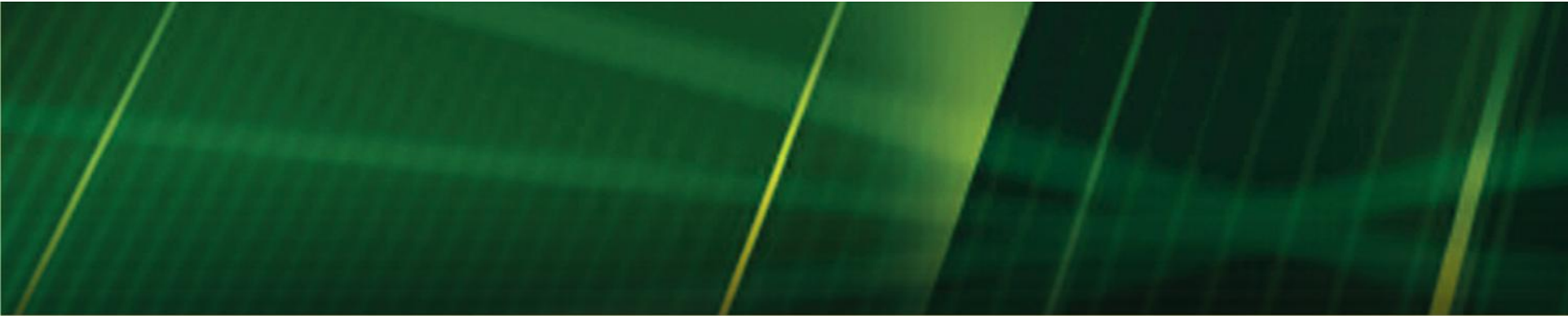


# Introduction to Stroke


## Education Module Information for Stroke Patients & Family Members

Ontario  
**Stroke** System  
*Fewer strokes. Better outcomes.*

SOUTH EAST TORONTO  
STROKE NETWORK  
a partner in the Ontario Stroke System



What things have you been told  
or have heard about stroke?



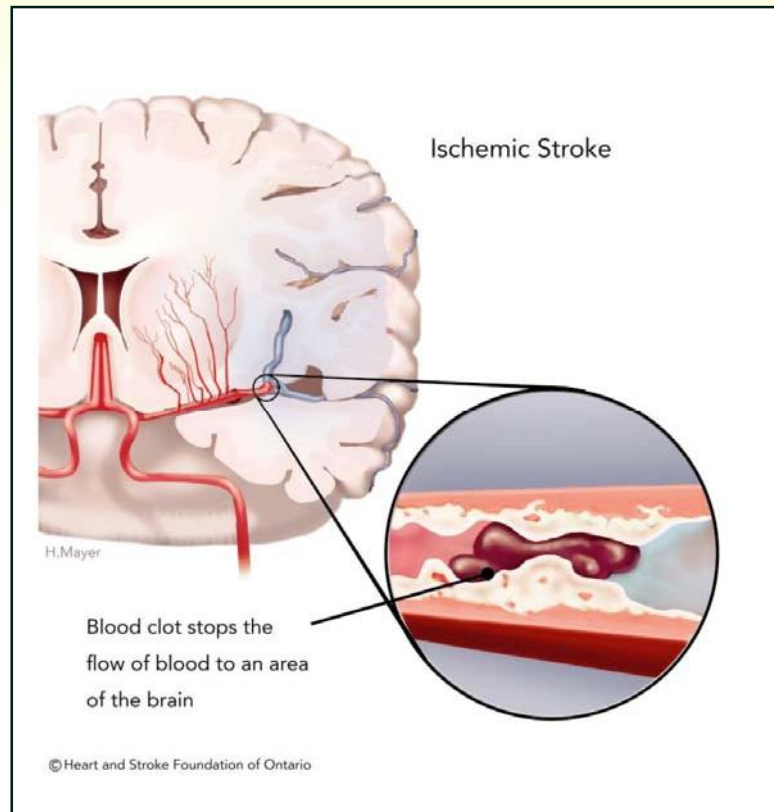
# WHAT is STROKE?

