

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







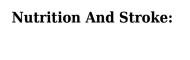


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