



## Stroke (Cerebrovascular Accident - CVA)

A **stroke**, also known as a **cerebrovascular accident (CVA)**, occurs when the **blood flow to a part of the brain is interrupted or reduced**, preventing brain tissue from getting enough oxygen and nutrients. Within minutes, **brain cells begin to die**, making stroke a **medical emergency**.

### Types of Stroke

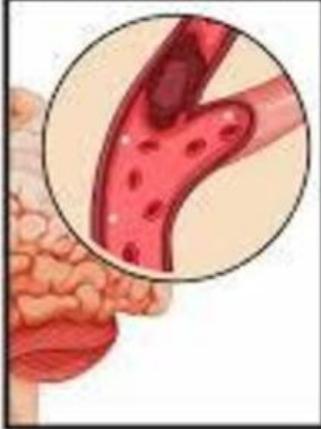
There are **two main types of stroke**:

**1. Ischemic Stroke –**

This type happens when a **blood clot** blocks or narrows an artery leading to the brain. It accounts for about **85% of all strokes**.

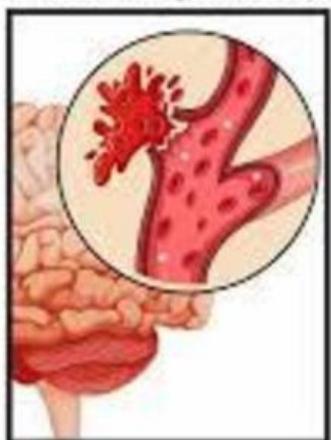
- The most common causes include **atherosclerosis** (buildup of fatty deposits) and **embolism** (a clot traveling from another part of the body).

#### Ischemic Stroke



A clot blocks blood flow to an area of the brain

#### Hemorrhagic Stroke



Bleeding occurs inside or around brain tissue

**2. Hemorrhagic Stroke –** This occurs when a **blood vessel in the brain bursts**, causing bleeding inside or around the brain.

- Common causes include **high blood pressure**, **aneurysms**, or **head injuries**.



# Acting F.A.S.T. is Key to Stroke Survival



## FACE

Does one side of the face droop when smiling?



## ARMS

Does one arm drift downward when both arms are raised?



## SPEECH

Is speech slurred or strange when repeating a simple phrase?



## TIME

If you see any of these signs, call 9-1-1 right away.

## Warning Signs and Symptoms

Recognizing the symptoms early can save lives. The acronym **FAST** is used to identify the main signs:

- **F – Face drooping:** One side of the face may droop or feel numb.
- **A – Arm weakness:** The person may not be able to raise one arm.
- **S – Speech difficulty:** Speech may be slurred or strange.
- **T – Time to call emergency services:** Immediate action is critical.

Other symptoms may include **sudden confusion, severe headache, loss of vision, dizziness, or difficulty walking.**

## Risk Factors

Some **risk factors** can be controlled, while others cannot:

- **Controllable:** high blood pressure, diabetes, obesity, smoking, high cholesterol, and sedentary lifestyle.
- **Uncontrollable:** age (over 55), gender (men have a higher risk), family history, and previous stroke or TIA (*transient ischemic attack*).

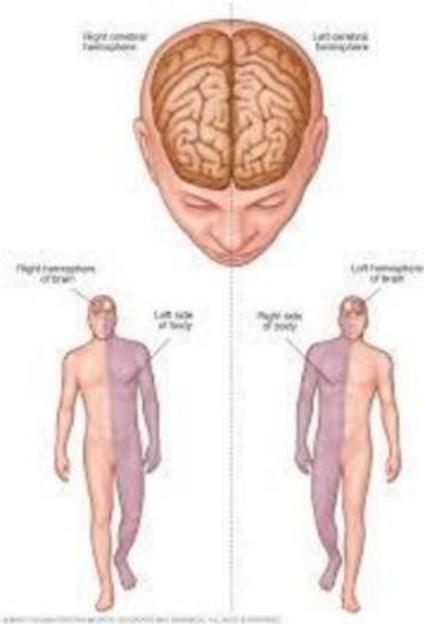
## ❤️ Prevention and Treatment

Prevention is key. Maintaining a **healthy diet**, exercising regularly, avoiding **tobacco**, and controlling **blood pressure and blood sugar** can significantly reduce the risk.

Treatment depends on the **type of stroke**:

- **Ischemic stroke:** may be treated with **clot-dissolving medication** such as **tPA (tissue plasminogen activator)**.
- **Hemorrhagic stroke:** may require **surgery** to repair blood vessels or relieve pressure in the brain.

Early recognition and prompt treatment can **improve recovery** and **reduce long-term disability**.



**Multiple-Choice Questions, choose the best option.**

1. What is another name for a stroke?
  - a) Cardiac arrest
  - b) Cerebrovascular accident
  - c) Pulmonary embolism
  - d) Brain aneurysm
2. Which type of stroke is caused by a blood clot?
  - a) Hemorrhagic
  - b) Ischemic
  - c) Aneurysmal
  - d) Transient

3. What does the “A” in FAST stand for?

- a) Alert
- b) Airway
- c) Arm weakness
- d) Attention

4. Which of the following is a **controllable risk factor**?

- a) Age
- b) Family history
- c) High blood pressure
- d) Gender

5. What happens during a **hemorrhagic stroke**?

- a) A blood vessel bursts in the brain
- b) The heart stops beating
- c) A clot travels to the lungs
- d) The arteries narrow gradually

6. What is the **first thing to do** if someone shows signs of stroke?

- a) Give them food
- b) Let them rest
- c) Call emergency services immediately
- d) Wait to see if it passes

7. Which medication can dissolve clots in an ischemic stroke?

- a) Insulin
- b) tPA
- c) Aspirin
- d) Morphine

8. What does the brain need to survive?

- a) Glucose only
- b) Oxygen and nutrients
- c) Calcium and potassium
- d) Vitamins and water

9. Which symptom is **NOT** part of the FAST acronym?

- a) Speech difficulty
- b) Time to call
- c) Severe headache
- d) Face drooping

10. What percentage of strokes are ischemic?

- a) 25%
- b) 50%
- c) 85%
- d) 95%

**T. Sue**