

STROKE, WHAT YOU NEED TO KNOW

**Raising awareness to improve stroke
outcomes in our community**

Minding Your Well-being

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All in 4 health

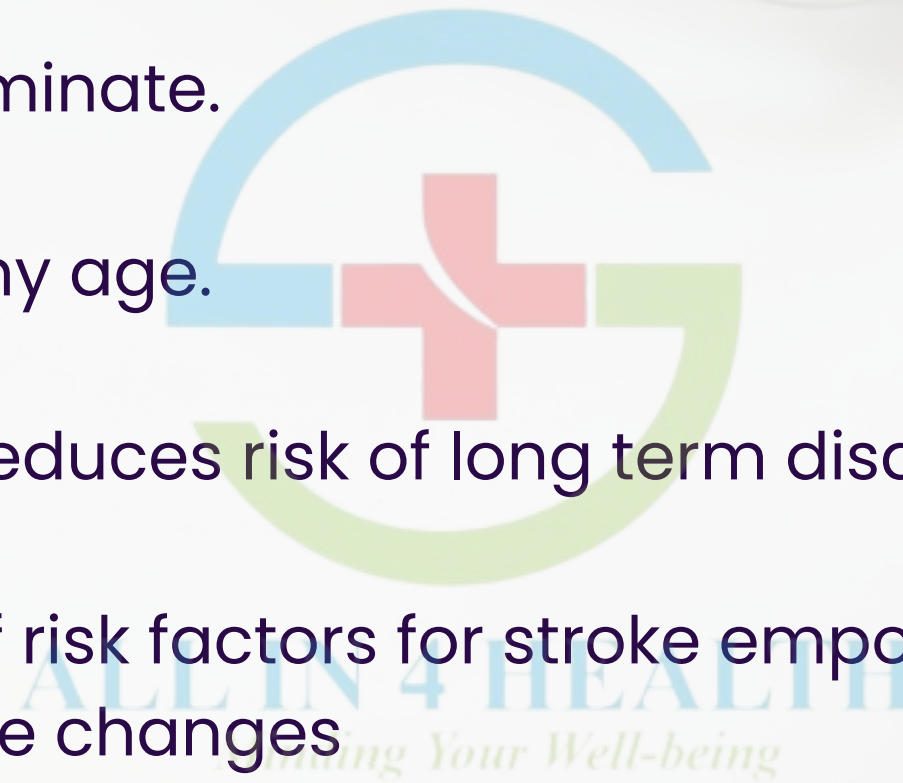


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WHY SHOULD WE TALK ABOUT STROKE?

- It can affect anyone.
- It does not discriminate.
- It can occur at any age.
- Quick response reduces risk of long term disability
- Understanding of risk factors for stroke empowers people to make the necessary lifestyle changes
- Stroke affects mental and emotional wellbeing , physical wellbeing.



