

STROKE FACTS

ARE YOU AT RISK?



National Stroke Association of Sri Lanka

Stroke

Stroke is an emergency and it happens when the blood supply to a part of the brain is suddenly interrupted.

This stops the brain from receiving oxygen and that part of the brain gets damaged.

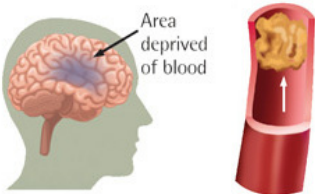


Types of Stroke

Ischaemic Stroke



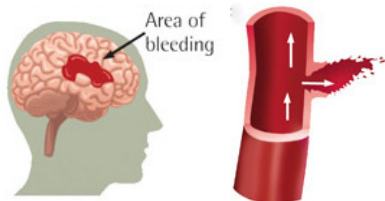
- Cerebral Infarct is the more common type of stroke.
- It occurs when a blood clot forms in a blood vessel in the brain and blocks the blood flow.



Haemorrhagic Stroke

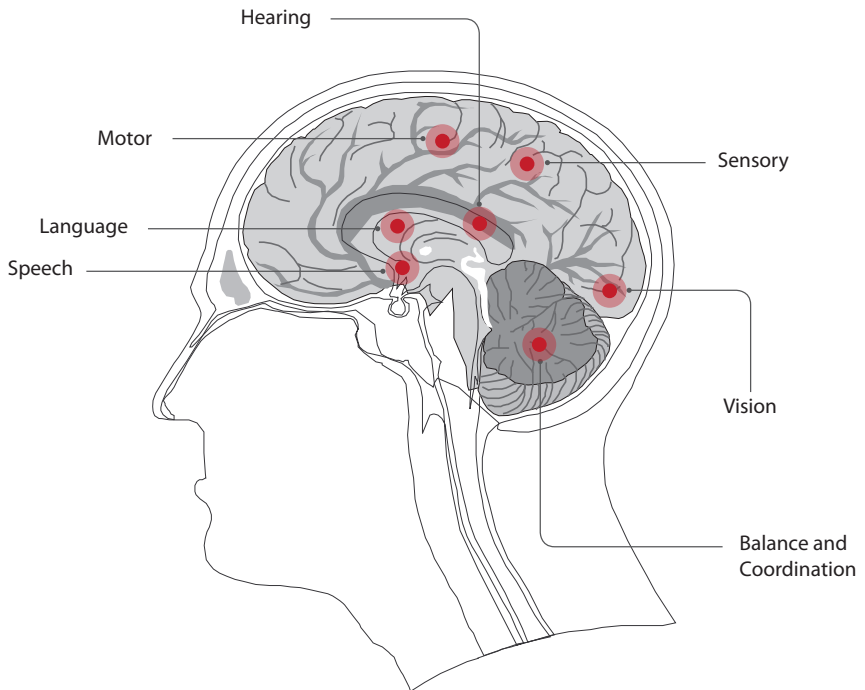


- Intracerebral Haemorrhage is a less common type of stroke.
- It occurs when there is bleeding in the brain due to a rupture of a blood vessel.

