

Stroke Tips





華人社區健康資源中心 (CCHRC)

www.cchrchealth.org

1-415-677-2473



Goals

- Understand the signs and symptoms
- Immediately call 911 for help



Time is brain!

Brain Functions

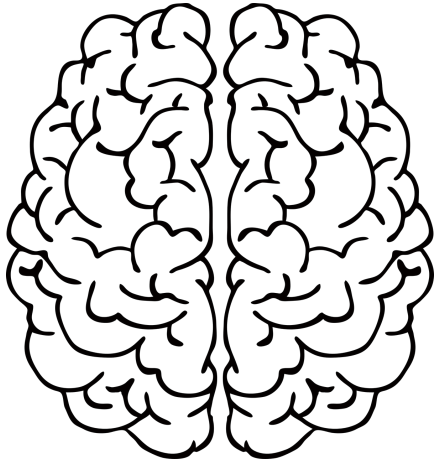


Photo Credit by Pixbay

- Creativity
- Memory
- Concentration
- Cognition
- Judgement
- Thinking
- Language
- Senses and Movement
- Learning
- Social interaction
- Coordination
- Emotion



Stroke = Brain attack
This is an emergency!



Lifetime disability



Stroke

- Ischemic stroke (87%)
- Hemorrhagic stroke (13%)

Remember to act FAST

Face drooping

Arm weakness

Speech difficulties

Time to call 911

Signs and Symptoms

- Sudden confusion, difficulty speaking, or not understanding what others are saying
- Sudden, unexplained severe headache or dizziness
- Sudden vision problems in one or both eyes
- Sudden numbness or weakness of the face, arms, or legs, particularly on one side of the body
- Sudden difficulty walking or loss of balance/coordination

If you need stroke treatment, it's an emergency!

1. Ischemic stroke: Clot removal
2. Hemorrhagic stroke: Surgery





Stroke Prevention

- Healthy eating
- Frequent exercise
- No smoking
- Limiting alcohol
- Understanding what stroke is



Stroke Prevention

- Monitoring blood pressure
- Controlling diabetes
- Maintaining a healthy weight

Disclaimer

- If you have a medical emergency, go to the emergency room or call 9-1-1.
- Statistics and medications are subject to change.
- Information on these slides is not a substitute for medical information provided by healthcare professionals.



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