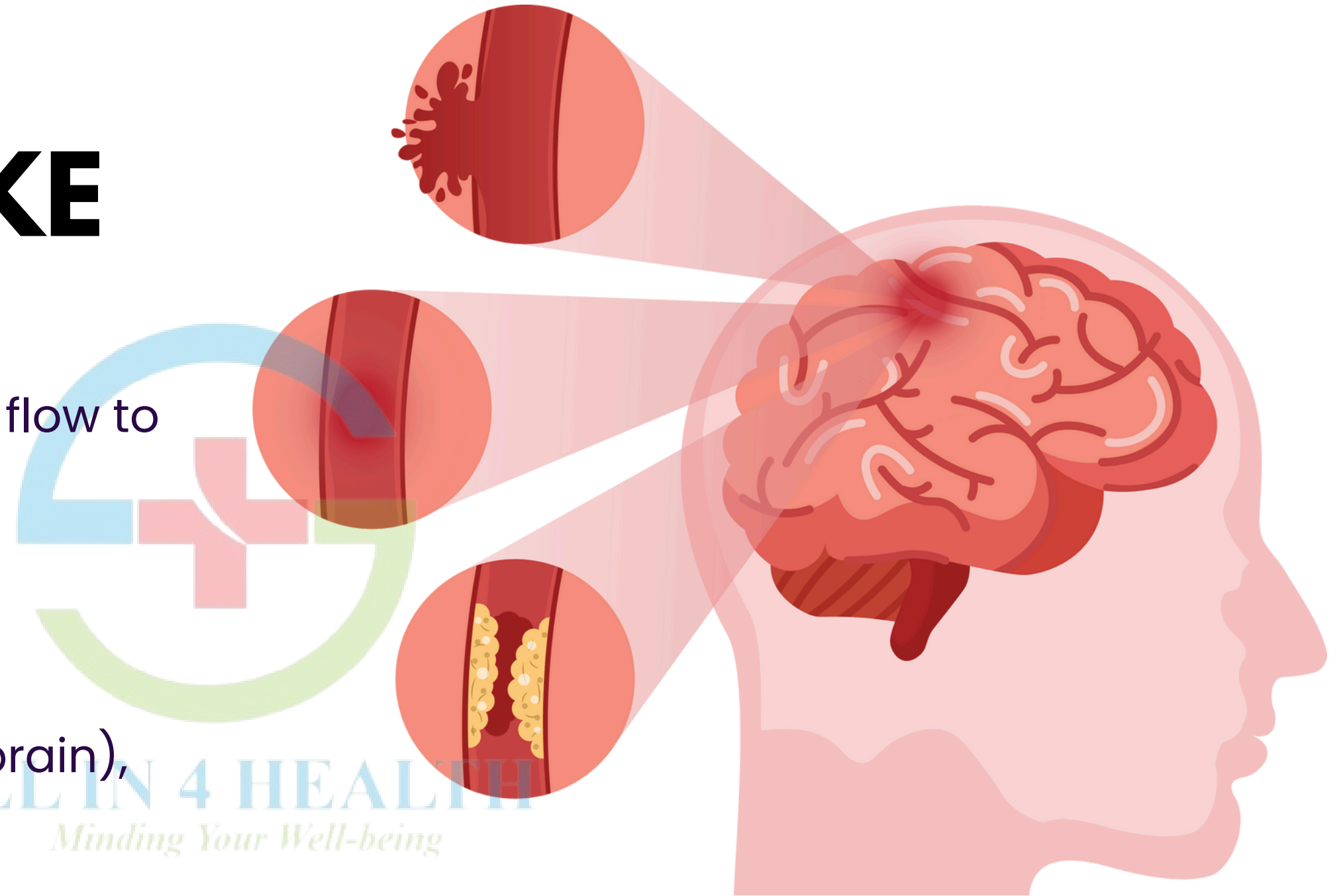
WHAT IS A STROKE

Stroke results from interruption of blood flow to part of the brain

This can occur due to either;

burst of a blood vessel (bleed into the brain),

or blockage of blood flow (ischaemic)
majority 87%



If we think of our blood vessels as pipes,

A burst pipe or blocked pipe results in reduced flow or No flow through the pipe.

In the brain reduced flow or no flow means reduced flow or no flow of oxygen and required nutrients to the part of the brain affected.



WHAT IS A TIA



TRANSIENT ISCHEMIC ATTACK

This occurs when there is blockage of blood flow (ischaemic) but lasting for a short time and the blockage reopens.

