

TOPIC:

Introduction to Stroke



Introduction to Stroke



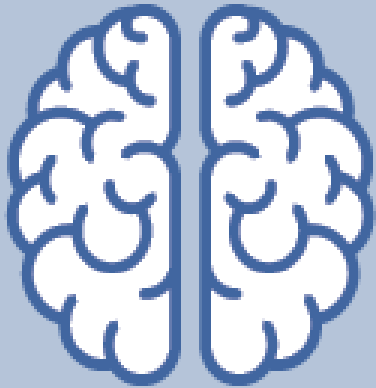
Did you know?

- ✓ Stroke is the **3rd leading cause** of death and a leading cause of disability in Canada
- ✓ **60% of persons** with stroke will have a long-term impairment that can affect participation in everyday activities
- ✓ **1 in 5 persons** living in Long Term Care have had a stroke
- ✓ Stroke recovery can be a lifelong process

Introduction to Stroke



How does the brain work?

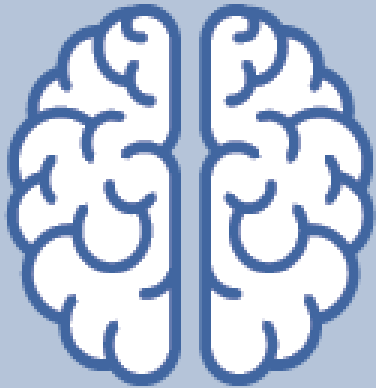


- The brain is divided into 2 halves called hemispheres
- The left hemisphere controls the right side of the body and the right hemisphere controls the left side of the body
- The location of the stroke determines what functions are affected

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What is a stroke?

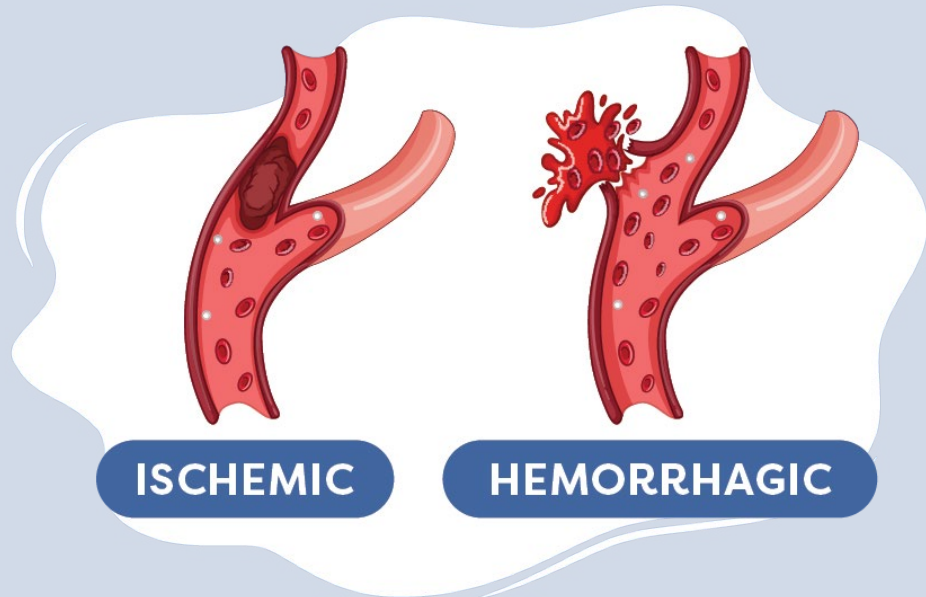


- A stroke is sudden and occurs when the blood supply to part of your brain is interrupted causing brain cells to die

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Two common types of stroke:



Ischemic

- Blood supply in the brain is blocked by blood clots and/or buildup of plaque in the blood vessels
- More than **75%** of strokes

Hemorrhagic

- A blood vessel in the brain leaks or ruptures
- Less than **25%** of strokes

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What is a TIA?

- ✓ Transient Ischemic Attack
- ✓ Sometimes called a “mini-stroke”
- ✓ Caused by a short-term lack of blood flow to the brain
- ✓ May cause stroke symptoms that last minutes to hours
- ✓ An important warning sign that a more serious stroke may occur soon
- ✓ Must be treated as a **MEDICAL EMERGENCY**
- ✓ 911 should be called immediately

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SPOT A STROKE -
ACT F.A.S.T



F FACE drooping



A ARM weakness



S SPEECH difficulty



T TIME is critical
- call 911

Signs and Symptoms of Stroke

- ✓ Recognize the signs of stroke; act quickly!
- ✓ FAST is a good way to recognize and remember these signs and symptoms
- ✓ Sudden onset of other symptoms may also be indicative of stroke, including:
 - loss of balance/coordination
 - changes in vision
 - sudden severe headache
 - numbness in one half of the body

