

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

BP, CHOLESTEROL & HEART

Different Kinds of Stroke

Overview

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die. A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications. The good news is that strokes can be treated and prevented, and many fewer Americans die of stroke now than in the past.

Symptoms

Seek immediate medical attention if you notice any signs or symptoms of a stroke, even if they seem to fluctuate or disappear. Think "FAST" and do the following:

- **Face.** Ask the person to smile. Does one side of the face droop?
- **Arms.** Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to rise up?

- **Speech.** Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?
- **Time.** If you observe any of these signs, call 911 immediately.



Call 911 or your local emergency number right away. Don't wait to see if symptoms stop. Every minute counts. The longer a stroke goes untreated, the greater the potential for brain damage and disability. If you're with someone you suspect is having a stroke, watch the person carefully while waiting for emergency assistance.

Causes

A stroke may be caused by a blocked artery (ischemic stroke) or the leaking or bursting of a blood vessel (hemorrhagic stroke).

HEART HEALTHY

Sweet Potato Nachos

- 3 medium sweet potatoes
- 1 TBS olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 ½ tsp paprika
- 1/3 cup black beans; drained
- 1/3 cup reduced-fat cheddar cheese; shredded
- 1/3 cup chopped tomato
- 1/3 cup chopped avocado

Preheat oven to 425°. Cover baking dish with foil and spray foil. Peel & slice potatoes thinly, Toss in a bowl with oil, chili & garlic powder and paprika. Spread in single layer on pan. Bake for 10 min, flip over and bake for 5-10 more minutes. Sprinkle beans and cheese and bake for 2 more minutes. Sprinkle with tomato and avocado. Serve

Nutrition Information Per serving: 209 calories, 5.5g fat, 5mg chol, 34g carbs, 6g protein, 108mg sodium. 6g fiber **SERVINGS: 6**



Some people may experience only a temporary disruption of blood flow to the brain (transient ischemic attack, or TIA) that doesn't cause permanent damage.

Ischemic stroke

About 80 percent of strokes are ischemic strokes. Ischemic strokes occur when the arteries to your brain become narrowed or blocked, causing severely reduced blood flow (ischemia). The most common ischemic strokes include: **Thrombotic stroke.** A thrombotic stroke occurs when a blood clot (thrombus) forms in one of the arteries that supply blood to your brain. A clot may be caused by fatty deposits (plaque) that build up in arteries and cause reduced blood flow (atherosclerosis) or other artery conditions.

Embolic stroke. An embolic stroke occurs when a blood clot or other debris forms away from your brain — commonly in your heart — and is swept through your bloodstream to lodge in narrower brain arteries. This type of blood clot is called an embolus.

Hemorrhagic stroke

Hemorrhagic stroke occurs when a blood vessel in your brain leaks or ruptures. Brain hemorrhages can result from many conditions that affect your blood vessels. These include:

- Uncontrolled high blood pressure (hypertension)
- Overtreatment with anticoagulants (blood thinners)
- Weak spots in your blood vessel walls (aneurysms)

A less common cause of hemorrhage is the rupture of an abnormal tangle of thin-walled blood vessels (arteriovenous malformation). Types of hemorrhagic stroke include:

Intracerebral hemorrhage. In an intracerebral hemorrhage, a blood vessel in the brain bursts and spills into the surrounding brain tissue, damaging brain cells. Brain cells beyond the leak are deprived of blood and are also damaged. High blood pressure, trauma, vascular malformations, use of blood-thinning medications and other conditions may cause an intracerebral hemorrhage.

Subarachnoid hemorrhage. In a subarachnoid hemorrhage, an artery on or near the surface of

your brain bursts and spills into the space between the surface of your brain and your skull. This bleeding is often signaled by a sudden, severe headache.

A subarachnoid hemorrhage is commonly caused by the bursting of a small sack-shaped or berry-shaped aneurysm. After the hemorrhage, the blood vessels in your brain may widen and narrow erratically (vasospasm), causing brain cell damage by further limiting blood flow.

Transient ischemic attack (TIA)

A transient ischemic attack (TIA) — sometimes known as a ministroke — is a temporary period of symptoms similar to those you'd have in a stroke. A temporary decrease in blood supply to part of your brain causes TIAs, which may last as little as five minutes.



Time is crucial!