



Back Door Reading from your Health Ministries

STROKE



KNOWLEDGE IS POWER!!

- ♥ Know your blood pressure
- ♥ Know your cholesterol
- ♥ Know if you have diabetes
- ♥ Know if you have atrial fibrillation
- ♥ Know if you have any circulation problems such as atherosclerosis.
- ♥ Know the symptoms of stroke



TWO TYPES OF STROKE

Occlusive— Something, usually a blood clot, blocks or occludes a blood vessel.

Hemorrhagic—A blood vessel breaks, or leaks, causing bleeding into the brain.



PREVENTION

- ♥ Maintain a healthy weight
- ♥ Exercise—don't smoke
- ♥ Eat more fruits and veggies
- ♥ Take medications prescribed by your provider.
- ♥ Limit alcohol
- ♥ Avoid street drugs—especially cocaine



SYMPTOMS

- ♥ One-sided weakness
- ♥ Blurred vision
- ♥ Difficulty speaking
- ♥ Confusion
- ♥ Severe headache



TREATMENT

- ♥ Seek care immediately, call 911 for any symptoms listed
- ♥ Clot dissolving drugs can be given if clot can be identified promptly

TIA (or mini-stroke) - Stands for Transient Ischemic Attack. It means that blood flow to part of the brain was blocked briefly, with total recovery within 24 hours. Having had one or more TIAs greatly increases stroke risk.