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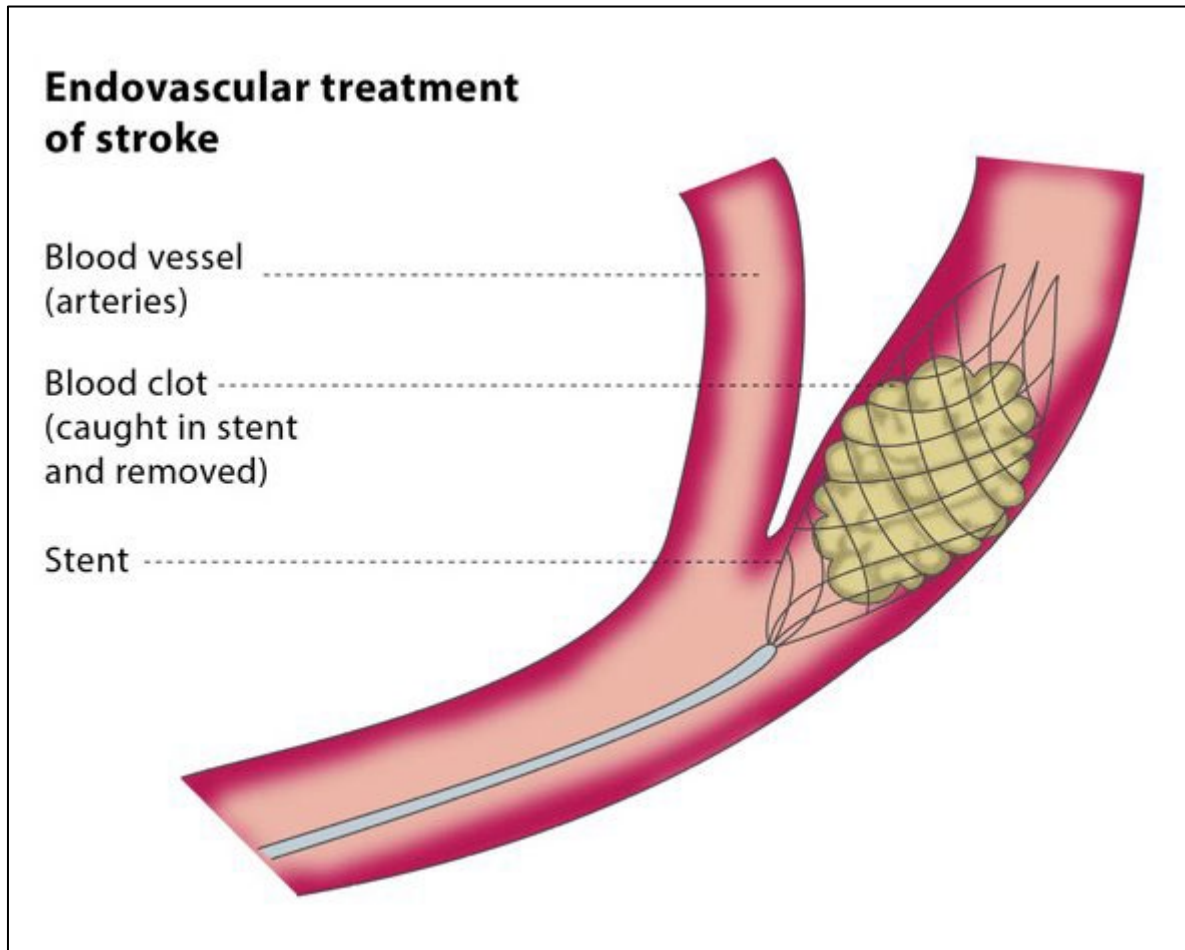
Early Interventions- Thrombolysis



- Some people with ischemic stroke are eligible for a clot-busting drug
- The drug aims to dissolve the clot and return the blood supply to the brain
- It must be given quickly after the onset of stroke symptoms for eligible people (up to 4.5 hours)
- Examples of clot-busting drugs are TNK and tPA

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Early Interventions- Thrombectomy

