




مدينة الملك فهد الطبية  
King Fahad Medical City



**15 minutes to stroke  
prevention**

## Take 15 minutes this week to protect your family from stroke.

### 5 MINUTES: Learn the warning signs.

- 🧠 Sudden numbness or weakness of face, arm or leg, especially on one side of body.
- 🧠 Sudden confusion, trouble speaking or understanding. 
- 🧠 Sudden trouble seeing in one or both eyes.
- 🧠 Sudden trouble walking, dizziness, loss of balance or coordination.
- 🧠 Sudden severe headache with no known cause.

**5 MINUTES: Assess each person's risk:**

- 🧠 Blood pressure over 120/80?
- 🧠 Smoker?
- 🧠 Overweight?
- 🧠 Diabetes?
- 🧠 High Cholesterol?
- 🧠 Family history of stroke?
- 🧠 Physically active 30 minutes most days?

**5 MINUTES: Plan what each of you will do to control your risks. Set a date to get everyone's blood pressure checked.**

This small gift of **time** could make a **huge difference** in years to come.

## Will I get better?

In most cases people do get better. The effects of stroke are greatest immediately after the stroke occurs. For then on, you may start to get better.



How fast and how much you improve depends on:

The extent of the brain injury, the success of rehabilitation.

- 🧠 Recovering your abilities begins after the stroke is over and you're medically stable.
- 🧠 Some improvement occurs spontaneously and relates to how the brain works again after it's been injured.

- Stroke rehabilitation programs help you improve your abilities and learn new skills and coping techniques.
- Depression after stroke can interfere with rehabilitation. It's important to treat it.
- Improvement often occurs most quickly in the first month after a stroke, and then continues over years with your continued efforts.

Do you have questions for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your health care provider.

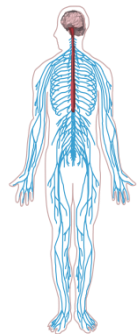
## Changes Caused by Stroke



### What are the most common effects of stroke?

Your brain controls how you move, feel, think and behave.

Brain injury from a stroke may affect any of these abilities and you may experience some of these injuries:



- 🧠 Hemiparesis (weakness on one side of the body).
- 🧠 Hemiplegia (paralysis on one side of the body).
- 🧠 One-sided neglect, as a result of hemiparesis or hemiplegia, motor impairment and loss of sensation on one side of the body often causes stroke survivors to ignore or forget their affected side.

- Aphasia (difficulty with speech and language) or dysphagia (trouble swallowing).
- Decreased field of vision and trouble with visual perception.
- Loss of emotional control and changes in mood.
- Cognitive changes (problems with memory, judgment, problem-solving or a combination of these).
- Behavior changes (personality changes, improper language or actions).



## What are common emotional effects of Stroke?

- 🧠 Depression
- 🧠 Apathy and lack of motivation
- 🧠 Tiredness
- 🧠 Frustration, anger and sadness
- 🧠 Reflex crying (emotions may change rapidly and sometimes not match the mood)
- 🧠 Denial of the changes caused by the brain injury.



# STROKE

## Isn't inevitable.

You can reduce your risk by not smoking, limiting alcohol and working with your doctor to reach or maintain these goals for a healthy life:

- 🧠 **Total cholesterol:** <200
- 🧠 **LDL cholesterol:** Goals vary.
  - No heart disease, 0-1 risk factors: <160
  - Most people with 2+ risk factors: <130
  - Heart Disease or diabetes: <100.
- 🧠 **HDL cholesterol:** 50+ women, 40+ men
- 🧠 **Triglycerides:** <150
- 🧠 **Blood pressure:** <120/80
- 🧠 **Fasting Glucose:** <100
- 🧠 **Body Mass Index (BMI):** <25
- 🧠 **Waist Circumference:** <35 inches.

- **Exercise:** 30+ minutes most or all days.
- **Balanced Diet:** Fruit, vegetables, grains, low-fat/nonfat dairy products, fish, legumes, poultry, lean meat.
- **Regular doctor visits.**



**If a healthy diet and regular exercise aren't enough to reduce your risks, ask your doctor about adding medication(s).**

**Doing dishes takes about 10 minutes...**

**Walking the dog takes 30 minutes.**

**But losing a loved one to a**

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

**National Neuroscience Institute**



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