



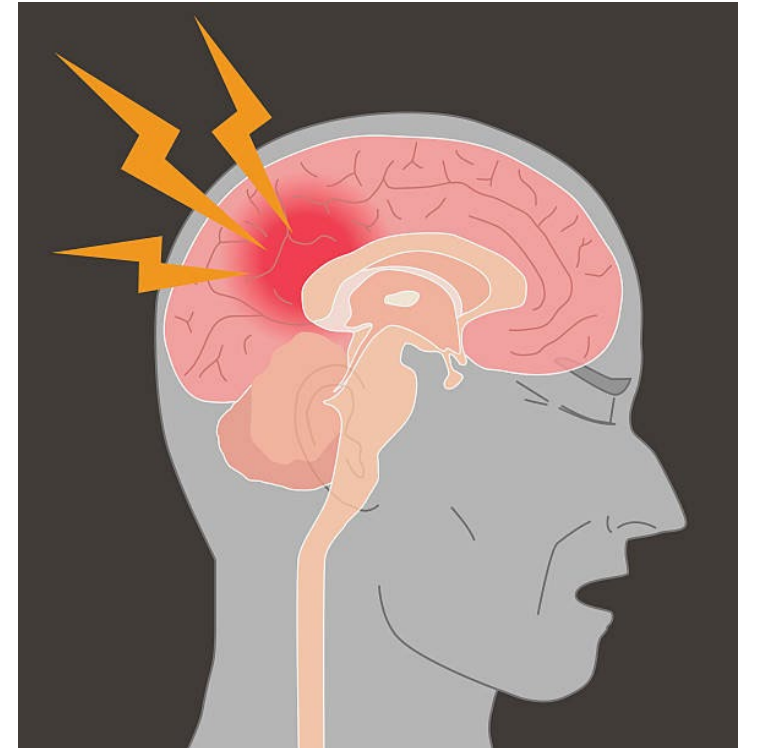
Stroke Prevention

Content

- What is stroke?
- Types of stroke
- Why is stroke prevention important?
- Risk factors of stroke
- How to prevent stroke?
- Summary

What is stroke?

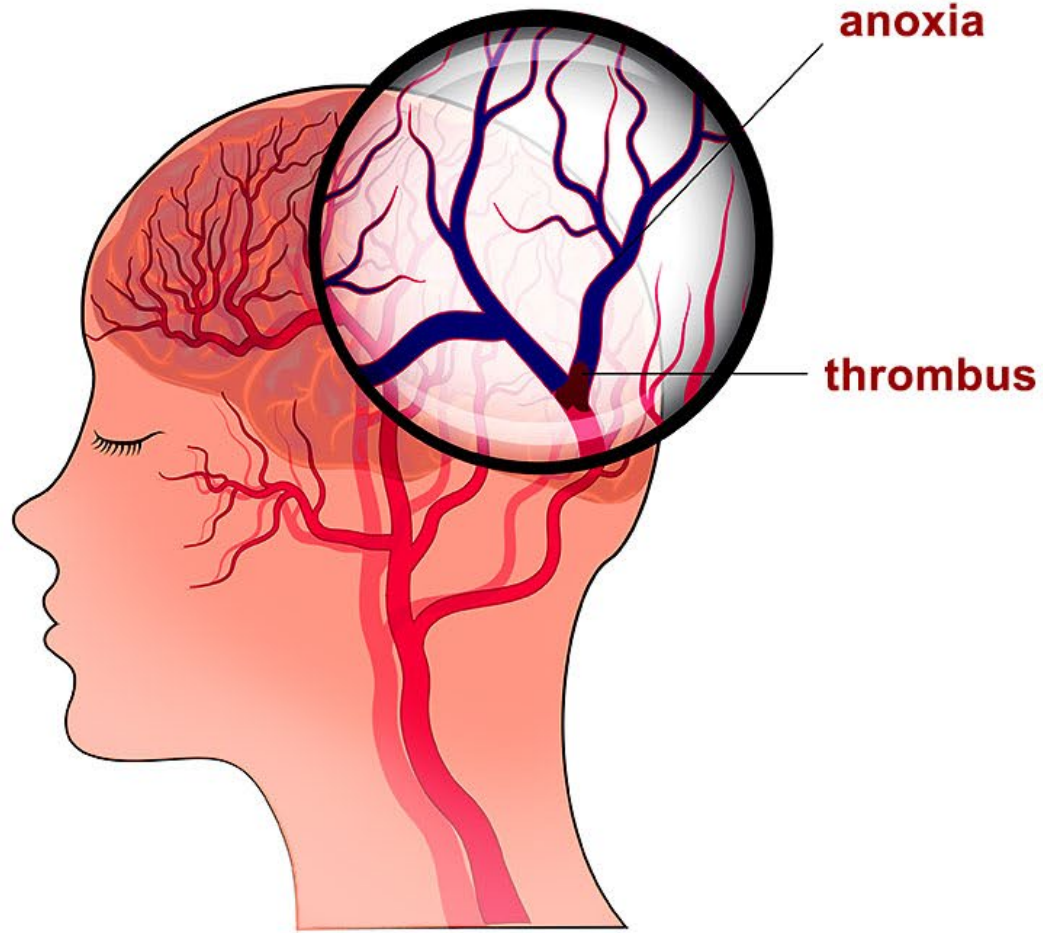
- A stroke is a type of brain injury, which occurs when blood supply to the brain is interrupted causing brain cells to be deprived of oxygen and nutrients.
- As a result, these brain cells die. Hence, the part of the body controlled by the injured part of the brain will no longer function normally.