**Interruption** of blood flow to the brain,  
resulting in damage to the brain tissue.

# There are TWO TYPES of STROKE

- Ischemic Stroke
- Hemorrhagic Stroke

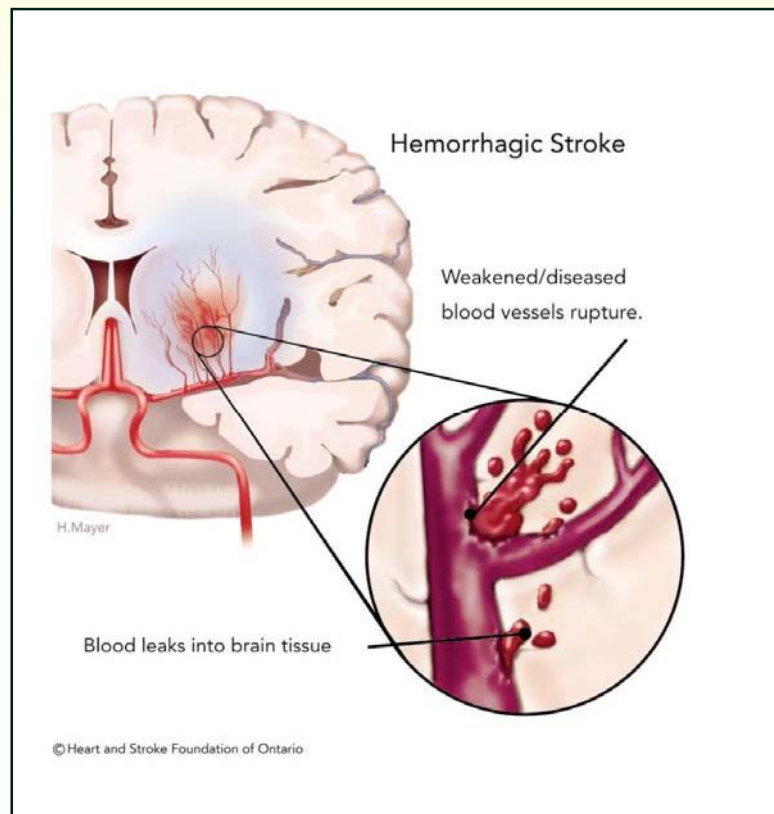
# ISCHEMIC STROKE



**Blockage** in an artery  
in the brain caused  
by a blood clot.

*Reproduced with permission from the  
HSFO.*

# HEMORRHAGIC STROKE



**Bleeding** into the Brain when a blood vessel bursts.

*Reproduced with permission from the HSFO.*

# WHAT is a TIA?

## (TRANSIENT ISCHEMIC ATTACK)

- Symptoms of a stroke that last only for a short time. (*minutes, up to approx 1 hour*)
- A “mini strokes” or “warning strokes”.
- TIA can be followed by a full stroke.
- Seek immediate medical attention.  
(*nearest ER or call 911*)



What are the  
**Signs and Symptoms** of a stroke or TIA?





