

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

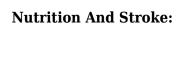
Barleu

Commeal

Salmon

Nutrition And Stroke

IM Harris



Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Nutrition And Stroke**

In some sort of inundated with displays and the cacophony of instant connection, the profound power and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, located within the lyrical pages of **Nutrition And Stroke**, a fascinating work of literary elegance that impulses with raw feelings, lies an memorable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus courses viewers on a psychological odyssey, gently exposing the latent potential and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main subjects, dissect its interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Nutrition And Stroke Introduction

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