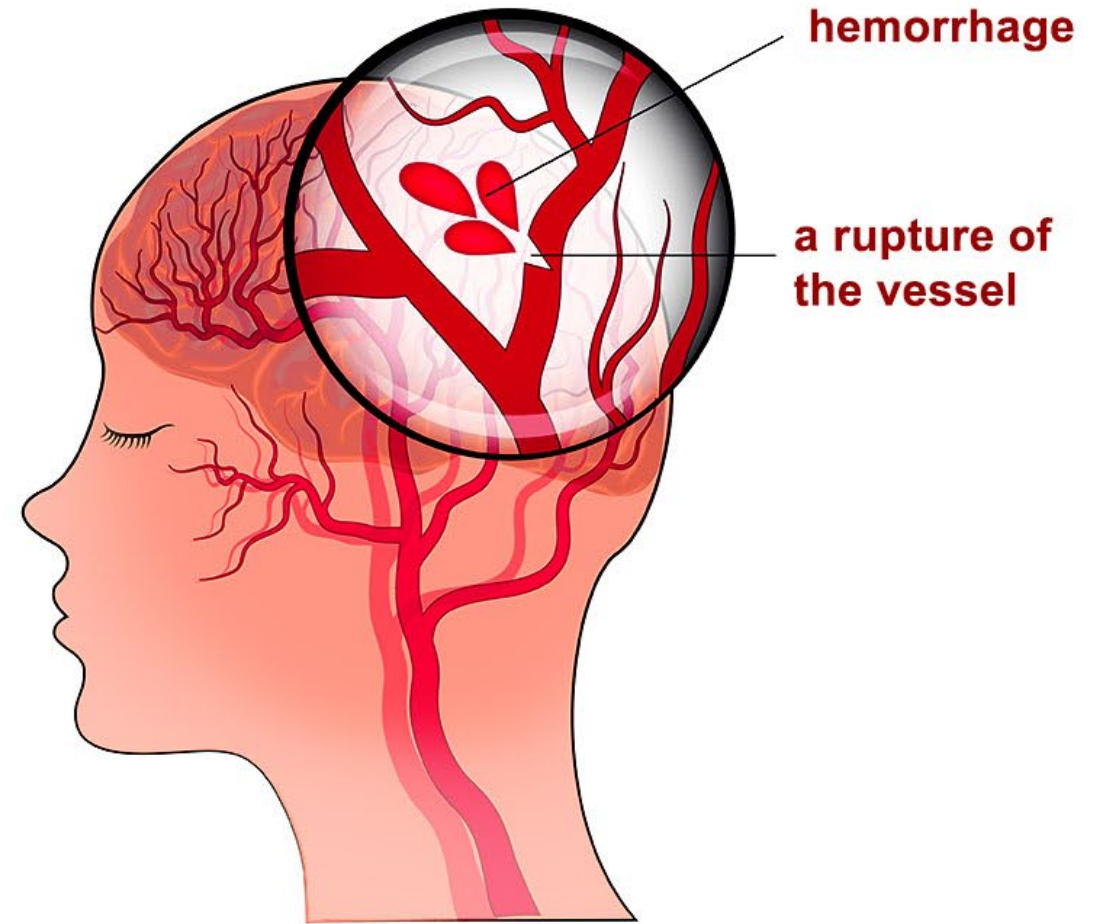
Types of stroke

- Ischaemic stroke (80%)
 - This happens when blood flow is blocked by a blood clot in the blood vessel.
- Haemorrhagic stroke (20%)
 - This happens when a blood vessels ruptures and bleeds into the brain.

Two Types of Stroke



Ischemic Stroke



Hemorrhagic Stroke

Why is stroke prevention
important?



Around the world, there are
12.2 MILLION new strokes per year
ONE EVERY 3 SECONDS

101 MILLION

people worldwide are living
with stroke aftermath

**THIS NUMBER HAS ALMOST
DOUBLED OVER THE LAST 30 YEARS**



The total estimated worldwide cost of
stroke (in international dollars) in
2017 was **1 \$451 BILLION**

(ABOUT 0.36% OF THE GLOBAL GDP)

The number of stroke survivors in world regions in 2019.

**89% OF THE GLOBAL STROKE DEATHS
AND DISABILITY COMBINED RESIDE IN
LOW-TO MIDDLE-INCOME COUNTRIES**



Up to **80%** of strokes and heart
attacks happen in people with
**LOW OR MODERATE CVD
ABSOLUTE RISK**

1 in 4 people will have a
stroke in their lifetime
**THIS NUMBER HAS
INCREASED 50% OVER
THE LAST 17 YEARS**



In 2019, **63%** of stroke happened in
people younger than 70 years old.

