

How is a stroke diagnosed?

The doctor will take a complete health history and do a physical exam. Tests may include:

✓ CT scan of the brain or

✓ MRI brain

✓ CT Angio

How is a stroke treated?

There is no cure for stroke once it has occurred.

Treatment is most effective when started as soon as possible. Depending on what type of stroke you had, the severity of the stroke, and how quickly you came to hospital, some medicines may reduce the damage and limit the effects of the stroke.



References

<https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/stroke>

https://www.heart.org/-/media/Files/Affiliates/MWA/North-Dakota/North-Dakota-Stroke-Cardiac-Conference/BE_FAST_ED_form.pdf

Important Numbers

Royal Hospital & Heart Centre
053 045 0358

Ahmed Kathrada Private Hospital
087 087 8500

Ethekwini Private Hospital & Heart Centre
086 134 4237

Shifa Private Hospital Emergency Department
031 240 5117 or 031 240 5025

Contact us

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STROKE



What is a Stroke?

A stroke, or brain attack, happens when blood flow to your brain is stopped. It is a medical emergency. If blood supply is stopped even for a short time, brain cells begin to die.

When brain cells die, brain function is lost. A stroke may affect your ability to:

- ✓ Move
- ✓ Speak
- ✓ Eat
- ✓ Think and remember
- ✓ Control your bowel and bladder
- ✓ Control your emotions

A stroke can happen to anyone at any time!

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Types of Strokes



There are 2 kinds of stroke:

- ✓ **Ischemic stroke:** This is the most common type of stroke. It happens when a major blood vessel in the brain is blocked by a blood clot or by a build-up of fatty deposits and cholesterol.
- ✓ **Haemorrhagic stroke:** This occurs when a blood vessel in your brain bursts, leaking blood into nearby tissues.

Risk factors for stroke

Anyone can have a stroke at any age. But your chance of having a stroke increases if you have certain risk factors.



High blood pressure



Heart disease



Diabetes



Smoking



High blood cholesterol



Lack of exercise



Obesity



Excessive alcohol use



Abnormal heart rhythm



Illegal drugs

**A stroke is
a medical
emergency!**

Symptoms of a stroke

Stroke symptoms usually begins suddenly. Each person's symptoms may vary. Symptoms may include:

- ✓ Weakness or numbness of the face, arm, or leg, usually on one side of the body
- ✓ Having trouble speaking or understanding
- ✓ Problems with vision, such as dimness or loss of vision in one or both eyes
- ✓ Dizziness or problems with balance or coordination
- ✓ Problems with movement or walking
- ✓ Fainting (loss of consciousness) or seizure
- ✓ Severe headaches with no known cause, especially if they happen suddenly.

B.E.F.A.S.T. is an easy way to remember the signs of a stroke. When you see these signs, you will know that you need to call an ambulance immediately.

B – Balance.

Sudden loss of balance, coordination or dizziness.

E – Eyes.

Sudden double vision, blurred vision or loss of vision.

F – Facial drooping.

One side of the face is drooping or numb. When the person smiles, the smile is uneven.

A – Arm weakness.

One arm is weak or numb. When the person lifts both arms at the same time, one arm may drift downward.

S – Speech difficulty.

You may see or experience slurred speech or difficulty speaking.

T – Time to call help.

If someone shows any of these symptoms, call an ambulance right away. Call even if the symptom goes away. Make note of the time the symptoms first appeared.

**Get to
hospital
immediately!**

