



STROKE

What is a stroke?

- A stroke is a medical emergency also known as a cerebrovascular accident (CVA)
- A stroke is the result of a disruption of blood flow to the brain, limiting the delivery of nutrients and oxygen.
- Stroke is the fifth leading cause of death in the U.S.
- Types of stroke include: ischemic and hemorrhage

Signs and Symptoms (Unexplained)

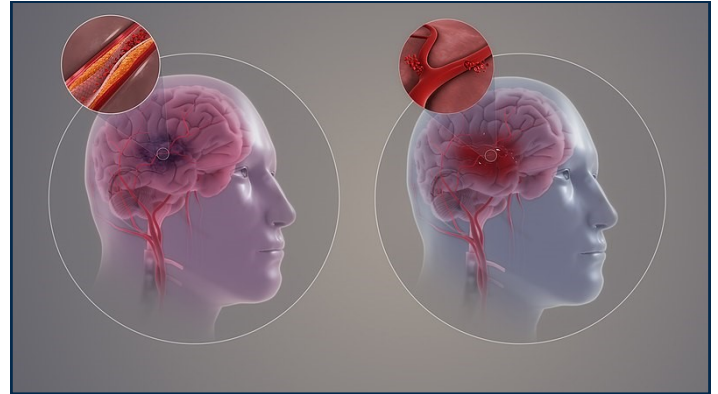
- Numbness
- Confusion
- Trouble seeing
- Trouble walking
- Severe headache
- Think FAST
 - **Face:** Is there a one-sided droop when smiling?
 - **Arms:** Does one arm drift downward when raising both arms?
 - **Speech:** Is speech slurred or non-sense?
 - **Time:** If yes to any of the above, call 911 immediately!

Causes

- Ischemia: may result from an embolism blocking blood flow to the brain
- Hemorrhage: ruptured / bleeding blood vessels
- Transient Ischemic Attack (TIA):

Risk Factors

- Nonmodifiable
 - Age
 - Gender
 - Ethnicity
 - Race
- Modifiable
 - Hypertension
 - Cardiac Diseases
 - Lifestyle Factors
 - Obesity
 - Physical Inactivity
 - Cigarette smoking
 - Illegal drugs and alcohol use



Potential Complications (vary by location and severity of stroke)

- Dysfunction of limb control
- Decreased balance
- Difficulty talking or swallowing
- Memory loss or cognitive dysfunction
- Emotional problems
- Pain
- Increased risk for falls
- Visual dysfunction
- Perceptual deficits
- Weakness
- Decreased independence in daily activities

Diagnosis

- Location and type critical for treatment
- Imaging Tests (CT scan, MRI, PET, ultrasound, etc.)
- Blood tests
- Physical examination

Treatment

- Medical intervention and treatment to stabilize patient prior to further treatment
- Rehabilitation May Include:
 - Occupational Therapy: improve functional independence, cognition, vision, community resource, wheelchair seating, and more
 - Physical Therapy: Improve balance, walking, strength, and endurance.
 - Speech Therapy: Improve communication, alternative communication strategies, and adaptive communication devices.