**STROKE IS NO LONGER A
DISEASE OF THE ELDERLY**





Risk factors of stroke



Being Overweight
/ Obesity



Lack of Exercise
/ Movement



Sleep Apnea



High Blood Pressure



Stroke Risk Factors



Heavy Drinking



Smoking



High Cholesterol



Cardiovascular Disease

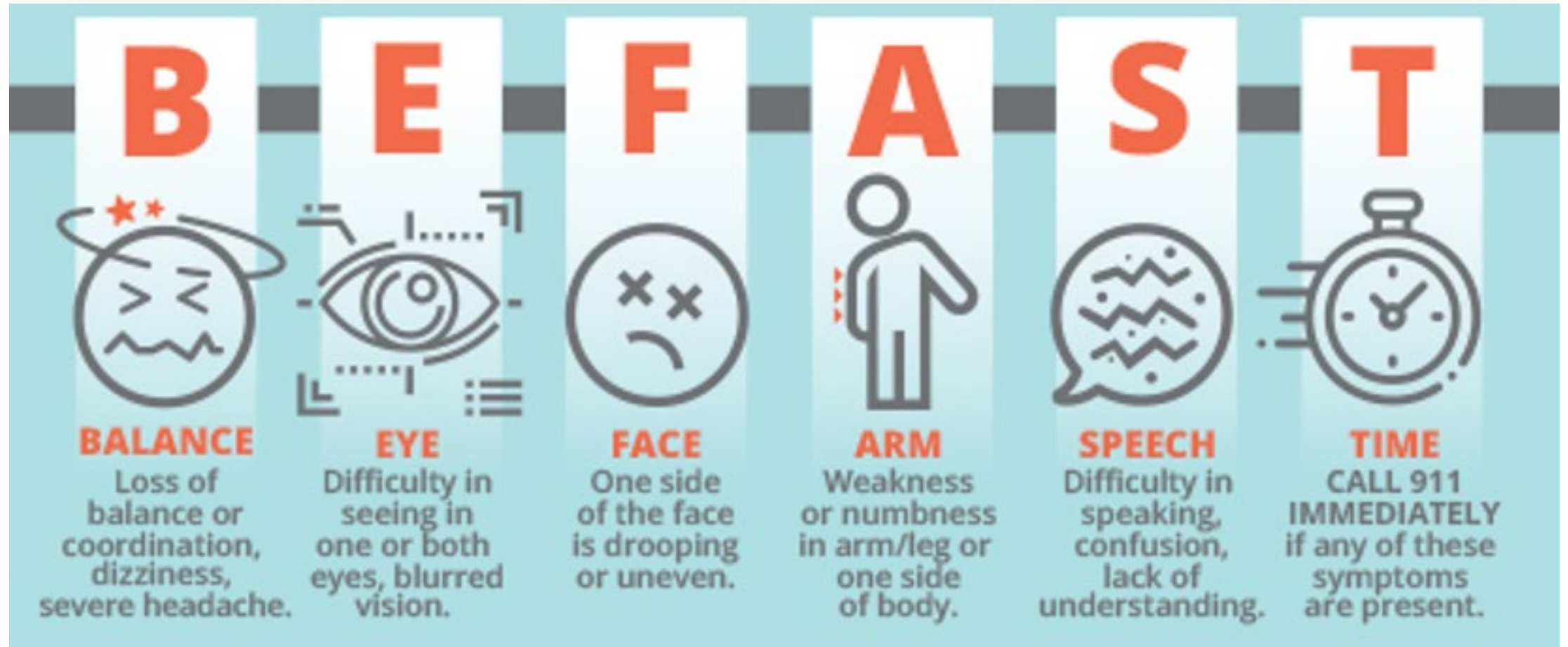


Diabetes



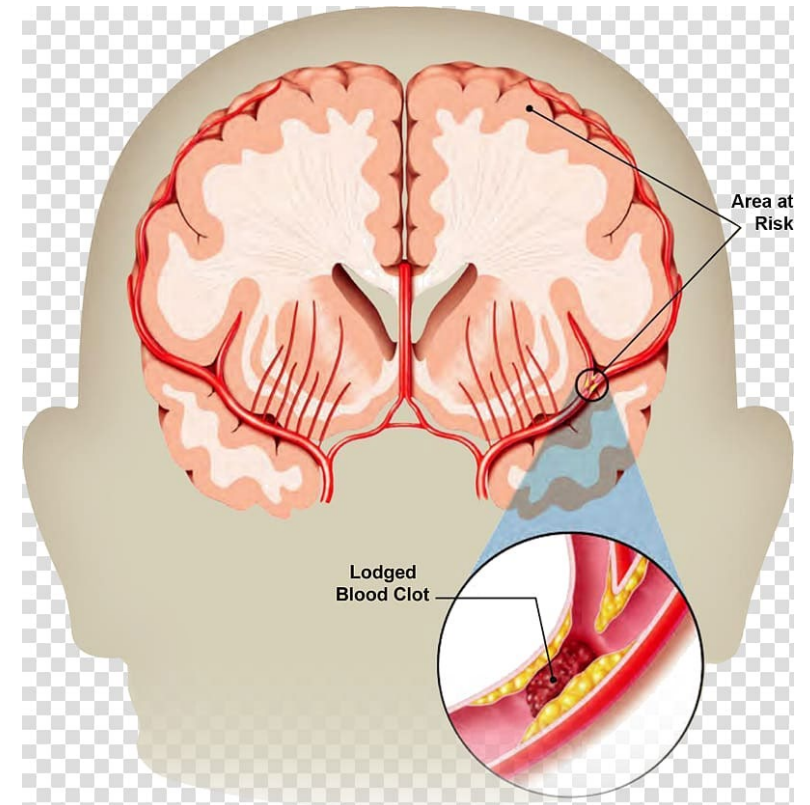
Drug Use

Signs and symptoms of stroke



Transient Ischaemic Attack

- This might be a temporary episode similar to a stroke but fully reverses within minutes.
- This suggests that the patient has a clot in his vessels which might progress to a stroke.
- Proper medical evaluation and intervention should be planned soon to reduce the risk of stroke.



