



# Stroke

## Two Main Categories of Stroke

### Ischaemic Stroke

There are several different causes of an ischaemic stroke

#### 1. Embolism

It's where there is a blocked artery caused by a blood clot or an air bubble somewhere in the body

#### 2. Thrombosis

This is where a blood clot forms in the blood vessels of the brain

#### 3. Systemic hypo perfusion

Blood supply to the entire brain is reduced as a result of a low systolic blood pressure

#### 4. Cerebral venous sinus thrombosis

Blood clots form in the veins that drain the brain

Account for 87% of all strokes

Occur when the blood supply to an area of brain tissue is reduced

### Haemorrhagic Stroke

Occur as a result of a rupture of a blood vessel

They can also occur due to abnormal structures within the brain

There are two sub-types of haemorrhagic stroke

#### Intracerebral haemorrhage

Bleeding within the brain

#### Subarachnoid haemorrhage

Bleeding outside of the brain tissue

## Risk Factors for a Stroke

Diabetes

High Blood Pressure

High levels of Cholesterol

Obesity

Atrial Fibrillation

Carotid Artery Disease

Age

Smoking

## Symptoms of a Stroke

### F.A.S.T Symptoms

#### F = Face Drooping

Does one side of the face droop or is it numb?

Ask the person to smile. Is the person's smile uneven?

#### A = Arm Weakness

Is one arm weak or numb?

Ask the person to raise both arms. Does one arm drift downward?

#### S = Speech Difficulty

Is speech slurred?

#### T = Time to call 999

### Other Stroke Symptoms

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

CONFUSION, trouble speaking or understanding speech

TROUBLE SEEING in one or both eyes

TROUBLE WALKING, dizziness, loss of balance or coordination

SEVERE HEADACHE with no known cause

