

Stroke Knowledge

Module 1



SCHOOL OF
MEDICINE





Schedule

- What is a stroke?
- Stroke types
- Warning signs
- Personal risk factors
- Review

What is a stroke?

- Medical term: Cerebrovascular accident (CVA)
 - Common term: Stroke
- Stroke occurs when an area of the brain is not getting the blood it needs which causes damage to the brain
- Three common types
 - Ischemic
 - Hemorrhagic
 - Transient Ischemic Attack



Stroke Types

Ischemic

- A blockage that stops blood flow to a section of the brain. 87% of all strokes are ischemic.

Hemorrhagic

- A bleed that damages brain tissue
- Commonly occurs when a weakened blood vessel bursts

Transient Ischemic Attack (TIA)

- “Mini-stroke” caused by a temporary clot
- Can be an indicator of future strokes



1 in 4 stroke survivors will have a second stroke.

Know the warning signs and symptoms!



Symptoms of stroke onset

Sudden...

- numbness or tingling on one side of the body
- confusion
- trouble speaking or understanding speech
- trouble seeing in one or both eyes
- severe headache
- trouble walking, dizziness, loss of balance or coordination



Warning signs of stroke

Act **F.A.S.T.** if you notice warning signs

F - face drooping

A - arm weakness

S - speech trouble

(trouble speaking or understanding speech)

T - time to call 9-1-1



80% of second strokes may be **prevented** with lifestyle changes and taking medication as prescribed.



Risk factors for stroke

- Controllable risk factors
 - Traits a person can change to try to prevent stroke
- Uncontrollable risk factors
 - Traits that a person cannot change



Controllable risk factors

Lifestyle Risk Factors

- Smoking, vaping, and tobacco use
- Alcohol abuse
- Sedentary behaviors or physical inactivity
- Eating habits
- Obesity



Controllable risk factors

- Smoking/Vaping → **Stop** smoking, vaping, or using tobacco
- Alcohol abuse → Drink in **moderation**
- Sedentary → **Move** more, sit less
- Eating habits → Eat more **vegetables** and **fruits**.
Reduce salt, saturated fats, *trans* fats, and added sugars
Lose excess weight
- Obesity →



Controllable risk factors

Medical Risk Factors

- High blood pressure
 - 130/80 and above is high blood pressure
- Obesity
- Diabetes
- Heart disease
- Atrial fibrillation (A-fib)

Take medicine as prescribed and follow your healthcare provider's recommendations to manage these factors



Uncontrollable risk factors

- Genetics and family history
- Personal medical history
 - Examples of increased risk: previous stroke, TIA, heart attack
- Age
 - Stroke risk increases with age
- Race
 - Black Americans are more likely to have a stroke than white Americans
- Sex
 - Women are more likely to have a stroke than men

Review

- Stroke → damage to brain tissue from lack of blood flow
- Act F.A.S.T → **F**ace drooping, **A**rm weakness, **S**peech difficulty, **T**ime to call 9-1-1
- 80% of second strokes may be prevented
- Controllable risk factors → things you can change to prevent stroke
- Uncontrollable risk factors → things you cannot change
- Work with your healthcare team to manage your personal risk factors for stroke.



References

- American Heart Association. (2021). *Stroke*.
www.stroke.org
- Centers for Disease Control and Prevention. (2021). *Stroke*.
<https://www.cdc.gov/stroke/index.htm>

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