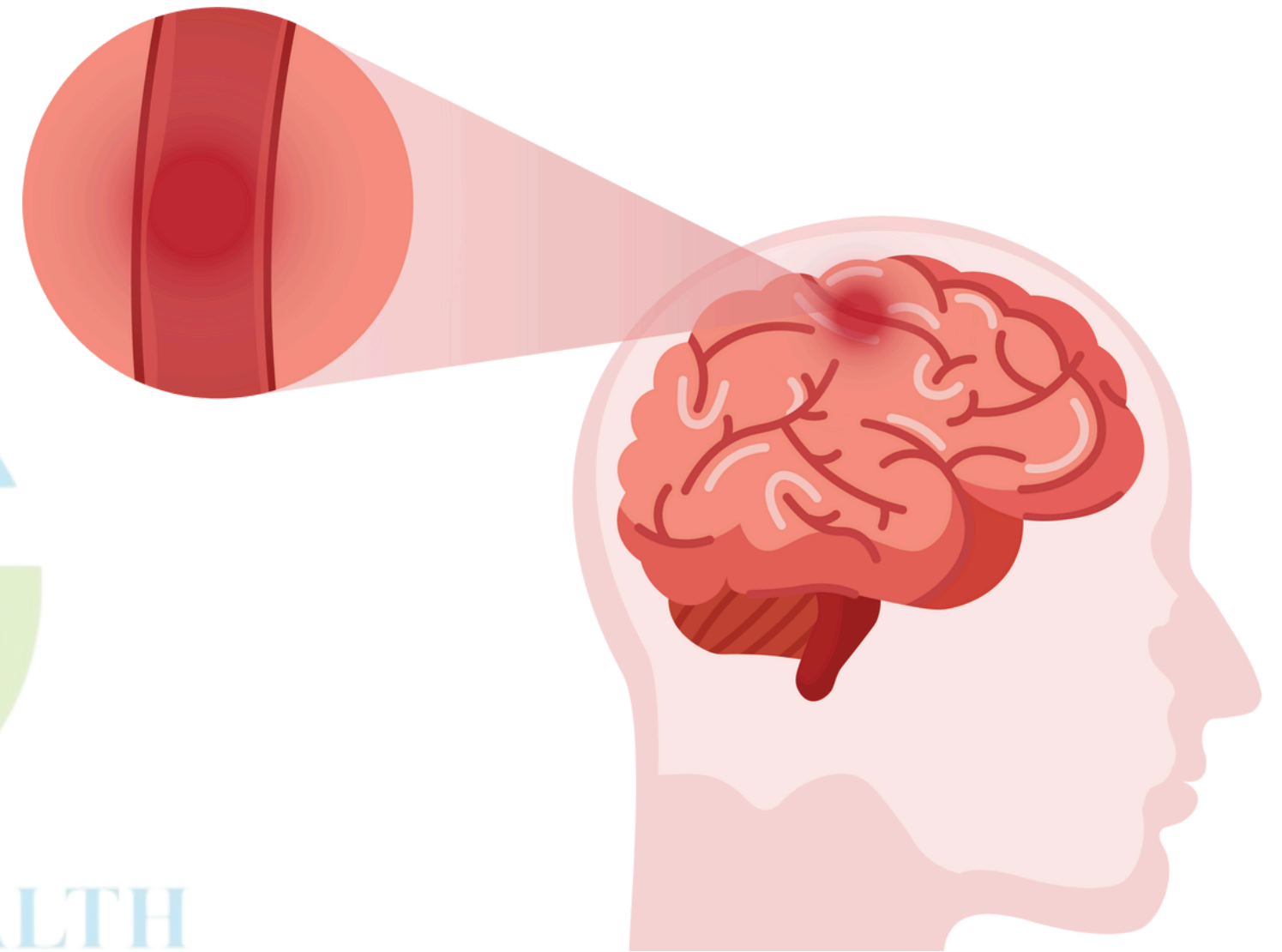
People develop temporary stroke like symptoms.

TIA is sometimes referred to as **“MINI STROKE”**

A TIA is an Alarm bell. It signals that you are at a high risk of developing a stroke in the future.

About 12% of strokes are preceded by TIA

It should not be ignored



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STROKE FACTS

2nd leading cause of death and disability in Africa.

Incidence is highest in Sub Saharan Africa due to HIV.

High Blood pressure is the most common comorbidity associated with stroke.

Majority of patients present after Thrombolyis window (after 4.5 hrs)



Every 4 minutes someone dies of a stroke.

Majority of strokes are preventable (up to 80%)

Every minute 1.9 million nerve cells are destroyed.

TIME IS BRAIN

STROKE RISK FACTORS

Controlable risk factors

Lifestyle related

High blood pressure
Diabetes
Smoking
Diet
Physical inactivity
Obesity
High blood cholesterol



Not related to lifestyle

Heart diseases;
Coronary artery disease
Atrial fibrillation
Valve disorders

High blood pressure is the strongest risk factor linked with stroke.

