

# 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:
- I. Thrombosis (obstruction of a blood vessel by a blood clot forming locally)
- Embolism (obstruction due to an embolus from elsewhere in the body, see below)
- Systemic hypoperfusion (general decrease in blood supply, e.g., in shock)
  4. Venous thrombosis.
- About 87% of all strokes are ischemic strokes.

## Major Risk Factors:

- \*high blood pressure
- \*smoking

\*high cholesterol

## 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

# op Foods Thought To Help Prevent Stroke









Oatis

Almonds

Soy

Strawberru

Low Fat Milk











Blackberries

Banana

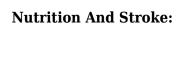
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# **Nutrition And Stroke**

**K Morrison** 



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