

+ Neurology



Stroke-CVA



What is a STROKE?

Cerebro Vascular Accident (CVA) is the medical term for an accident in the vessels of the brain. In the daily language, a CVA is also called a stroke and is a cerebral hemorrhage or ischemic stroke. In CVA, a blood vessel in the brain bursts (hemorrhagic stroke) or clog it (brain infarction). In either case, the supply of blood to the brain is disturbed. This causes the affected part of the brain to get too little oxygen and it gets damaged. It is important that when a CVA is suspected or established that a victim is transported to a hospital within 3 to 4.5 hours. If one suspects or determines a CVA, one should call 911 immediately.

What is a TIA?

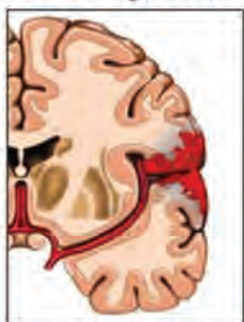
A TIA is called a temporary or transient ischemic attack. If the symptoms of a CVA persist briefly, there is a transient ischemic attack (TIA). The symptoms usually last no longer than 30 minutes but not more than 24 hours. The symptoms are like a CVA, confused talk, tingling or paralysis on one side of the body, problems with seeing, dizziness, etc. That a TIA is transient or temporary does not mean that this cannot have a CVA within one year.

Ischemic stroke



A clot blocks blood flow to an area of the brain

Hemorrhagic stroke



Bleeding occurs inside or around brain tissue

Know your risks

Risk Factors you can control:

- High Blood pressure
- High cholesterol
- Physical inactivity
- Tobacco smoke
- Obesity
- Alcohol
- Diabetes
- Atrial Fibrillation

Risk Factors you can't control:

- Age
- Gender
- Race
- Previous heart attack or stroke
- Family history or heart disease or stroke

Learn the Signs of Stroke!!!



Control your risk

- Don't smoke
- Improve your eating habits

Eat foods low in fat, salt, and cholesterol

- Take your medicine as directed
- Get your blood pressure checked and control it if it's high
- Reach and maintain a healthy weight
- Be physically active
- Decrease your stress level
- Seek emotional support when you need it
- Have regular medical checkups

It is not always that all symptoms are present; it may be only one of the symptoms.

SYMPTOMS BEYOND F.A.S.T.

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble 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

What can be the consequences of a CVA?

A CVA can cause serious obvious effects such as whole or partial paralysis in the left or right of the body, difficulty or unable to speak and confused talk (aphasia). But also invisible effects that the outside world do not see. These include character changes, fatigue, concentration problems and vision problems. A CVA means a profound change in the lives of the one affected but also of the closest people like a partner or children. After the sudden event of the CVA itself and the rehabilitation phase, it is only clear what the lasting consequences are. Then a long and difficult process begins to adapt to the possibilities and seek a new equilibrium.

Physical consequences

Paralysis: Hemi plegia: paralysis of one side of the body.

Hemi paresis: partial paralysis or loss of muscle strength on one side of the body. Half-sided sensory disturbances (almost always on paralysis). Per person, it may differ which sensation is reduced (pain, heat, cold, posture, movement, touch).

Hemianopsy: one half of the field of vision has fallen out. The cause lies in brain damage, nothing is wrong with the eyes.

Incontinence or inability to pee.

Epilepsy: The greatest chance exists in the first few months after stroke. The attacks can be both complete and partial.

Invisible effect

Cognitive effects: Attention and concentration disorders: difficulty concentrating and distributing attention; slower pace of thinking and information processing.

Memory disorders: Can't recall stored information anymore; Problems with storing information in short-term and / or long-term memory, objects or faces can no longer be recognized (agnosie).

Disorders in the planning and execution of targeted activities: problem-solving issues; Struggle with multiple daily activities such as coffee making or cooking (apraxia).

Constant fatigue: 70 percent of the victims suffer from fatigue, which is unusual and extreme. This fatigue can't be associated with effort and is of long duration.

Consequences in communication:

Language disorders: difficulty in finding words, problems with the formation or understanding of language (aphasia); Use of strange words and sentences; Use of long sentences or talk too much; Taking information literally instead of figurative.

Speech disorders: If the muscles of the mouth are paralyzed or unable to move, speech becomes difficult to understand (dysarthria).

Behavioral consequences:

Can not learn from experiences: no or diminished insight into the disease can lead to aggravated and risky behavior; Self-estimation.

Disturbed control: impatient: impulsive; Restless or hunted; irritable; aggressive.

Loss of self-reliance: this can lead to withdrawal and little initiative.

Emotional consequences:

As a direct result of the damage that has caused the stroke to the brain: often there is a depressive mood, sometimes an excessive happiness. Other character changes that may occur: socially inappropriate behavior; Curse and aggressiveness. Cry quickly. Increased irritability. Changed sense of humor. In response to the victim's complaints or the reactions of the environment: examples are: lack of self-confidence; Gloom and depression; uncertainty; Anxiety for the occurrence of a new stroke; Feelings of frustration and powerlessness.

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