



What is Stroke?

Stroke:

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

What are the types of stroke?

- 1- Clot obstructing the flow of blood to the brain (called an ischemic stroke) or by a
- 2- Blood vessel rupturing and preventing blood flow to the brain (called a hemorrhagic stroke).
- 3- TIA (transient ischemic attack), or "mini stroke", is caused by a temporary clot.

What are the effects of stroke?

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

Stroke early symptoms:

If you or someone you're with may be having a stroke, pay particular attention to the time the symptoms began. Some treatment options are most effective when given soon after a stroke begins.

Think "**FAST**" and do the following:

- **Face.** Ask the person to smile. Does one side of the face droop?
- **Arms.** Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to rise?
- **Speech.** Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?
- **Time.** If you observe any of these signs, call for emergency medical help immediately.

WAYS TO HELP PREVENT A SECOND STROKE:

- 1- Monitor your blood pressure.
- 2- Control your cholesterol.
- 3- Keep your blood sugar down.
- 4- Get active.
- 5- Eat better (healthy food).
- 6- Lose weight if you need to.
- 7- Don't smoke.