

Help Yourself By

- Checking your blood pressure regularly
- Stop smoking
- Do regular exercise
- Avoid heavy alcohol consumption
- Reduce salt and fatty foods intakes
- Eat plenty of fruits and vegetables

Medical Professional Help You By :

- To give treatment for the disease and to prevent damage of the arteries

If this is not treated, over time these conditions may lead to stroke

1. **Treatment to control high blood pressure** (Hypertension)
2. **Treatment For Heart Disease**
3. **Treatment For Control Diabetes Mellitus**

Stroke Rehabilitation aims :

Helping people regain as much as :

- **Independence** as possible,
- **Relearning skills** they have lost,
- Learning **new skills**
- **Manage** any permanent **disabilities**.

Don't Let Stroke Happen Again

- The risk of a stroke increases in people who have already had a stroke or a Transient Ischemic Attack (TIA).
- Reduce your modifiable risk.
- Take your medication as prescribed to stop blood clotting @ reduce cholesterol.
- Come for follow-up.

References

www.Stroke.Org.uk (2010)
www.Infosihat.Gov.my (2010)

Prepared by

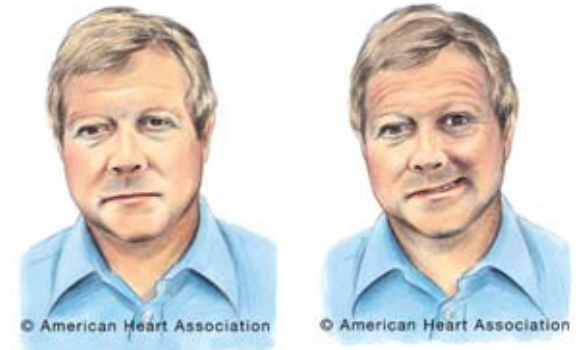
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UNDERSTANDING STROKE



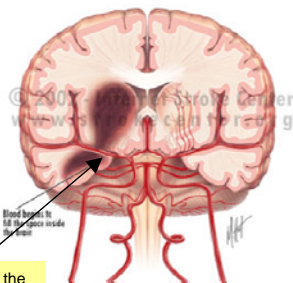
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WHAT IS STROKE?

It is a situation when there is a decreased of blood and oxygen supply to the brain

TYPE OF STROKE

Hemorrhagic Stroke



Blood begin to fill the space inside the brain

When a blood vessel bursts, causing bleeding (hemorrhage) into the brain.

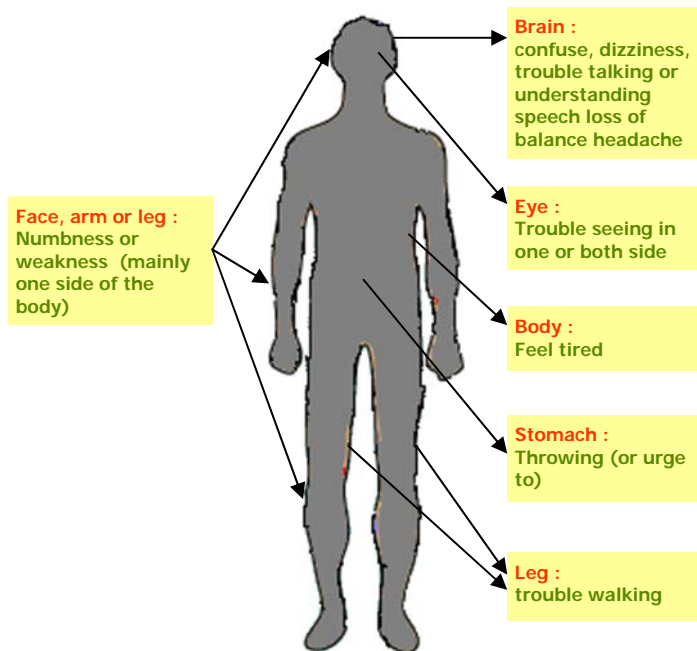
Ischaemic Stroke



Blockage, which happens when a clot blocks an artery that carries blood to the brain

How Do You Know If You Have Stroke

Signs & Symptoms of Stroke



First Sign of Stroke

Use the F.A.S.T

- F** = Facial Weakness
- A** = Arm Weakness
- S** = Speech problems
- T** = Time to call 999

How to use F.A.S.T

Facial Weakness

- Can the person smile?
- Has their mouth or an eye drooped?

Arm weakness

- Can the person raise both arms?

Speech problems

- Can the person speak clearly and understand what you say?

Time

- Call 999

WHAT TODO?

Go to hospital for initial care at an Accident and Emergency Department.

They may be admitted to:

- a specialist **stroke unit** or ward
- a general **rehabilitation ward** that can meet the specific needs of stroke patients.

Modifiable Risk Factors

Stroke

- Obesity
- High Blood Pressure
- Heart Disease
- High Cholesterol
- Diabetes Mellitus
- Smoking
- Alcohol

Non-Modifiable Risk Factors

Age: Older people have greater risk.

Gender: Greater for men.

Family history: Higher risk with history of stroke.

Myth vs. Reality

Myth	Reality
Stroke is unpreventable	Stroke is largely preventable
Stroke cannot be treated	Stroke requires emergency treatment
Stroke only strikes the elderly	Stroke can happen to anyone
Stroke happens to the heart	Stroke is a "Brain Attack"
Stroke recovery only happens for a few months following a stroke	Stroke recovery continues throughout life