# SIGNS and SYMPTONS of a STROKE or TIA?

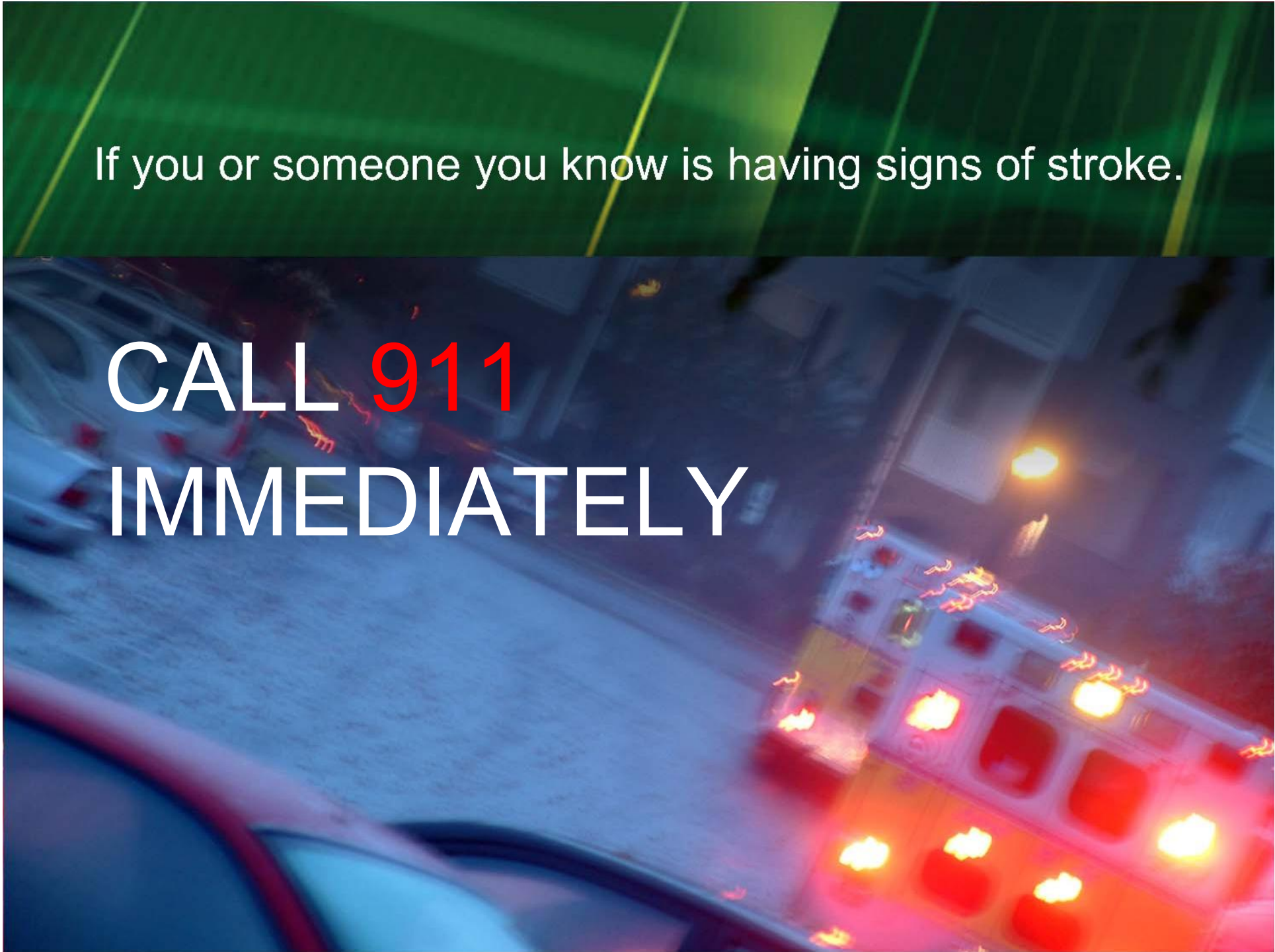
- sudden **Weakness/Numbness**  
*Sudden loss of strength or sudden numbness in the face, arm or leg even if temporary*
- sudden **Trouble Speaking**  
*Sudden difficulty speaking or understanding or sudden confusion, even if temporary*
- sudden **Vision Problems**  
*Sudden trouble with vision, even if temporary*

# SIGNS and SYMPTONS of a STROKE or TIA?

- sudden **Headache**  
*Sudden severe and unusual headache*
- sudden **Dizziness**  
*Sudden loss of balance,  
especially with any of the above signs*

If you or someone you know is having signs of stroke.

