



مدينة الملك فهد الطبية  
King Fahad Medical City



## Transient Ischemic Attack

- A warning sign of stroke -



## Stroke

A stroke is a “*brain attack*” that occurs when blood flow to the brain is interrupted.

### Transient Ischemic Attacks

Transient ischemic attacks, also called TIAs or mini-strokes, are brief episodes of stroke symptoms that typically appear and last less than 24 hours before disappearing. Generally, no permanent loss of abilities is noticed by the individuals after a TIA.

**TIAs should never be ignored! More than one third of all persons who experienced TIAs will go on to have an actual stroke.**

## Symptoms of TIAs

Symptoms of stroke may differ depending on which part of the brain is affected.

Sudden numbness or weakness of face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Severe weakness with no known cause

If you or anyone around you experience any of these symptoms, for even the briefest amount of time, seek medical attention immediately. If you are having a TIA, your doctor can evaluate and treat the causes and set up a plan to prevent stroke.



Low blood flow at a narrowing in a major artery to the brain

## Causes of TIAs

Narrowing in one of the smaller blood vessels in the brain, stopping blood flow temporarily



Blood clot in another part of the body breaking off and temporarily lodging itself in a brain vessel



## How is the cause of TIA diagnosed?

Diagnosing the cause of TIA may include:



Blood test

Ultrasound  
scanning



Magnetic  
resonance  
imaging (MRI)

CT scan



## How Can TIAs be managed?



- **Management of TIAs is focused on preventing a future stroke.**
- The therapy used *depends on the exact cause* of the TIA.
- Your physician may prescribe a variety of medications such as Aspirin in addition to other medications to treat high blood pressure, high cholesterol, or heart disease to reduce your risk.
- After a TIA occurs, there are several clot prevention medications available to help reduce the risk of a full stroke.
- If a TIAs are caused by a partial blockage in the carotid artery (artery that supplies the head with blood), surgery may be required to open the artery and prevent a stroke.



## Stroke prevention

Talk with your healthcare provider about what the best stroke prevention options are for you.

Be a partner in your own good prevention plan.

Lifestyle adjustments are especially important.



Follow your treatment plan.



Incorporate physical activity into your lifestyle.



Stop smoking.



Lower fats in your diet, and eat more fresh fruits and vegetables.

# لأن الوعي وقاية ..

## إدارة التثقيف الصحي

National Neuroscience Institute



HEM1.17.000100

