Stroke: the leading cause of serious, long-term disability

A stroke is a condition in which the brain cells suddenly die because of a lack of oxygen.

A stroke can be caused by an obstruction in the blood flow, or the rupture of an artery that feeds the brain.

The patient may suddenly lose the ability to speak, there may be memory problems, or one side of the body can become paralyzed.

Two main types of stroke

The two main types of stroke include ischemic stroke and hemorrhagic stroke.

Ischemic stroke

Ischemic stroke accounts for about 87 percent of all strokes and occurs when a blood clot, or thrombus, forms that blocks blood flow to part of the brain.

If a blood clot forms somewhere in the body and breaks off to become free-floating, it is called an embolus. This wandering clot may be carried through the bloodstream to the brain where it can cause ischemic stroke.

Hemorrhagic stroke

A hemorrhagic stroke occurs when a blood vessel on the brain’s surface ruptures and fills the space between the brain and skull with blood (subarachnoid hemorrhage) or when a defective artery in the brain bursts and fills the surrounding tissue with blood (cerebral hemorrhage).

Both types of stroke result in a lack of blood flow to the brain and a buildup of blood that puts too much pressure on the brain.

The fatty acid profile of almonds, which is made up of 91-94% unsaturated fatty acids, may partly explain why it helps maintain healthy cholesterol levels. Almonds also have the highest fiber content of any tree nut.

Stroke Risk Factors

Anyone can have a stroke no matter your age, race, or gender. But the chances of having a stroke increase if a person has certain risk factors, or criteria that can cause a stroke. The good news is that up to 80 percent of strokes can be prevented. The best way to protect yourself and loved ones from stroke is to understand your risk and how to manage it.
Controllable Risk Factors

- High Blood Pressure
- Atrial Fibrillation
- High Cholesterol
- Diabetes
- Atherosclerosis
- Circulation Problems
- Tobacco Use and Smoking
- Alcohol Use
- Physical Inactivity
- Obesity

Uncontrollable Risk Factors

- Age
- Gender
- Race
- Family History
- Previous Stroke or TIA
- Fibromuscular Dysplasia
- Patent Foramen Ovale (PFO or Hole in the Heart)

Common stroke symptoms seen in both men and women:

- Sudden numbness or weakness of face, arm or leg -- especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

KNOW THE RISKS Knowing what risk factors are involved in having a stroke can help save your life.

TAKE THE STROKE RISK QUIZ Find out how vulnerable you are to having a stroke by completing this quiz and going to the next page to see your results.
Acting fast is crucial

Rapid intervention is crucial in the treatment of stroke. The longer a stroke goes untreated, the greater the chance of permanent neurologic damage. Treatment must be started within 3 hours of onset of symptoms.

Featured HCM Health Initiative—Bible School Course

HCM medical professionals are available to teach “Overview of Health”. It is a two week, four hours a day course with midterm and final exam. Contact fieldministries@healthcareministries.org for more information.

Bringing His Hope that Heals

Learn how HealthCare Ministries makes a long-term impact spiritually and physically through Health Initiatives. HealthCare Ministries offers a variety of outreaches that promote prevention of illnesses and improved quality of life.

Connect with HCM to begin the collaboration to plan a unique health initiative outreach that will address the physical and spiritual needs in your area. Send e-mail to healthinitiatives@healthcareministries.org or call 417-866-6311.

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References
http://www.stroke.org
http://www.medicalnewstoday.com/articles/7624.php

Risk Scorecard Results

- **High Risk ≥3:** Ask about stroke prevention right away.
- **Caution 4-6:** A good start. Work on reducing risk.
- **Low Risk 6-8:** You’re doing very well at controlling stroke risk!

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