CALL 911  
IMMEDIATELY





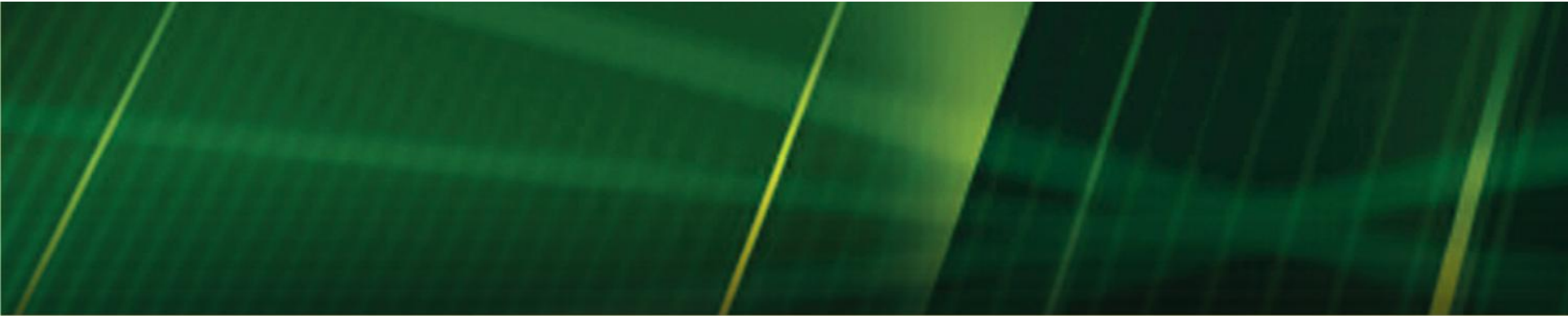

# REDUCING YOUR RISK

# There are TWO TYPES of RISK FACTOR for STROKE

- Non-modifiable
- Modifiable

# NON-MODIFIABLE RISK FACTORS

- Age (>55)
- Family history
- Gender (*more common in men than women*)
- Ethnicity  
(*high risk groups are Asian, African-American, & Aboriginal*)

- 
- Certain medical condition increase your likelihood of having a stroke or another stroke.
  - Your doctor can prescribe specific treatment to control these conditions.....
- 

# MODIFIABLE RISK FACTORS

## (MEDICAL CONDITIONS)

- Previous Stroke or TIA
- High Blood Pressure
- High Cholesterol
- Heart Disease
- Atrial Fibrillation
- Diabetes





Certain stroke risk factors are controllable  
through healthy lifestyle choices.....



# MODIFIABLE RISK FACTORS (LIFESTYLE)

- Sedentary Lifestyle
- Overweight
- Excessive Alcohol use
- Stressful Lifestyle
- Smoking
- Cocaine/Ecstasy use

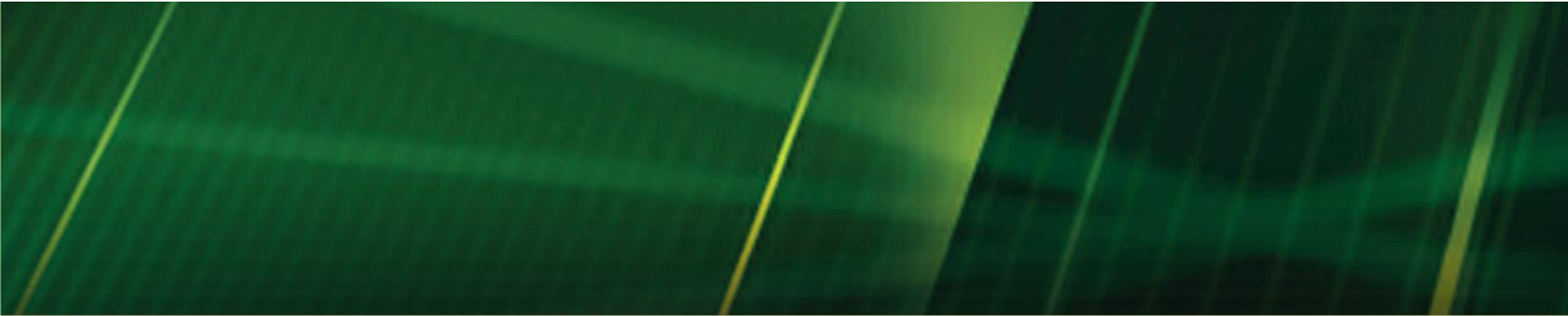

# What is the easiest change that you could make to improve your risk factors?

## MEDICAL

- Previous Stroke or TIA
- High Blood Pressure
- High Cholesterol
- Heart Disease
- Atrial Fibrillation
- Diabetes

## LIFESTYLE

- Sedentary Lifestyle
- Overweight
- Excessive Alcohol use
- Stressful Lifestyle
- Smoking
- Cocaine/Ecstasy use

- 
- A. What is your **greatest** risk factor?
- B. What needs to happen for that **change** to occur?
- c. What do you need to do to **successfully** make this change?
- 

What else would you like to learn about stroke?

Ontario  
**Stroke** System  
*Fewer strokes. Better outcomes.*

SOUTH EAST TORONTO  
STROKE NETWORK

a partner in the Ontario Stroke System