



STROKE

A stroke aka. cerebrovascular attack is the loss of brain function due to a disturbance in the blood supply to the brain.

❗ Stroke is the fourth leading cause of death in the United States. ❗



On average, one American dies from stroke every 4 minutes.

Stroke is a leading cause of serious long-term disability.



In 2009, 34% of people hospitalized for stroke were younger than 65 years.



Stroke kills almost 130,000 Americans each year (1 out of every 19 deaths)

Ischemic stroke

— blood supply to part of the brain is decreased, leading to dysfunction of the brain tissue in that area. There are four reasons why this might happen:

1. Thrombosis (obstruction of a blood vessel by a blood clot forming locally)
2. Embolism (obstruction due to an embolus from elsewhere in the body, see below)
3. Systemic hypoperfusion (general decrease in blood supply, e.g., in shock)
4. Venous thrombosis.

❗ About 87% of all strokes are ischemic strokes.

Hemorrhagic stroke

Intracranial hemorrhage is the accumulation of blood anywhere within the skull vault. A distinction is made between intra-axial hemorrhage (blood inside the brain) and extra-axial hemorrhage (blood inside the skull but outside the brain).

Risk Reduction Tips:

- *Eating a healthy diet.
- *Maintaining a healthy weight.
- *Getting enough exercise.
- *Not smoking.
- *Limiting alcohol use.
- *Check Cholesterol
- *Control Blood Pressure
- *Manage Diabetes
- *Manage Heart Disease
- *Take Your Medicine
- *Talk with Your Health Care Team

Major Risk Factors:

- *high blood pressure
- *smoking
- *high cholesterol

Top Foods Thought To Help Prevent Stroke



Oats



Almonds



Soy



Strawberry



Low Fat Milk



Blackberries



Banana



Barley



Cornmeal



Salmon

Nutrition And Stroke

K Morrison



Nutrition And Stroke:

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Nutrition And Stroke :

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