



## **Stroke**

**Stroke is the No. 3 cause of death in the United States. No. 1 and 2 are diseases of the heart and cancer.**

## **What is a Stroke**

**A stroke occurs when a blood vessel, carrying oxygen and blood, to the brain is interrupted. Brain cells die when they no longer receive oxygen and nutrients from the blood or there is sudden bleeding into or around the brain.**

**There are two (2) forms of stroke.**

- 1. Ischemic – blockage of a blood vessel supplying oxygen and nutrients to the brain**
- 2. Hemorrhagic – bleeding into or around the brain**

## **Symptoms**

**Symptoms include:**

- numbness or weakness, especially on one side of the body**
- Sudden confusion or trouble speaking or understand speech**
- Sudden trouble seeing in one or both eyes**
- Trouble with walking, dizziness or loss of balance or coordination**
- Sudden severe headache with no known cause**

# **Stroke Treatment**

**There are three (3) treatment stages for stroke: Prevention, Therapy immediately after the stroke and Post –stroke rehabilitation.**

**Drugs used to prevent or treat strokes are anti-platelet, or anti-coagulants agents**

- **Prevention**  
**Based on an individual underlying risk factor, such as hypertension, cardiac disease and diabetes mellitus**
- **Therapy immediately after the stroke**  
**Therapies try to stop a stroke while it is happening by dissolving the blood clot or by stopping the bleeding of a hemorrhagic stroke**
- **Post-stroke rehabilitation**  
**Post-stroke rehabilitation helps individuals overcome disabilities that result from stroke damage.**

**Although stroke is a disease of the brain, it can affect the entire body. A common disability that results from stroke is paralysis on one side of the body, called hemiplegia. A related disability that is not as debilitating as paralysis, is one-sided weakness or hemi paresis. Stroke may cause problems with thinking, awareness, attention, learning, judgment, and memory. A stroke can often lead to emotional problems, and problems with understanding and forming speech. Some experience depression, have numbness or strange sensations. Pain, if any, is often worse in the hands and feet and is made worse by movement and temperature changes, especially cold temperatures.**