prevention Guidelines

• Enjoy a lower sodium (salt), lower fat diet.
• Ask your doctor if you have circulation problems.
• If you have any stroke symptoms, seek immediate medical attention.
Thank you!
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