

Stroke:

A stroke — often called a “brain attack,” “paralysis,” or “Lakwa” — is a medical emergency where the blood supply to part of the brain is suddenly interrupted. Without oxygen, brain cells begin to die within seconds.

➔ Up to 33,000 brain cells die every second a stroke is left untreated.

Major Types of Stroke:

1. Ischemic Stroke (Most Common)

Occurs when a blood clot blocks an artery supplying the brain.

2. Transient Ischemic Attack (TIA)

Often called a “mini-stroke.”

Blood flow is briefly interrupted, causing temporary symptoms.

It is a **warning sign** for a future major stroke.

3. Hemorrhagic Stroke

Happens when a blood vessel in the brain bursts, causing bleeding and sudden loss of blood supply.

Approximate Distribution:

- 87% – Ischemic strokes (clot-related)
- 12% – Hemorrhagic strokes

STROKE SYMPTOMS



How to Recognize a Stroke?

BE FAST

B – Balance

Sudden dizziness, loss of balance, or headache

E – Eyes

Blurred or double vision

F – Face

One side of face droops

A – Arms

Arm or leg weakness, inability to lift

S – Speech

Slurred, confused, or unable to speak

T – Time

Call emergency services immediately

Even a few minutes can change the outcome.



Primary Symptoms of Stroke

- Sudden weakness or numbness of face, arm, or leg (especially on one side)
- Sudden confusion or difficulty understanding
- Sudden vision problems in one or both eyes
- Sudden difficulty walking, dizziness, or loss of coordination
- Sudden severe headache

Golden Hour in Stroke Treatment:

Time is the biggest factor influencing recovery.

First 10 minutes: Emergency assessment can begin.

Within 1 hour: Treatment may reduce long-term disability.

Within 3 hours: Lifesaving clot-dissolving medicines may still be effective.

Up to 6 hours: Certain advanced procedures may help reduce brain damage

Heart Attack

- Caused by blocked blood flow to the heart
- Chest pain, arm/jaw pain, sweating

Cardiac Arrest

- Heart suddenly stops due to electrical malfunction
- Sudden collapse, no pulse, unresponsiveness

Stroke

- ❖ Interrupted blood flow to the brain
- ❖ Difficulty speaking, weakness, facial droop, vision problems

How Can Stroke Be Prevented?

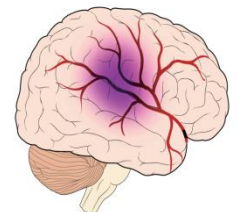
Up to 80% of strokes are preventable with lifestyle changes:

- Control blood pressure
- Lower cholesterol
- Quit smoking
- Maintain a healthy weight
- Exercise regularly
- Eat nutritious food



Contact Us :

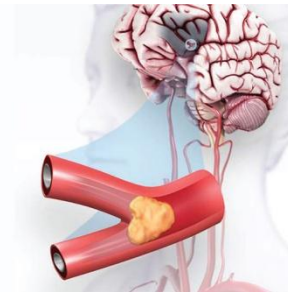
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Risk Factors for Stroke:

You are at higher risk if you have:

- High blood pressure
- Diabetes
- High cholesterol
- Heart disease
- Smoking habits
- Obesity
- Alcohol overuse
- Sedentary lifestyle
- Certain medications
- Chronic stress
- Managing these can significantly reduce risk.



"Stroke can affect anyone recognizing the signs early, can save a life."

Can a Stroke Be Treated?

Yes — but treatment depends on the type:

Ischemic Stroke (Clot-related):

IV tPA (clot-busting drug) if given within the recommended time window

Advanced endovascular therapy to remove clots through minimally invasive procedures

Hemorrhagic Stroke (Bleeding in the brain):

- Medications to lower pressure inside the skull
- Surgical repair of the ruptured blood vessel if required
- Immediate hospital care is critical.