

Stroke presentation outline
San Jose Retirement Association
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What is a stroke?

-A blockage in the brain that results in the deprivation of oxygen to parts of the brain leading to a death in tissue.

What are the different types of stroke?

- Ischemic Stroke
- Hemorrhagic stroke
- Trans-Ischemic Stroke

The definitions according to Johns Hopkins Medicine at hopkinsmedicine.org is the following:

Ischemic Stroke

Ischemic stroke refers to a situation in which a region of the brain is deprived of blood flow (ischemia), which deprives brain cells of oxygen and essential nutrients, leading to death of brain cells. Learn more about ischemic stroke.

Transient Ischemic Attack

A transient ischemic attack (TIA) has similar symptoms to an ischemic stroke, but the symptoms clear up completely, usually within an hour. TIAs do not leave evidence of damaged tissue on imaging studies. In a TIA, a blockage occurs in an artery in the brain that impairs flow like in an ischemic stroke, but the blockage is reversed without intervention so that the brain tissue does not have permanent damage. Most TIAs last only five or ten minutes. TIA may precede a stroke by days or weeks and represent a serious warning sign.

Hemorrhagic Stroke

A hemorrhagic stroke is bleeding in the brain. This type of stroke occurs when small blood vessels in the brain burst. The blood flow from the burst vessel damages brain cells. Two types of weakened blood vessels that typically cause hemorrhagic stroke are aneurysms and arteriovenous malformations (AVMs). Learn more about hemorrhagic stroke.

Which one is the most common?

-90% of strokes are Ischemic - where a blockage occurs in a blood vessel of the brain and oxygen and nutrients are deprived. .

Why should we care learning about stroke?

-795,000 people year in the US suffer from stroke -

-Third leading cause of death in the U.S.

<http://www.strokecenter.org/patients/about-stroke/stroke-statistics/>

-It cost \$34 billion a year in the US for medical services, medicine and loss of days of work

<https://www.cdc.gov/stroke/facts.htm>

-And most importantly it affects our loved ones and friends.

How can we identify a stroke taking place?

Remember the acronym fast

F = face. Ask the person to smile.

A = arms. ask the person to raise their arms.

S = speech. Ask the person to say a few things.

T = time. Time is your worst enemy. Get the person to medical treatment as soon as possible by dialing 911.

Prevention

Stress management. One of the most easy and effective ways to manage stress is to do a series of *deep breaths with slow exhales*.

Visit your doctor and get your blood pressure checked. Have your blood pressure professionally assessed so you can get some advice on what is your next best step. Get an automatic blood pressure cuff - measure your blood pressure once a week.

Hydrate. Drink enough water. 80% of the US population is the hydrated. Drink enough water is one of the easiest ways to reduce blood pressure.

-How much do you need to drink? First, determine your body weight in pounds. Then divide that number in half. This number is the amount of ounces you need per day. For example if someone weighs 160 pounds half of that number is 80. Therefore they need 80 ounces of water. That is equivalent to ten 8 ounce glasses of water. Add 20 to 40 more ounces if you are an active person.

Exercise. Get at least 20 minutes per day where you are raising your heart rate. The basic idea is just to keep your body moving when you are exercising.

Eat fatty fish. Preferably wild and small. Wild sockeye salmon is the gold standard. However herring, mackerel or sardines are also really good. These fish have high levels of omega-3 fatty acids which helped contribute to lower inflammation in addition to be good for building and maintaining a healthy brain.

Which of these preventions is the most important?

- The number one most important one is hydrating with good water. It is the most easy yet most people are dehydrated.

-Determine how you can get good quality, convenient, and affordable water. You can use a refillable water container and purchase reverse osmosis water from Whole Foods stores or Glacier dispensaries which are located at the front of Sprouts and Safeway stores (Glacier dispensers are a hit or miss as sometimes the water has not been replaced for a long time and it has gone bad).

Summary.

Stroke = blockage in the brain causes death of brain cells.

Why do we care? Because it costs a lot and affects a lot of people, including the loved ones of the affected.

How to identify? FAST - face, arms, speech, time - act FAST call 911.

How to prevent - most important thing is to plenty of drink water.