

WORLD STROKE DAY 2018

October 29th



World Stroke Day is observed on **October 29** to underscore the serious nature and high rates of stroke, raise awareness of the prevention and treatment of the condition, and ensure better care and support for survivors. The annual event was started in 2006 by the **World Stroke Organization (WSO)**. The focus this year is on what unites stroke survivors and caregivers, namely their resilience and capacity to build on the things that stroke can't take away; their determination to keep going on the recovery journey. The campaign slogan is #UpAgainAfterStroke

Stroke is the leading cause of disability and the second leading cause of death globally. Stroke can happen to anyone at any age. Stroke affects everyone: survivors, family and friends, workplaces and communities.

17 Million
Strokes

6 Million
Deaths

5 Million
Permanently Disabled

What is Stroke?

Stroke happens when the blood supply to part of the brain is cut off. Without blood, brain cells can be damaged or die. This damage can have different effects depending on where it happens in the brain. It can affect people's body, mobility and speech, as well as how they think and feel.

DO A FAST CHECK.

01

Face



Is one side
drooping?

02

Arms



Raise both arms,
is one side weak?

03

Speech



Are words jumbled
or slurred?

04

Time



Rush to the
nearest hospital

The five most common signs and symptoms of stroke are:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

Signs of stroke begin suddenly. If your symptoms go away after a few minutes, you may have had a "mini-stroke," also called a transient ischemic attack (TIA). Although TIAs do not cause permanent damage, they are a warning sign of a future stroke and should not be ignored.

STROKE PREVENTION**1. Make healthy lifestyle choices**

You can play your part in preventing stroke by making basic lifestyle changes and knowing your risk factors.

- Eat healthily
- Stay active
- Control your weight
- Stop smoking
- Moderate your alcohol consumption
- Reduce stress

Taking these basic steps will not only reduce your stroke risk, they will also reduce your risk for heart

2. Get treatment for conditions that increase your risk of stroke:

- High blood pressure
- Atrial fibrillation (irregular heartbeat)
- Diabetes
- Transient ischemic attack (mini-stroke)
- Obesity
- Depression

3. Act now

If you have any medical conditions that increase your risk for stroke, such as high cholesterol, high blood pressure, diabetes, or heart disease, there are steps you can take to lower your risk.

- Regular checkups: Make sure you and your family members have a physical or checkup every year, including checking cholesterol levels, monitoring blood pressure, and managing diabetes.
- Healthy eating: Both sodium (salt) and alcohol can raise your blood pressure if you have too much of them each day. Smoking cigarettes also raises your blood pressure. Eating foods high in cholesterol can build up fatty deposits, called plaque, on the walls of your blood vessels. These deposits can block the flow of blood to the brain, causing a stroke. To help prevent stroke, prepare meals with lots of fresh fruits and vegetables, and limit the amount of saturated fat, sodium, and cholesterol in your meals. To help keep blood pressure in a healthy range, help family members avoid (or stop) smoking, and limit alcohol use to no more than one drink per day for women or two drinks per day for men.

- **Physical activity:** Being overweight or obese can raise total cholesterol levels, increase blood pressure, and lead to diabetes. But being physically active will help you and your family members maintain a healthy weight and keep blood pressure and cholesterol in a healthy range. The Surgeon General recommends adults engage in moderate-intensity physical activity for 2 hours and 30 minutes every

WSO SIX Key Facts About Stroke Treatment

1. Early recognition.

Knowing the signs of stroke and getting treatment quickly saves lives and improves recovery. If you think someone may have had a stroke, do this FAST check as described above.

2. Specialized unit.

Around 1 in 10 more people make an excellent recovery when cared for in a specialized stroke unit. All patients with stroke (ischaemic or haemorrhagic) should be admitted to a specialized stroke unit, which involves a designated ward with a specialized team.

3. Clot-busting drugs.

Clot-busting drugs break up blood clots. This treatment can be administered up to 4.5 hours of symptom onset in many patients with ischaemic stroke. The earlier it is given, the greater the effect.

4. Clot retrieval treatment.

Clot retrieval treatment (mechanical thrombectomy) involves removing a blood clot and can improve survival rates and reduce disability for many people with ischaemic stroke caused by large artery blockage.

5. Rehabilitation.

Rehabilitation starts in the hospital as soon as possible following a stroke. It can improve function and help the survivor regain as much independence as possible over time.

6. Reoccurrence.

Treatments that prevent another stroke include drugs to lower blood pressure and cholesterol, anti-platelet therapies, anticoagulation for atrial fibrillation, surgery or stenting for selected patients with severe carotid artery narrowing.

Lifestyle changes can also greatly reduce the risk of another stroke. Changes include eating well, being physically active, being tobacco-free, managing stress, and limiting alcohol consumption.