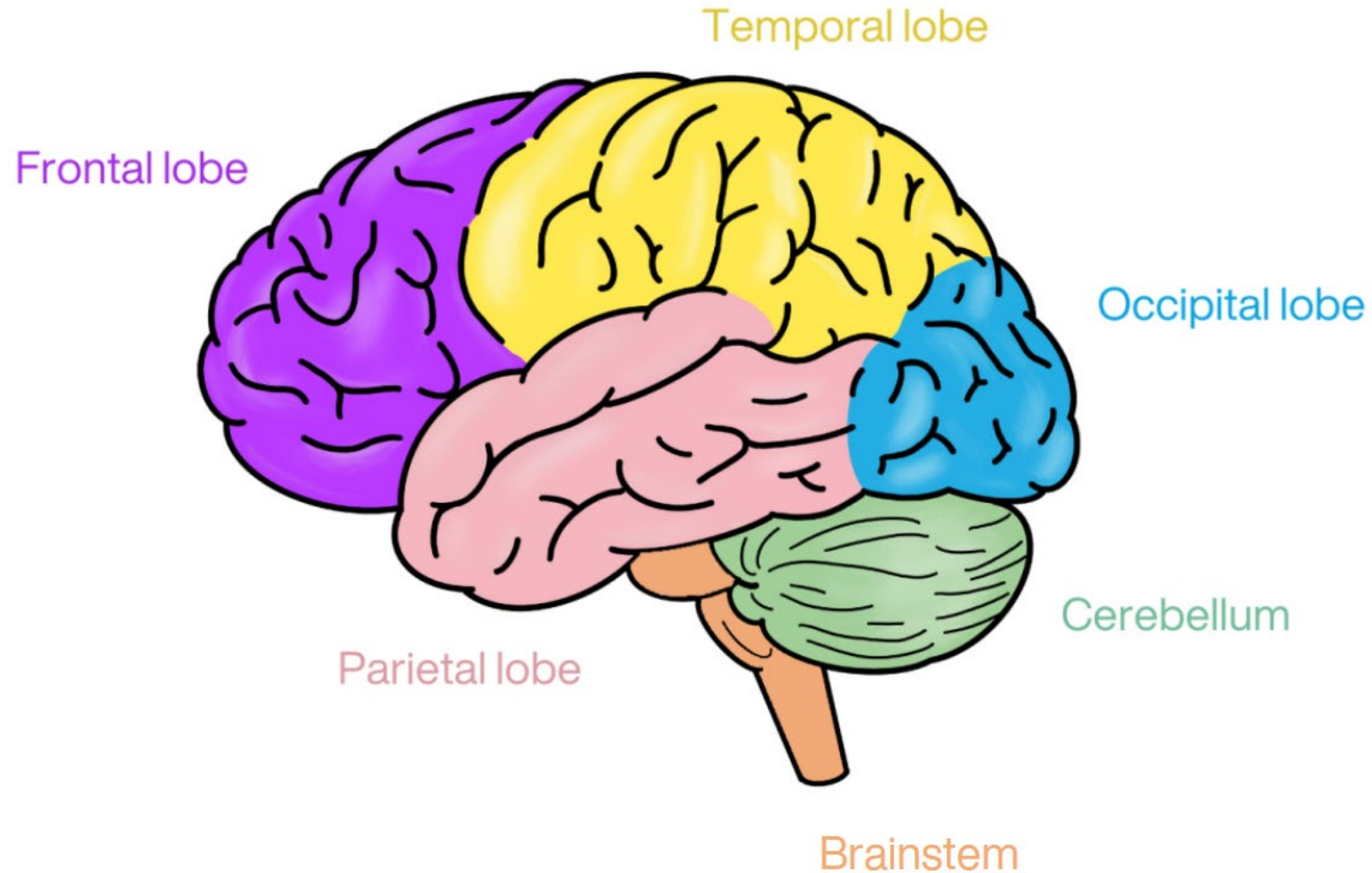


- Endovascular Therapy (EVT or thrombectomy) involves the mechanical removal of a blood clot within a large artery of the brain
- Can be performed up to 24 hours after the onset of symptoms in select patients

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Parts of the Brain



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Smart Tips
for Stroke Care

Functions of the Brain

Frontal Lobe

- Memory
- Planning
- Thinking
- Organizing
- Emotions
- Movement

Temporal Lobe

- Memory
- Understand words
- Emotions
- Visual recognition
- Senses (especially sight and sound)

Parietal Lobe

- Sensory processing (e.g. taste, pain)
- Body awareness
- Language
- Spatial awareness

Occipital Lobe

- Distance and depth perception
- Object/face recognition
- Memory formation
- Colour

Cerebellum

- Balance
- Movement
- Coordination

Brainstem

- Heart rate
- Blood pressure
- Sleep
- Breathing
- Reflexes

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Common effects of Stroke

Every stroke is different; changes may include:

- One-sided weakness/paralysis
- Loss of balance/coordination
- Bladder/bowel problems
- Swallowing problems
- Fatigue
- Trouble communicating

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Common effects of Stroke continued...

- Loss of sensation (how you perceive touch, temperature, etc.)
- Difficulty paying attention to one side of the body or environment
- Vision changes
- Changes in thinking and/ or memory
- Changes in personality or behaviour
- Changes in emotions or mood (e.g. unexpected emotional responses)

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Risk Factors for Stroke

Non-Modifiable Risk Factors

- **Age:** Increased risk after 55 years of age
- **Gender:** After menopause, women have a higher risk than men
- **Genetic factors:** Parent or sibling had a stroke before age 65
- **Ethnicity:** Increased risk for people of African, South Asian, Indigenous heritage
- **Prior stroke or TIA**

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Risk Factors for Stroke

Lifestyle

- Diet
- Smoking
- Obesity
- Sedentary lifestyle
- Excess alcohol intake
- Recreational drug use
- Stress

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Risk Factors for Stroke

Disease or Medications

- High blood pressure
- Diabetes
- High cholesterol
- Heart disease / arrhythmias
- Coagulation disorders
- Vascular disease
- Sleep apnea
- Taking birth control or hormone replacement

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Understanding the effects of stroke will help you to provide better care and support to the person with stroke and their family.



Recovery after a stroke is possible.

It begins immediately after the stroke and continues throughout one's life.

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