

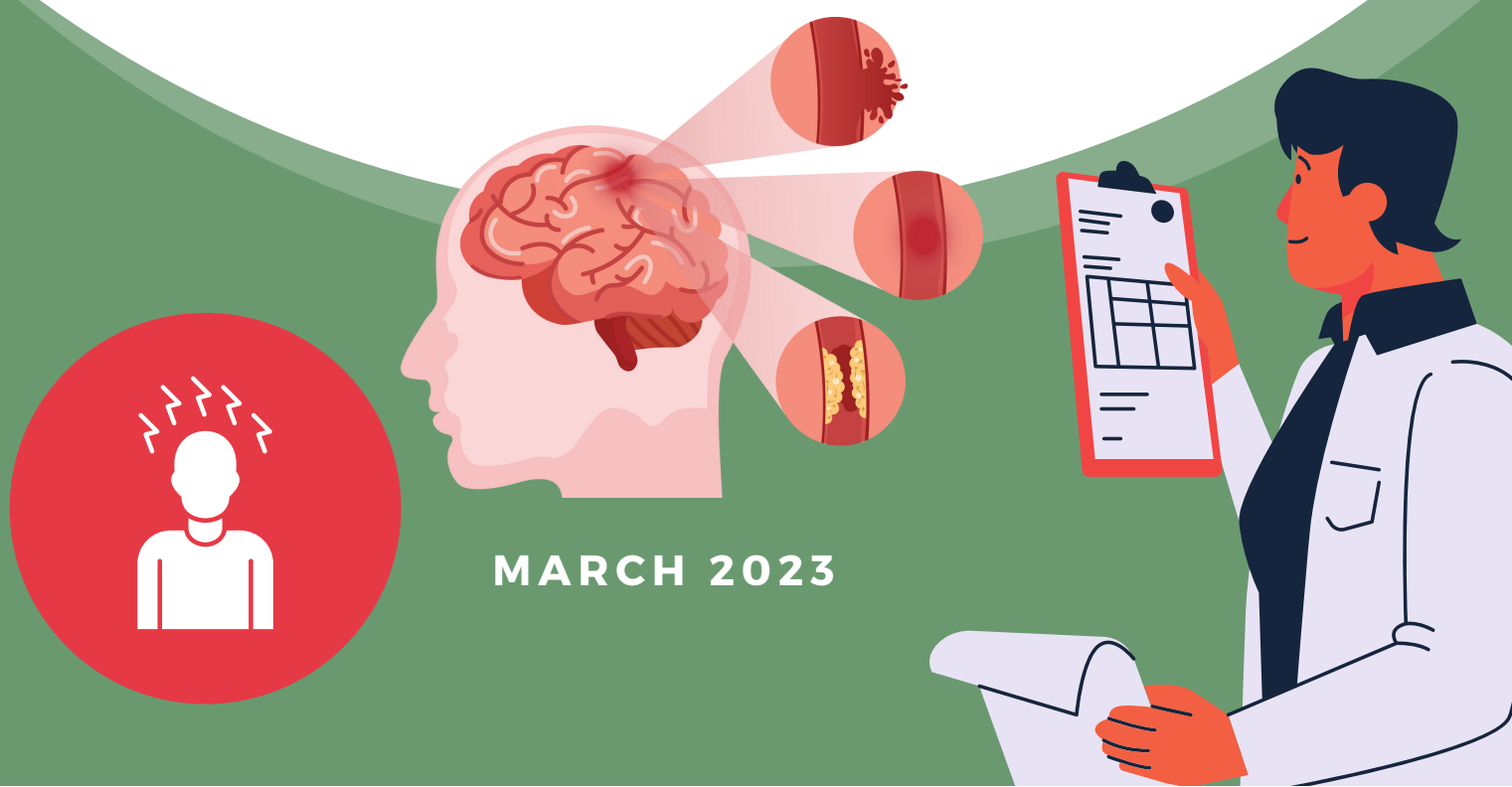
MEDICAL BULLETIN
MARCH 2023

STROKE

Stroke is a serious medical condition that occurs when blood flow to the brain is disrupted, either due to a blockage in a blood vessel or a bleed in the brain. Strokes can cause brain damage, disability, and even death.

There are two main types of stroke: ischemic stroke and hemorrhagic stroke. Ischemic strokes occur when a blood vessel supplying blood to the brain is blocked, while hemorrhagic strokes occur when a blood vessel in the brain ruptures and causes bleeding.

Remember that stroke is a medical emergency, and prompt treatment can save lives and prevent long-term disability. If you or someone you know is experiencing symptoms of stroke, do not delay seeking medical attention.



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FAQS

Q: What are the common symptoms?

Common symptoms of stroke include sudden weakness or numbness in the face, arm, or leg, especially on one side of the body; sudden confusion, trouble speaking, or difficulty understanding speech; sudden trouble seeing in one or both eyes; sudden dizziness, loss of balance or coordination, or trouble walking; and sudden severe headache with no known cause.

Q: How are the common risk factors?

Risk factors for stroke include high blood pressure, high cholesterol, smoking, diabetes, obesity, physical inactivity, and family history of stroke. It is important to manage these risk factors through lifestyle changes and medical treatment to reduce the risk of stroke.

Q: What are the common preventive measures?

Preventing stroke involves living a healthy lifestyle, managing underlying health conditions, and taking steps to reduce your risk of stroke. These steps may include maintaining a healthy weight, eating a healthy diet, exercising regularly, not smoking, limiting alcohol consumption, and managing underlying health conditions such as high blood pressure, high cholesterol, and diabetes.

REMEMBER THAT STROKE IS A MEDICAL EMERGENCY, AND PROMPT TREATMENT CAN SAVE LIVES AND PREVENT LONG-TERM DISABILITY. IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING SYMPTOMS OF STROKE, DO NOT DELAY SEEKING MEDICAL ATTENTION.

