

Stroke – What you should know

What is a stroke?

A stroke is a sudden loss of brain function as a result of a blood clot or bleeding in the brain. A blood clot can get lodged in a vessel and cause a lack of oxygen to the brain tissue beyond the blockage or there may be some bleeding in the brain which causes damage to the brain tissue.

Types of Strokes:

1. Ischemic Strokes – these are strokes that cause a lack of oxygen to certain parts of the brain, usually caused by a blood clot.
 - a. Transient Ischemic Attack (TIA) – this is when a clot causes a lack of oxygen for a short period of time but then resolves.
2. Hemorrhagic Strokes – these are strokes that are a result of bleeding in the brain (aneurysm).

Signs of a Stroke

LEARN THE SIGNS OF STROKE

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
T IME to call 9-1-1 right away.

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What do I do if I think someone is having a stroke?

Call 911 immediately

A stroke is a medical emergency and the person needs to get to the hospital as fast possible. Don't try and drive them or yourself there, wait for the ambulance.

How can I reduce the risk of having a stroke?

Cardiovascular or heart health is the number one way to prevent a stroke. Make sure to stay active, don't smoke, eat right and enjoy life!

For more information on strokes please visit the Heart and Stroke Foundation website:

www.heartandstroke.com