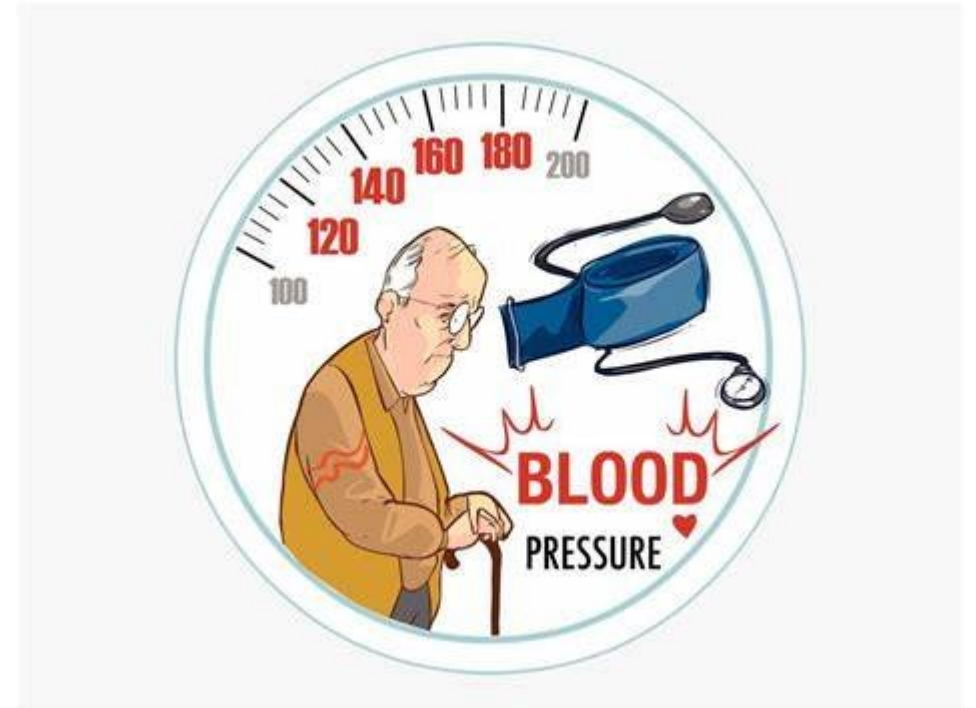
How to prevent stroke?

- Treat the risk factors
- Lifestyle modification



Lower Blood Pressure

- Aim for BP < 140/90mmHg or <130/80mmHg if diabetic.
- How?
 - Low salt diet
 - Avoid processed food
 - Regular exercise
 - Smoking cessation
 - medication



Blood sugar optimization



KEEP THE BLOOD SUGAR
UNDER CONTROL.