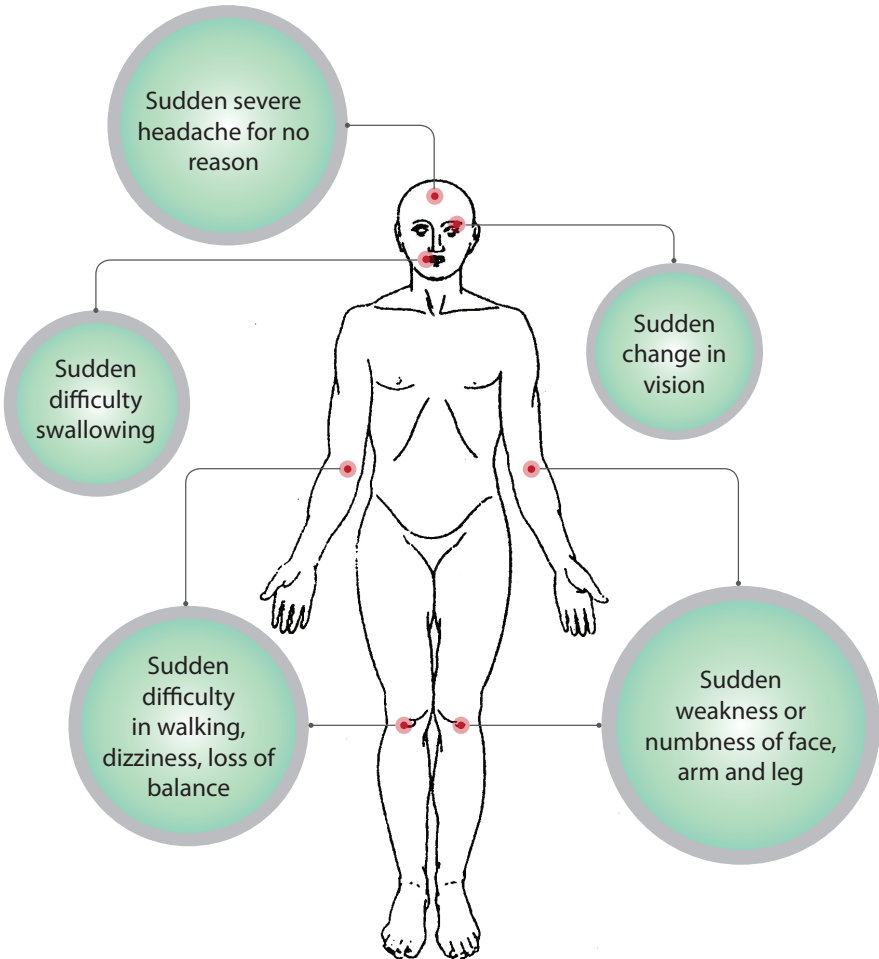


Effects of a Stroke

Some strokes cause death while others may cause temporary or permanent disability. The effects of a stroke will depend on the area that is affected. The most common effects of a stroke are paralysis on one side of the body and loss of ability to speak.



Warning Signs of a Stroke



— Think FAST. Act FAST. —

F**FACE**

Is the mouth drooping?

A**ARMS**

Can both arms be lifted?

S**SPEECH**

Is the speech slurred? Can the person understand You?

T**TIME**

Waste no time. Go to the hospital immediately.

Transient Ischaemic Attacks (TIA)

Transient Ischaemic Attacks (TIAs) are 'mini strokes' in which the symptoms of a stroke occur only for a few minutes or last up to a few hours. The symptoms resolve completely within 24 hours.

TIAs are warning signals
that a person is at high
risk for a stroke



***RECOGNISING THE
WARNING SIGNALS
OF A STROKE EARLY
IS VITAL. IMMEDIATE
MEDICAL ATTENTION
CAN SAVE LIVES
AND MINIMIZE
DISABILITY.***



Risk Factors of Stroke

Factors we can change	Factors we cannot change
High blood pressure	Age above 65 yrs
High cholesterol	Family history of stroke
Diabetes	Previous stroke or TIA
Irregular heart beat	
Smoking	
Obesity	
Physical inactivity	
Excess alcohol	
Unhealthy diet	

Check your Stroke-risk Level

Each box that applies to you is 1 point. Total your scores and see your risk level.

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Non-smoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Hardly any exercise	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Body Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in the Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
Risk Level	<input type="checkbox"/> High Risk	<input type="checkbox"/> Caution	<input type="checkbox"/> Low Risk

- High Risk ≥ 3 Ask about stroke prevention right away.
- Caution 4 – 6 A good start. Work on reducing risk.
- Low Risk 6 – 8 You are doing very well at controlling stroke risk.

Source: <http://www.stroke.org/site/PageServer?pagename=RISK>

Minimizing Your Risk Level

High Blood Pressure, High Cholesterol and Diabetes

- These can be controlled through a healthy diet, exercise and medical treatment.

Atrial Fibrillation/Irregular Heartbeat

- Irregular heartbeat can occur at any age, but is more common in older people and those with high blood pressure, heart disease or lung disease.
- Early detection is the key to controlling it.

Smoking

- It promotes unhealthy changes in blood vessels, which may block the flow of blood to the brain.
- Quit smoking. Immediately.

Alcohol Consumption

- More than two drinks per day may increase stroke risk by 50%.

Stroke is Preventable

- Up to 80% of all strokes can be prevented
- It is essential to identify the factors that put you at a higher risk of stroke and to modify them as follows:
- A healthy life style is the key. Quit smoking. Limit your alcohol intake. Exercise regularly. Eat a healthy diet.
- Check your blood pressure, blood sugar, cholesterol and body weight periodically. Keep them under control with the help of your doctor.
- Take aspirin and other blood thinning medications, blood pressure control medications and anti-diabetic drugs when recommended by your doctor.

Stroke is Treatable

- If you recognize signs of stroke, it is important to go to the nearest hospital immediately.
- Contrary to popular belief there are many treatment options available to minimize death and disability of stroke.
- Disability can be minimized by early stroke rehabilitation.

Where could you seek stroke care services?

Preferably in hospitals where neurological services are available.

- National Hospital of Sri Lanka, Colombo
- All Teaching Hospitals (Colombo North and South, Sri Jayewardenepura, Kandy, Peradeniya, Karapitiya, Jaffna, Anuradhapura and Batticaloa)
- All Provincial and major General Hospitals. (Kurunegala, Ratnapura, Badulla, Kalutara and Matara)
- Most District and Base Hospitals which are served by Consultant Physicians
- Most major private hospitals in the country

To find out more details:



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