Stroke Awareness

Community Health Project
Riverside/San Bernardino
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Learning Outcomes

- Understand the definition of a stroke
- Identify risk factors of strokes
- Learn how to identify a stroke
- Learn about treatment and recovery for strokes
- Identify the difference between strokes, TIA, and Bell’s Palsy
What is a stroke?

An interruption or reduction of blood supply to the brain causing neurological deficits.

Ischemic Stroke: Blood clot of an artery in brain

Hemorrhagic Stroke: Bleeding of an artery in brain

https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113
STROKE BY THE NUMBERS

Every 40 seconds someone has a stroke.

About 55,000 more women than men have a stroke each year.

#5 Cause of death in the USA.

1 in 4 strokes are in people who have had a previous stroke.

80% of all strokes can be prevented.
Stroke Risk Factors

- High Blood Pressure
- High Cholesterol
- Smoking
- Age
- Obesity
- Diabetes
- Unhealthy Diet
- Family History
Signs & Symptoms

- NUMBNESS of face, arm or leg
- CONFUSION, trouble speaking or understanding speech
- TROUBLE SEEING
- TROUBLE WALKING, dizziness, loss of balance
How to Spot a Stroke F.A.S.T.

**FACE**
Can they smile? Does one side of their face droop?

**ARMS**
Can they raise both arms? Does one drift downward?

**SPEECH**
Can they repeat a single phrase? Is their speech slurred or strange?

**TIME**
If you see any of these symptoms, call 911 immediately.
How to Respond to a Stroke

Remain calm and act immediately

Call 911

Do not give the person medication or food

Post-Stroke Treatment & Recovery

Medications
- May be offered as blood thinners in response to an ischemic stroke (blood clot)

Supportive Care
- Monitoring and reassessing you during your hospital stay

Surgery
- Procedures may be recommended to restore blood flow

Therapy
- Include speech and physical therapy, occupation and specialized stroke therapy
Quiz Time!

- Why is it important to seek medical attention as soon as possible for a stroke?
  - To reduce the amount of brain damage
  - To prevent a bone from breaking
  - To prevent yourself from developing diabetes
  - To reduce the likelihood of getting cancer

- Which of the following is NOT a warning sign for a stroke?
  - Numbness
  - Facial Asymmetry
  - Headache
  - All of the above are warning signs
MANAGE YOUR HEALTH
Work with your personal physician on preventing or controlling your blood pressure, blood sugar and cholesterol

MANAGE YOUR WEIGHT
Eat a healthy diet and exercise regularly

MANAGE YOUR CONSUMPTION
Moderate or eliminate your use of alcohol and/or smoking products

MANAGE YOUR STRESS
Explore healthy options or alternatives of dealing with stress/anxiety
Long-Term Effects of a Stroke

- Speech Impairment
- Vision Loss
- Memory Loss
- Depression

https://christianacare.org/services/neurosciences/stroke/howstrokecanaffectyourlife/
Quiz Time! Part 2

- What foods should you avoid to reduce the risk of a stroke?
  - Apples
    - Carrots
    - Pizza
    - Salads

- Who is most at-risk for a stroke?
  - Diabetics
  - Smokers
  - Alcoholics
  - All of the above are risks for a stroke
**Stroke vs. TIA vs. Bell’s Palsy**

**Transient Ischemic Attack (TIA)**

- Similar symptoms to a stroke
- Usually only lasts for a few minutes
- Doesn’t damage brain cells or disable

**Bell’s Palsy**

- One-sided drooping/weakness of face
- Usually improves within months
- Only affects a single facial nerve


https://www.piedmont.org/living-better/the-difference-between-bells-palsy-and-a-stroke#:~:text=%E2%80%9CBecause%20Bell's%20palsy%20affects%20a,linked%20to%20facial%20nerve%20damage.
Stroke Resources

Call 1-888-4-STROKE (1-888-478-7653) to learn more about stroke or find local support groups, or visit StrokeAssociation.org.

For more information about stroke prevention and treatment, call the National Institute of Neurological Disorders and Stroke at 1-800-352-9424.

Connect with others sharing similar journeys with stroke by joining our Support Network at strokeassociation.org/supportnetwork.

Questions?

Thanks for attending!

Follow our Instagram: @ucrsomfpl_strokeawareness
Post-Survey

For English Speakers:
https://tinyurl.com/ybmlrx

Si hablas español:
https://tinyurl.com/ybtvnq8x