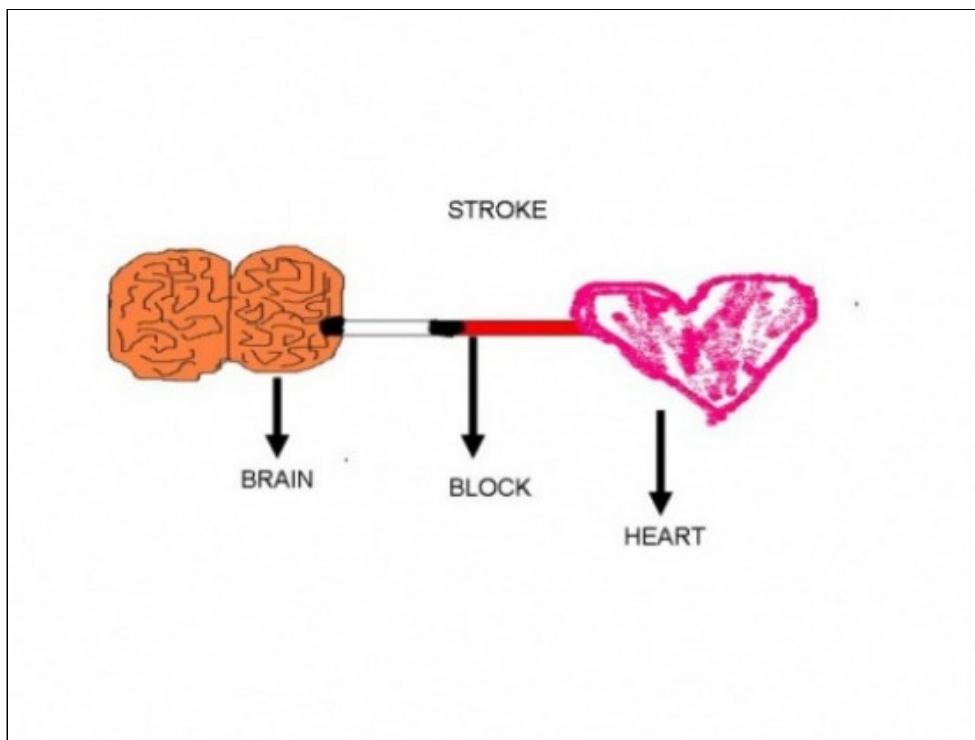


## Health Literacy Now

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# What is stroke?



Stroke is an emergency.

It means that a part of your brain is not getting enough blood.

That part of the brain is dead and is unable to perform its function.

## Why does stroke happen?

A stroke means that there is a block in the tube or vessel carrying blood to your brain.

## What is Mini-stroke or TIA?

A mini stroke or TIA is a temporary blockage in the blood supply to the brain. Hence the patient's complaints or symptoms improve within 24 hours.

## How do I know that I am having a stroke?

The warning signs of stroke are

\*[Weakness or numbness](#) of your arms, legs or face.

\*[Difficulty in speaking](#).

\*[Difficulty with balance](#) or walking.

\*[Sudden trouble in seeing things](#).

\*[Severe headache](#).

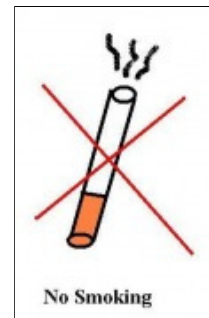
\*[Sudden confusion](#)

## What should I do if I think I have stroke?

Call 911. Tell them it is an emergency.

## What can I do to prevent stroke?

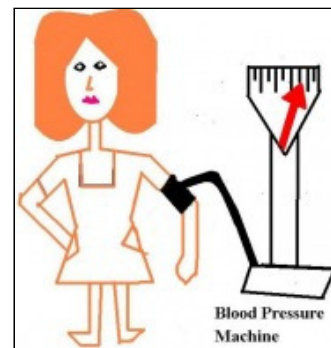
\*Stop smoking



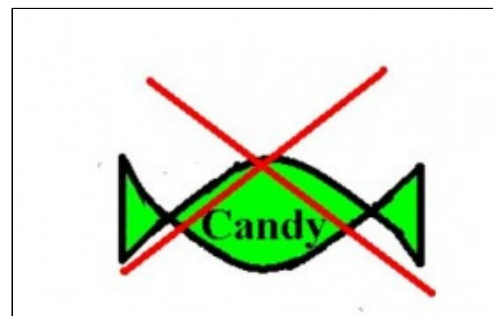
\*Avoid Alcohol.



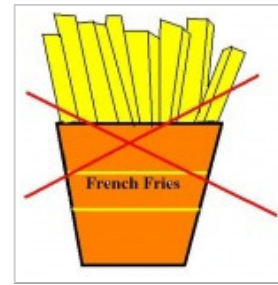
\*Lower your blood pressure if you have high blood pressure.



\*Lower your blood sugar if you have high blood sugar.



\*[Lower your cholesterol](#) if you have [high cholesterol](#).



### **Can I take any medications to prevent a stroke?**

Your doctor may put you on an [Aspirin](#) if you don't have bleeding problems to prevent any blockage in the blood flow to the brain.

### **Can I get better after stroke?**

Yes, you can get better.

Your doctor will put you in a program called [rehab program](#).

In this program doctors, nurses and health workers will help you improve your weakness. They can help you with walking, balance and speech.

**If you have any questions, please talk to your doctor.**

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