STROKE RISK FACTORS

These are not within our control

Age: increases with age

Family history. Esp if they had a stroke before the age of 65

Ethnicity: African higher than Caucasian

Gender : Women

HOW TO RECOGNISE A STROKE

“BE FAST”

SUDDEN ONSET

Balance

Eye changes

Facial droop

Arm weakness

Speech changes

Time , Call for help quickly

Time delayed to hospital = More brain cells are lost

The infographic features a central logo for 'ALL IN 4 HEALTH' with the tagline 'Minding Your Well-being'. The logo consists of a stylized cross made of four colored segments (blue, red, green, and yellow) within a circular frame. To the right of the logo, the text 'Be Aware Of' is followed by 'Stroke symptoms' and 'BE FAST' in large, bold, red letters. Below this, the acronym 'BE FAST' is expanded into six red boxes, each containing a letter and a description of a stroke symptom: B. Acute onset of BALANCE issues, E. Eye changes.blurry or vision loss, F. Facial droop, A. Arm weakness, S. Speech slurred, or Aphasic, and T. Time is Brain. Call for help. To the left of the acronym, there are illustrations of a person holding their head (representing balance issues), a person with a drooping face (representing facial droop), and a person with a question mark above their head (representing speech changes). At the bottom left, there is a telephone icon. The bottom right corner contains the website 'www.allin4healthdr.com' and the email 'info@allin4healthdr.com'. The entire infographic is framed by a red ribbon, a symbol for stroke awareness.

Be Aware Of
Stroke symptoms
BE FAST

B. Acute onset of BALANCE issues

E. Eye changes.blurry or vision loss

F. Facial droop

A. Arm weakness

S. Speech slurred, or Aphasic

T. Time is Brain. Call for help

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HOW TO PREVENT A STROKE

Lifestyle modification and medications are needed to lower your risk



- Stop smoking
- Reduce alcohol intake
- Reg exercise 30mins/day
- weight loss
- Reduce salt intake



HOW TO PREVENT A STROKE

If needed doctor will prescribe medications to control;

- Bad cholesterol
- High blood pressure
- Diabetes or blood sugar levels
- Medications to prevent clots such as Aspirin or blood thinners

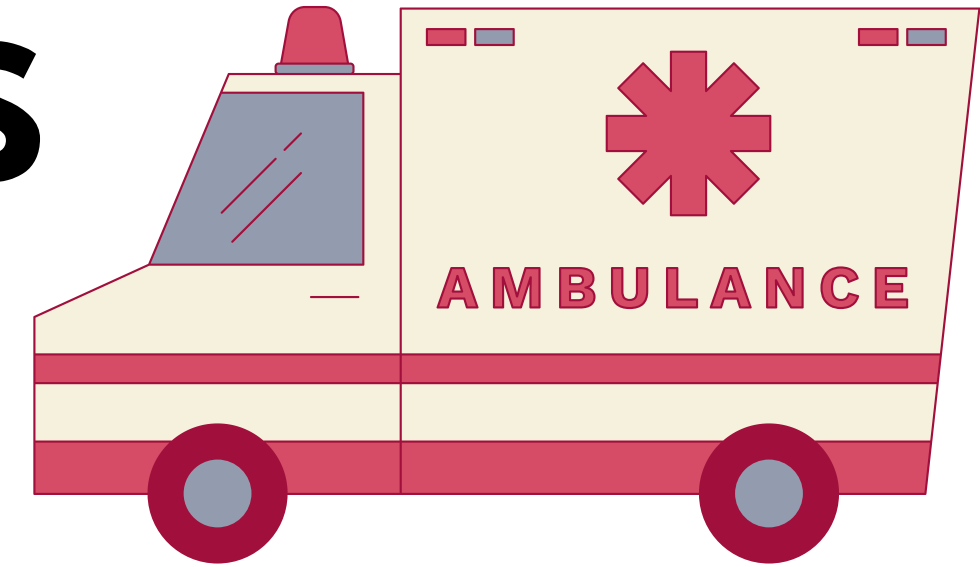


Always consult to understand your risk factors and safety profile before taking medications

Compliance to medication is advised !

Regular health screening is advised

WHEN STROKE STRIKES



Call for help.

Get to the hospital as soon as possible.

This will aid in quick diagnosis and early treatment.

Most immediate investigation to be done is a CT scan to check for a bleed or not



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If there is no bleed a clot busting drug is given if you are within the 4.5hr window.

If it is after 4.5 hrs you will get antiplatelets

You will get medicines to prevent new blood clots.

The risk of recurrent stroke is high.

**Are
you and/or your family struggling to understand the
information given?**

**We understand that the recovery process can be
overwhelming and full of questions.**

**That's why we're reaching out to extend our free
support and provide you with valuable information
to help you navigate this challenging time.**



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