



CHINESE
HOSPITAL
& CLINICS



CCHP
Health Plan

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MEDICAL GROUP
翡翠東華醫師協會



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Chinese Community Health Resource Center (CCHRC)

www.cchrhealth.org



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Stroke Prevention



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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





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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



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Types of Stroke

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



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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.



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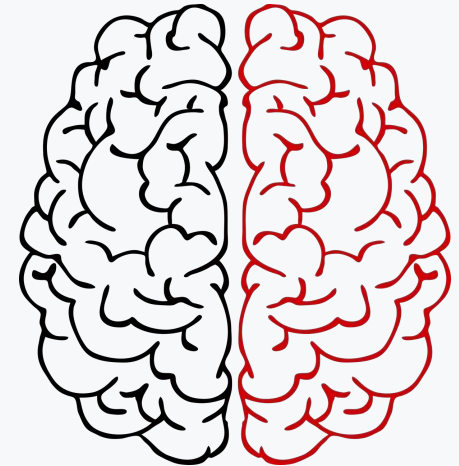
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Effects of Stroke: Stroke in the Right Brain

- 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



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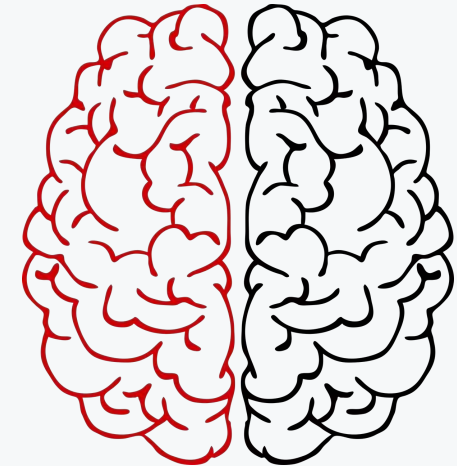


Effects of Stroke: Stroke in the Left Brain

- 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!



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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



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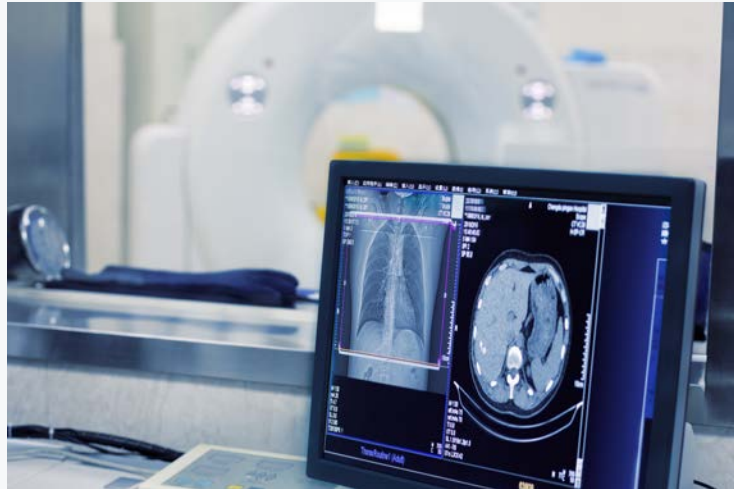
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Diagnosis



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



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Management of Stroke

- **Acute**
Clot-busters, e.g. tPA (administered within 3 hours from the onset of symptoms)
- **Hemorrhagic Stroke**
Surgical Operation



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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



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National Stroke Association's Stroke Prevention Guidelines

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



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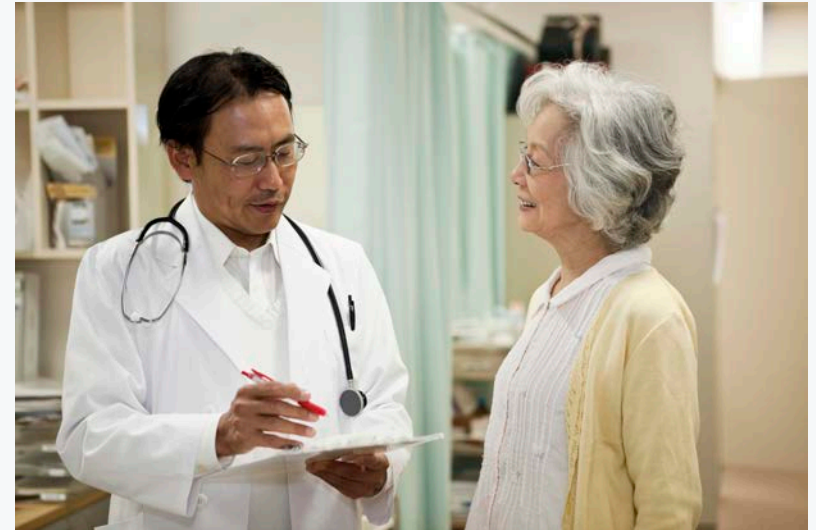


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National Stroke Association's Stroke Prevention Guidelines

- 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.





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