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Patients first.

Cleveland Clinic Florida

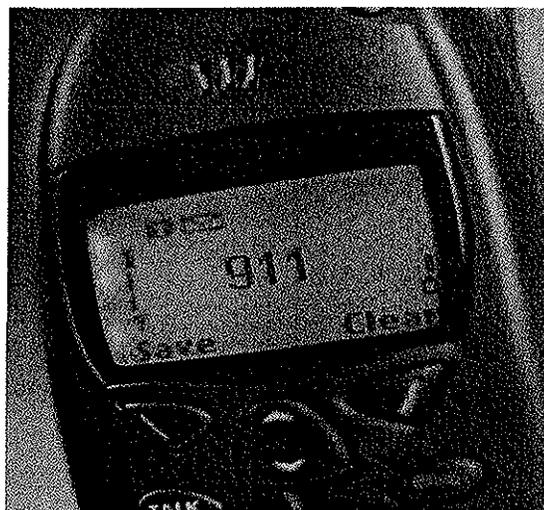
Stroke Education



Signs and Symptoms of Stroke/Calling 911

Call 9-1-1 immediately if any of the following major stroke warning signs occur:

- III Sudden weakness or numbness that occurs in the face, arm or leg, particularly on one side of the body.
- III Sudden difficulty seeing in one or both eyes.
- III Sudden confusion, difficulty speaking or difficulty understanding. May have slurred speech or confused speech.
- III Sudden problems with walking, dizziness; a loss of balance or coordination
- III Sudden, severe headache, the cause of which is unknown
- III Difficulty swallowing



A stroke is a medical emergency

It is important to realize that stroke warning symptoms are the signs of an emergency. For every minute that brain cells are deprived of oxygen during a stroke, brain damage increases. Also, the chances for survival and recovery are much better when the right treatment begins within the first few hours of noticing stroke symptoms. Remember to note the times that the symptoms begin.

How to help a stroke victim

While you are waiting for an emergency vehicle to arrive, you (or the person with the stroke symptoms) should lie down. Watch the person suspected of having a stroke and lift the chin to open the airway. Check for breathing and pulse. If necessary, perform cardiopulmonary resuscitation (CPR).

If the person is breathing but unconscious, roll him or her onto his or her side. (Do not move the person if you suspect a head, neck, or back injury.)

If the person is conscious, try to reassure and comfort him or her. Loosen constricting clothing or jewelry. If the person is having difficulty swallowing, try to turn him or her onto the side. Do not give the person anything to eat or drink.

Know the Risk Factors for Stroke

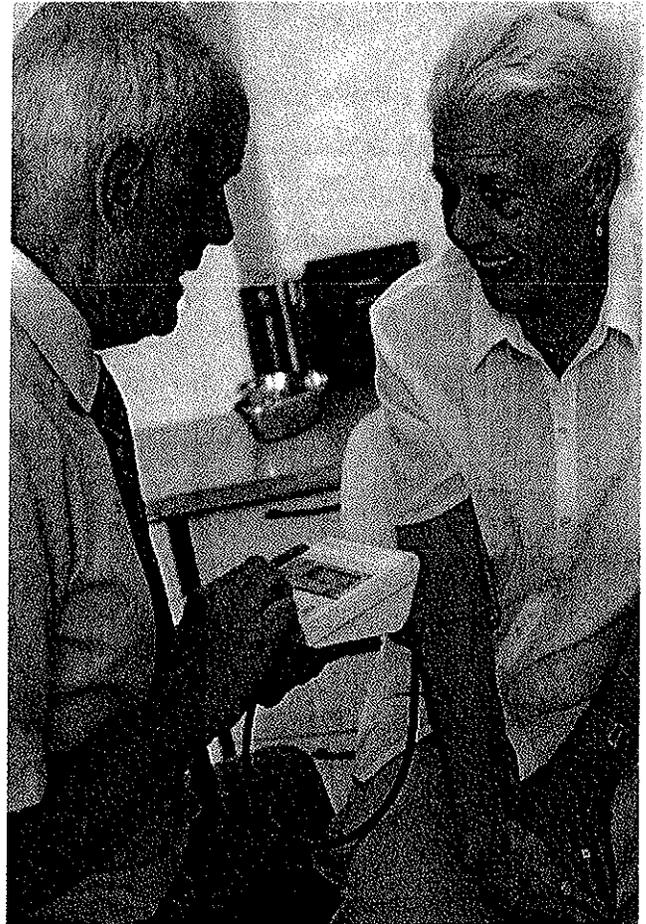
What are risk factors?

Risk factors are behaviors or traits that make you more likely to develop a disease or condition. Having one or more risk factors does not mean that you definitely will develop a condition, only that you are more likely to do so.

More than 750,000 people suffer from stroke in the U.S. each year, but up to 50% of all strokes are preventable. In the case of stroke, many of the risk factors can be treated, modified or controlled. However, some risk factors for stroke cannot be changed.

Controllable risk factors

- Hypertension, or high blood pressure, is the single most important risk factor for stroke. A blood pressure of 140/90 or above in adults is considered to be high. The usual target for blood pressure treatment in adults is to keep the blood pressure at 120/80 or below.
- Smoking remains the most important preventable cause of premature death in the country. If you smoke, quit, and if you don't smoke, don't start. Look for smoking cessation resources in your community.
- Heart disease, especially atrial fibrillation (a type of irregular heartbeat), is a significant risk factor for stroke. If you have heart disease, carefully follow your treatment plan.
- Diabetes mellitus increases stroke risk, especially for strokes due to damage of small blood vessels. The usual target for control is a HbA1c of <7% or a fasting blood sugar of 80-120 mg/dl.



