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Stroke: A Cardiovascular Disease

When we think of a paralytic patient we tend to visualize a person who is limping, unable to move his hands due to loss of sensation, having facial defects, facing problems while speaking etc. Most of the times these patients are left to the mercy of the people and lead a painful life. Paralysis is one of the most common disabilities resulting from stroke.

As stroke injures the brain from the inside, the friends, relatives or people around the person may not be able to realise the call of stroke emergency. In order to save the person from lifelong disability, everyone should be aware of the signs of stroke and how to act fast to reduce further complications. Though the last decade (1990-2000) was celebrated as the 'Decade of the Brain', the lack of awareness about the information of this disease still can be observed amongst the people.

The National Stroke Association has published lots of information about the treatments, which are essential to give to stroke patients within the first hour of the emergency. Their slogan is 'Time is Brain' which emphasizes the need of immediate treatment to such patients so that most of the part of the brain can be saved from the damage. For that, it is very important to know the symptoms and then take proper treatment for the same. In the last decade remarkable progress can be seen in the field of Radiology. As a result, today new techniques like CT scan, MRI etc are available to make the timely predictions about the problems related to brain such as bleeding and swelling.

There are two main types of Stokes - **Hemorrhagic and Non-Hemorrhagic.**

- 1) Hemorrhagic Stroke:** It results form blood vessel that ruptures and bleeds into the surrounding brain. The recovery of the patient depends on various factors such as the area affected and the extent of bleeding in the brain. It also depends on person's response to sustain his conscious state after the bleeding. For the better recovery of the patient it's very important to get medical attention straightaway.

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2) **Non-Hemorrhagic Stroke:** It is caused as a result of an obstruction within a blood vessel supplying blood to the brain. Depending upon the reason of obstruction there are two types of stroke-

- (a) **Thrombotic strokes** are caused by fatty deposits (plaques) that have built up in the arteries carrying blood to the brain. This slows blood flow and can cause clots to form on the plaques that narrow or block the flow of oxygen and nutrients to the brain.
- (b) **Embolic strokes** are caused by a blood clot formed in another part of the body that breaks loose, travels through the bloodstream, and blocks artery carrying oxygen and nutrients to the brain.

Such obstruction in blood supply to the brain leads to swelling of the brain and destruction of brain cells which can not be recovered back.

Conclusion:

After the warning signs of the stroke, quick action improves the chances of surviving and making a full recovery.

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