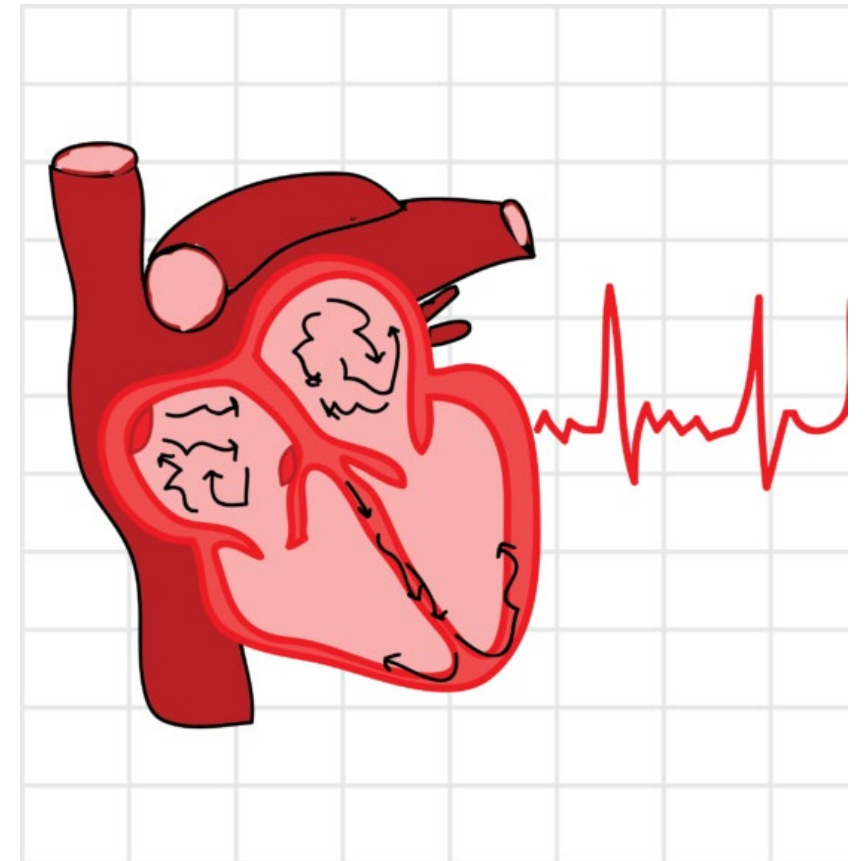
AIM FOR HBA1C < 6.5%.

Atrial Fibrillation

Atrial fibrillation is a form of irregular heartbeat that can cause blood clots to form in the heart which may travel to the brain, producing a stroke.

If you have symptoms such as palpitation or shortness of breath, see your doctor early.

If diagnosed atrial fibrillation, your doctor may advise you to take an anticoagulant medication depending on your risk factors.



Sleep apnoea

- Sleep apnea is a condition that interrupts your breathing during sleep and deprives the blood and brain of oxygen.
- It is a risk factor for stroke while screening and treating it may help to prevent or recover from stroke.
- If you have any of the symptoms, please seek medical advice immediately.



Smoking cessation

- Smoking remains one of the most important modifiable risk factors for cardiovascular diseases.
- How to achieve?
 - Consult doctor for advice: eg: Nicotine replacement patches, counseling
 - Stay away from secondary smoking environment





Lose weight

- Aim BMI <25
- How to achieve?
 - Dietary control
 - Increase intensity of exercise
 - Consult professional trainer/dietitian advice



Exercise

- 30 minutes moderate intensity exercise at least five days a week.
- Helps to lose weight and lower blood pressure as well as glucose control.



Diet



MEDITERRANEAN DIET

The Mediterranean diet contains diet rich in fruits (berries), vegetables (cruciferous), whole grains, fish products.



DASH DIET

Dash diet advocates higher intake of fruits and vegetables and low-fat dairy products in diet.

DASH diet lowers the blood pressure by 5.5 mmhg systolic and 3 mmhg diastolic blood pressure.



LCHF DIET

(Low Carbohydrate and High Fat diet)

PURE (prospective Urban Rural Epidemiology) trial observed that higher intake of fat and animal protein caused lower mortality and higher carbohydrate consumption increased mortality in contrary to popular beliefs.



In summary...

Prevention is better than Cure!

PREVENTING STROKE



KEEP YOUR
BLOOD PRESSURE LOW



LOWER YOUR
CHOLESTEROL



EAT HEALTHY
FOODS



EXERCISE
REGULARLY



TREAT SLEEP
APNEA



MANAGE YOUR
DIABETES



DRINK IN
MODERATION



STOP
SMOKING



REDUCE STRESS
WHEN POSSIBLE



MAINTAIN A
HEALTHY WEIGHT

Thank you