Controllable risk factors (continued)

- II High cholesterol (also called hyperlipidemia) increases the risk of stroke. Have your cholesterol level checked and control your cholesterol level, if necessary, by limiting the amount of fat and cholesterol you eat. The target level of low-density lipoproteins (LDL), the "bad" cholesterol, is less than 100 mg/dL.
- a Alcohol (more than one drink per day) is associated with stroke risk. Limit the amount of alcohol you drink.
- Being overweight or obese and leading a sedentary lifestyle may increase your risk of developing hypertension and diabetes, two risk factors for stroke.
- Existing carotid and/or coronary artery disease.

Uncontrollable risk factors

- Age: People of all ages, including children, have strokes. However, the risk of stroke increases as age increases.
- a Gender: Stroke is more common in men than in women. In most age groups, more men than women will have a stroke in a given year. However, women account for more than half of all stroke deaths. Women who are pregnant have a higher stroke risk. Also at higher risk are women who take birth control pills and who also smoke or have risk factors such as high blood pressure.
- a Race: African Americans have a much higher risk of death from a stroke than Caucasians do. This is partly because they have higher risks of high blood pressure, diabetes and obesity.
- III Family history: Your stroke risk is greater if a parent, grandparent, sister, or brother has had a stroke.
- III Prior stroke or heart attack: A person who has already had a stroke or heart attack is at much higher risk of having a second stroke.

Your doctor can evaluate your risk for stroke and help you control your risk factors. Regular check-ups are important in detecting problems before they become serious.

Understanding Stroke

What is a stroke?

A stroke, or "brain attack," occurs when a blood vessel in the brain becomes blocked or bursts. The brain cannot store oxygen, so it relies on a network of blood vessels to provide it with blood that is rich in oxygen. A stroke results in a lack of blood supply, causing surrounding nerve cells to be cut off from their supply of nutrients and oxygen. When tissue is cut off from its supply of oxygen for more than three to four minutes, it begins to die.

Types of stroke

Strokes can appear as hemorrhagic strokes, ischemic strokes or transient ischemic attacks.

- **Hemorrhagic stroke** — This type of stroke takes place when a weakened blood vessel in the brain ruptures. A hemorrhage, or bleeding from the blood vessel, occurs suddenly. The force of blood that escapes from the blood vessel can also damage surrounding brain tissue. Hemorrhagic stroke is the most serious kind of stroke.
- **Ischemic stroke**—This type of stroke occurs when a blood vessel in the brain develops a clot and cuts off the blood supply to the brain. A blood clot that forms in a blood vessel in the brain is called a "thrombus." A blood clot that forms in another part of the body, such as the neck or lining of the heart, and travels to the brain is called an "embolus." Blood clots often result from a condition called "atherosclerosis," the build-up of plaque with fatty deposits within blood vessel walls.
- **Transient ischemic attack (TIA)** — A TIA should be treated as seriously as a stroke. A TIA occurs when blood flow to a certain part of the brain is cut off for a short period of time, usually 15 minutes or less. Although TIA is a painless episode, it is an important warning sign that a stroke may follow.



What lasting effects can a stroke cause?

The effects of a stroke depend on the extent and the location of damage in the brain. Among the many types of disabilities that can result from a stroke are:

- g** Inability to move part of the body (paralysis)
- Weakness in part of the body
- g** Numbness in part of the body
- Inability to speak or understand words; difficulty communicating
- Difficulty swallowing
- Vision loss
- Memory loss, confusion or poor judgment
- g** Change in personality; emotional problems

Why does a stroke affect different parts of the body?

Nerve cells in the brain tissue communicate with other cells to control functions including memory, speech and movement. When a stroke occurs, nerve cells in the brain tissue become injured. As

a result of this injury, nerve cells cannot communicate with other cells, and functions are impaired. If a stroke occurs on the right side of the brain, the left side of the body is affected, and vice versa.

How can stroke be prevented?

If you want to prevent a stroke, you must understand the risk factors that lead to stroke as well as the strategies that are used to reduce stroke. Make sure that you know the stroke signs! If you see stroke warning signs, call 9-1-1 or seek medical attention right away. Most of the stroke warning signs are painless:

- Sudden numbness or weakness of the face arm or leg, particularly on one side of the body.
- Sudden difficulty understanding or speaking. May have slurred speech or confused speech.
- Sudden difficulty seeing in one eye or both eyes.
- Sudden loss of balance, coordination, or ability to walk.
- Sudden, severe headache, the cause of which is unknown

ACKNOWLEDGEMENT FORM

STROKE EDUCATION

Students please sign the acknowledgement form after reviewing the Stroke Education for Cleveland Clinic Florida.

Please submit the signed form to: Marta Gonzalez-Kanfer:

I acknowledge that:

- I have received information on the Cleveland Clinic Florida Stroke Education and understand that it is my responsibility to read and understand the signs/symptoms and risk factors associated with stroke.

Printed name _____

Signature _____ Date _____

Title or Position _____

School _____ Phone Number _____

Facility _____

Institute/Division/Department _____

Director/Manager/Supervisor _____