



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** –

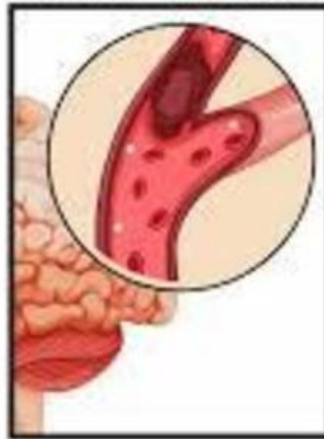
This type happens when a **blood clot** blocks or narrows an artery leading to the brain. It accounts for about **85% of all strokes**.

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

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

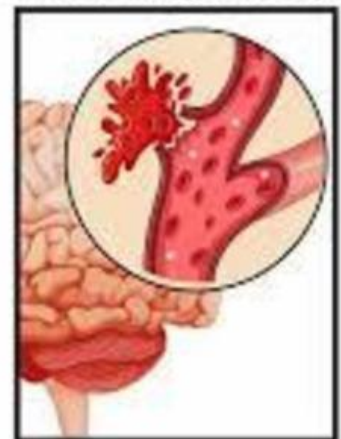
- Common causes include **high blood pressure**, **aneurysms**, or **head injuries**.

Ischemic Stroke



A clot blocks blood flow to an area of the brain

Hemorrhagic Stroke



Bleeding occurs inside or around brain tissue



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:

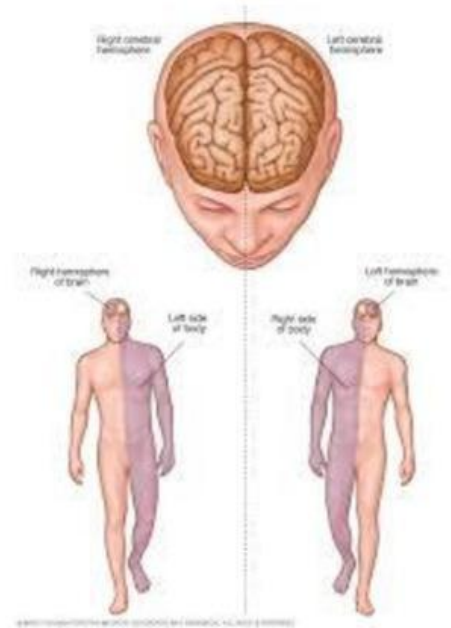
- **Controllable**: high blood pressure, diabetes, obesity, smoking, high cholesterol, and sedentary lifestyle.
- **Uncontrollable**: age (over 55), gender (men have a higher risk), family history, and previous stroke or TIA (*transient ischemic attack*).

♥ 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