

RISK FACTORS FOR ISCHEMIC STROKES

- Genes
- History of migraines
- Hypertension
- High cholesterol
- Diabetes mellitus
- Cardiac disease
- Obesity
- Tobacco use



PREVENTION

- Exercise regularly
- Healthy diet
- Avoid smoking
- Manage stress

References

American Academy of Neurology
World Health Organization



**IF YOU
OR SOMEONE
YOU KNOW
EXPERIENCES A
STROKE, PLEASE
CALL 911
OR VISIT THE
EMERGENCY ROOM
AT THE SIR LESTER
BIRD MEDICAL
CENTRE**



Sir Lester Bird Medical Centre
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St. John's, Antigua



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ISCHEMIC STROKE



SLBMC

NEUROLOGY SERVICE

EPIDEMIOLOGY

Approximately 15 million people suffer from a stroke each year of which 4.5 million people die. It is also one of the leading causes of death worldwide.

Although stroke increases with age, one third of strokes occur in persons younger than 65 years old.

Most strokes are ischemic, that is, when oxygen-rich blood travelling to the brain gets interrupted by a blood clot.



SYMPTOMS

A person with ischemic stroke will experience a sudden onset of the following:

- Facial droop
- Numbness or weakness of the face, arm or leg
- Difficulty speaking or understanding speech
- Difficulty seeing in one or both eyes
- Severe headache
- Confusion

If these symptoms clear up within a few minutes, it may be a sign of Transient Ischemic Attack (TIA) which is an early warning sign of a stroke and is vital to treat a TIA with the same urgency as an ischemic stroke.



FACE

Can they smile?
Does one side droop?



ARM

Can they lift both arms?



SPEECH

Is their speech slurred
or muddled?



TIME

Call 911



TREATMENT

After a diagnostic work-up through CT or MRI scan and a neurological assessment by your doctor, he/she may administer tPA (medication that breaks up clots) within 4.5 hours after stroke onset.

Additionally, your doctor would recommend anti-platelet drugs or anticoagulants. Anti-platelet drugs include aspirin and plavix while anticoagulants include heparin and wafarin.

He/she would prescribe medications to reduce the risk of another stroke by treating the source of the stroke e.g newly diagnosed hypertension or hyperglycemia.

The degree of disability from the stroke varies for each individual but usually part of the rehabilitation programme includes speech and language therapy, physical therapy and occupational therapy.