



STROKE AWARENESS FOR THE GENERAL PUBLIC



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**Prepared by AHPI
Scientific Committee**



Stroke Awareness for The General Public

Stroke is a disease that affects the blood vessels of the brain.

- 1- This happens when the brain's blood vessels become blocked by clots or ruptures.
- 2- It is the 3rd most common cause of death/disability worldwide.

Most common cause of disability-

- About 1 in 4 people die within 1 year.
- 30%-50% do not regain functionality.
- The annual incidence rate in India is 145 per 1000 population.
- Younger people (10-15%) are also affected, most of whom are over 40 years old.
- WHO estimates that by 2050 the world 80% of strokes will occur in low/middle-income countries.

Emergency- If the stroke is not treated in time, the average patient loses 1.9 million neurons every minute.

Accurate warning signs and symptoms

An easy way to remember the sudden signs of stroke is to “BE-FAST.”

- 1- Balance- sudden onset imbalance
- 2- Eye- vision loss
- 3- Face drooping
- 4- Arm Weakness
- 5- Speech difficulty
- 6- Timely call to medical care

Other symptoms to know the warning signs

- 1- Sudden confusion or trouble in understanding
- 2- Sudden trouble in seeing by one or both eyes
- 3- Sudden dizziness, loss of balance or coordination
- 4- Sudden severe headache

What to do in case of a stroke

Go to the hospital immediately, do not wait for improvement, and do not take BP medicines.

Is it possible to cure a stroke?

If the patient arrives within the first few hours (4.5 hours), clot-busting drugs (thrombolytic drugs such as Alteplase and Tenecteplase) can be given. Neurointerventionists can also open blood vessels by interventional technique, which passes through the leg's blood vessels. Special instruments may be used to open the blood vessels to remove the clot. Ideally, this can be done within 6 hours; in selected patients, it can be done up to 24 hours.

What is a mini-stroke, and why is it important?

Mini stroke or ischemic attack is a temporary blockage of a brain blood vessel. Symptoms exist for a short period. If no treatment is given, the patient may develop a stroke. A mini stroke is an emergency, and proper treatment can prevent a stroke from occurring.

80% of all strokes are preventable.

To reduce the Stroke risk

- Control blood pressure.
- Regular physical activity.
- Eat better.
- Loose excess weight.
- Manage blood sugar

Important Fact

- Early detection makes a big difference – BE-FAST check
- Specialized stroke unit care increases the chance of a good outcome by 14%
- Thrombolytic therapy increases the chance of a good outcome by 30%
- Clot retrieval treatment increases the chance of a good outcome by up to 50%
- Rehabilitation is an important step in the treatment process.

- One in four survivors will have another stroke, so prevention is required through medications
- Medical treatment and controlling risk factors are crucial.

Issued in the public interest by AHPI