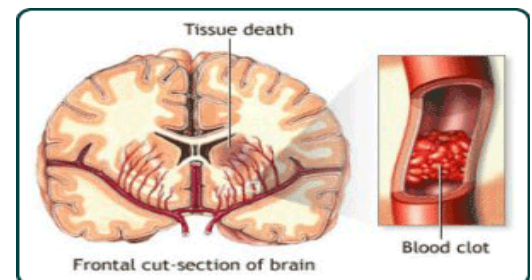


What is a stroke?

- ✓ What is a Stroke?
- ✓ Types of Stroke
- ✓ Effects of Stroke

What is a Stroke?

A stroke is a brain injury. A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to part of the brain or when a blood vessel in or around the brain bursts. In either case, parts of the brain become damaged or die.

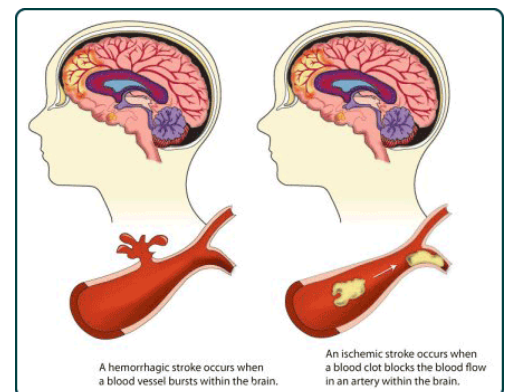


Types of Stroke

Ischemic Stroke. About 85% of all strokes are ischemic, in which blood flow to the brain is blocked by blood clots or fatty deposits called plaque in blood vessel linings.¹

Hemorrhagic Stroke. A hemorrhagic stroke occurs when a blood vessel bursts in the brain. Blood accumulates and compresses the surrounding brain tissue. There are two types of hemorrhagic stroke

- **Intracerebral hemorrhage** is the most common type of hemorrhagic stroke. It occurs when an artery in the brain bursts, flooding the surrounding tissue with blood.
- **Subarachnoid hemorrhage** is bleeding in the area between the brain and the thin tissues that cover it.



Transient ischemic attack (TIA) is a "warning stroke" or a "mini-stroke" that results in no lasting damage. Recognizing and treating TIAs immediately can reduce your risk of a major stroke.

Effects of Stroke

A stroke can cause serious changes in a person's life. Remember, the effects of a stroke are not always permanent. Some possible physical and mental effects include:

Right Brain

The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects. For example, if the stroke occurs in the brain's right side, the left side of the body (and the right side of the face) will be affected, which could produce any or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

Left Brain

If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

The Recovery Process

The recovery process can start right away. There are different phases of recovery. Some of these may overlap. Many stroke survivors recover lost skills in the first few weeks after stroke. This is known as spontaneous recovery.

- ✓ Diagnosis
- ✓ Treatment
- ✓ Rehabilitation Planning
- ✓ Rehabilitation

1. **Diagnosis** – Shortly after your stroke, you may have some special tests. These help the health care team locate where the stroke took place and learn how much damage has occurred.

Below are a few examples of some test that is possible:

- a. **Computed Tomography (CT Scan)** uses X-rays to help locate the stroke and determine if it was ischemic or hemorrhagic.
- b. **Magnetic Resonance Imaging (MRI)** uses radio waves and a special magnet to help locate the stroke and measure the level of damage.
- c. **Cerebral Angiography** uses injectable dye and X-rays to help determine the size and location of an obstruction, such as an aneurysm.
- d. **Ultrasound** uses sound waves to help check the condition of arteries.

2. **Treatment** – Surgery and/or medications may be recommended for some stroke survivors. Some surgical options include:

- a. **Carotid Endarterectomy** which removes fatty deposits from the carotid artery (in the neck).
- b. **Angioplasty** restores blood flow in blocked blood vessels.
- c. **Extracranial/Intracranial (EC/IC) Bypass** restores blood flow to an area of the brain where blood flow was interrupted.

3. **Rehabilitation Planning** – Your rehabilitation plan is based on the diagnosis made by your physician. It describes what kind of therapy you'll need during recovery. Your rehab plan should take into consideration:

- a. How much help you'll need from caregivers and if you have help available.
- b. Your goals, expectations and care preferences should be taken into consideration.
- c. They should think about your ability to learn and care for yourself after your stroke.

4. **Rehabilitation** – Rehab teaches skills that may have been lost due to the stroke, and how to adapt. This can take place in many different settings. For example, you may receive care at:

- a. Care may begin at a hospital rehabilitation unit (before leaving the hospital) or a separate rehabilitation hospital or facility.
- b. Care may begin at home (many people receive care at home from home health care professionals).
- c. A nursing home is a possibility.
- d. A skilled nursing facility (for people who need special care) may be an appropriate placement.
- e. A residential or day treatment facility (also known as an adult day care) may be convenient.