

HEALTH ADVISORY

STROKE

- **Stroke** is the third largest killer after heart diseases and cancer.

Stroke occurs when blood flow to the brain is disrupted and brain cells lose their supply of nutrients • There are two types of stroke- **Ischaemic stroke** and **Haemorrhagic stroke**. Ischaemic stroke is more common and occurs when blood flow to the brain is blocked. Haemorrhagic stroke is less common but more deadly and occurs when there is bleeding into or around the brain itself.



Hypertension: High blood pressure is the leading cause of both ischaemic and haemorrhagic strokes. High blood pressure should be treated to keep it below 140/ 90mm/Hg. **Cigarettes:** Smoking doubles your chances of suffering a stroke. **Weight:** Obesity increases your chance of suffering hypertension and high blood cholesterol, a risk factor for narrowing of carotid artery. Even modest weight gain (10 to 20 pounds over 16 years) can almost double your chances of suffering a stroke.

High Cholesterol: High cholesterol levels can promote carotid artery narrowing and lead to stroke. A healthy diet and medications prescribed by your primary care physician can help reduce cholesterol levels to below 200.

Hereditary :Stroke can run in the family

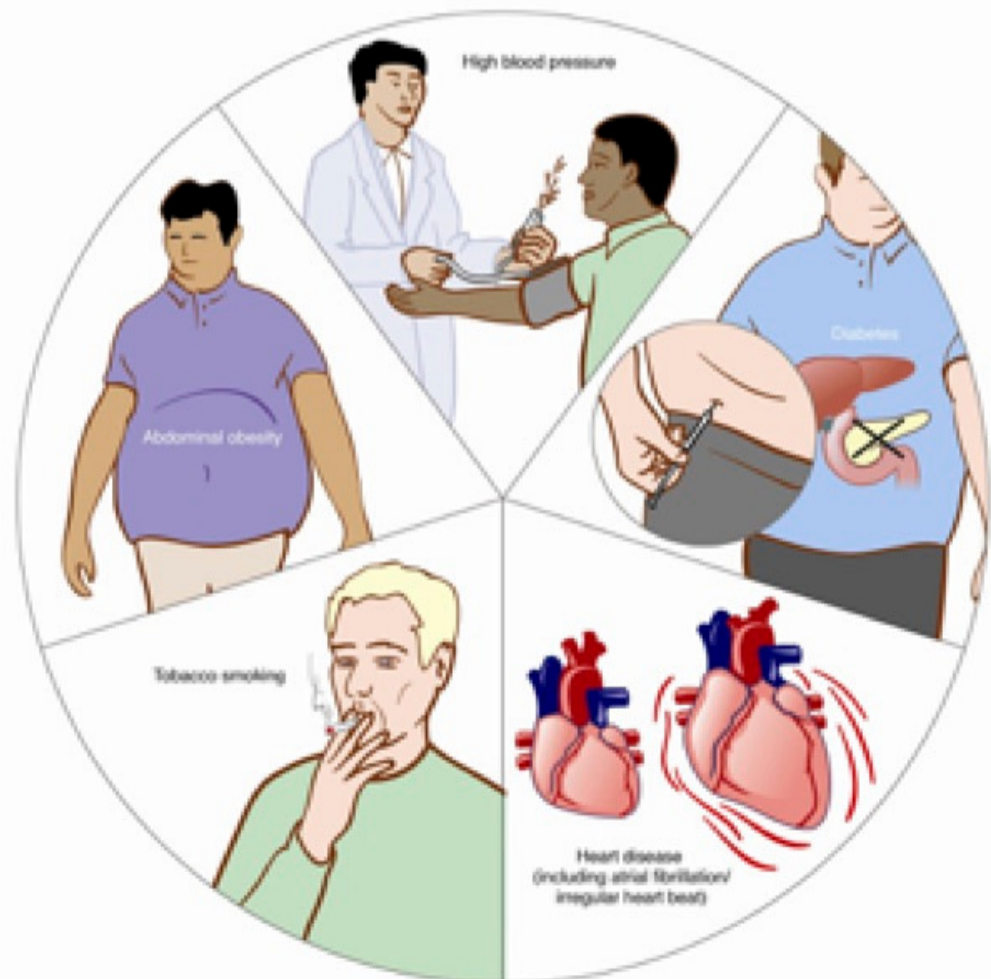
Lifestyle changes: Treatment plans prescribed by your primary care physician together to reduce the risk factors can decrease our chances of suffering a stroke more than ten fold.

Headache: A severe, sudden, unusual headache can be a sign of a stroke and requires immediate medical attention.



Take home Message

- Stroke if treated in time patients can recover completely and can resume their normal activities • 'Brain Attack' is another name of stroke. Heart attack is a commonly used term for the spectrum of symptoms seen after blood supply to the heart decreases.



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