

# **Stroke Recognition & Prevention**

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**Know Stroke: Save a Life**

**Know Arrhythmia: Avoid Stroke**



# Discussion

- Why should you care about stroke?
- Risk factors for stroke
- When a stroke occurs: what do you do?
- Can I prevent a stroke?
- Signs and symptoms of arrhythmias



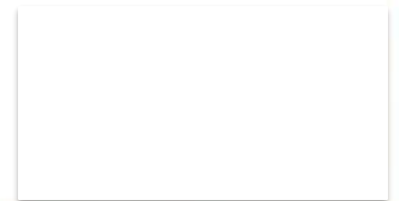
About **795,000** Americans each  
year suffer a new or recurrent  
stroke.

Stroke is the  
No. **5** cause of death in the U.S.

**37%** of all Americans cannot accurately identify even one warning sign for stroke.

# A Stroke is

A brain injury caused when a blood vessel to the brain becomes blocked or bursts, cutting off blood flow and oxygen to the brain



# Types of Stroke

- Ischemic (Blockage) 87%
  - Caused by a blockage in the blood vessels to the brain
- Hemorrhagic (Bleeding) 13%
  - Caused by burst or leaking blood vessels in the brain



# Causes for an Ischemic Stroke

## Fatty deposits line the blood vessel wall

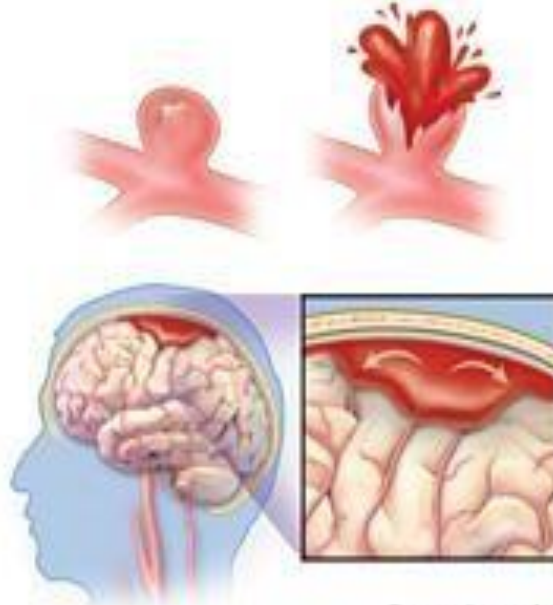
- Thrombus: A blood clot
- Thrombus: A blood clot forms at the fatty deposit
- Embolus: A traveling
- Embolus: A traveling particle gets stuck in a small vessel



# Causes for a Hemorrhagic Stroke

## A weakened blood vessel ruptures

- Aneurysms: Ballooning of a weakened spot of a blood vessel
- Arteriovenous Malformations (AVMs): Cluster of abnormal blood vessels



# Transient Ischemic Attacks (TIAs)

- TIAs are “warning strokes” that can happen before a major stroke
- They occur when blood flow through a brain artery is briefly blocked or reduced
- TIA symptoms are temporary but similar to those of a full-fledged stroke
- A person who has a TIA is 9.5 times more likely to have a stroke
- A TIA is a medical emergency



# Stroke is Preventable, Beatable and Treatable!

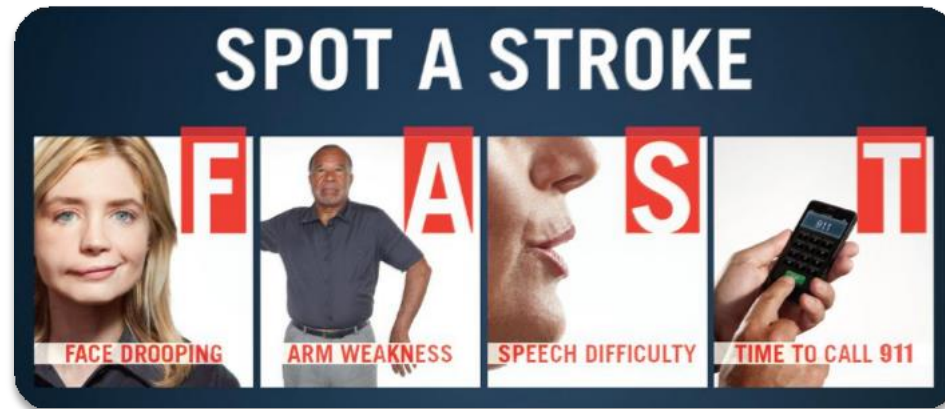
- 80% of all strokes can be prevented with healthy behaviors
- Long-term effects of a stroke may be minimized with immediate treatment
- More people are surviving and beating stroke



# When a Stroke Occurs: What Do You Do?



# F.A.S.T. IS

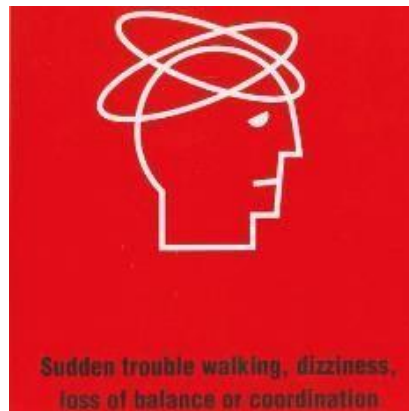
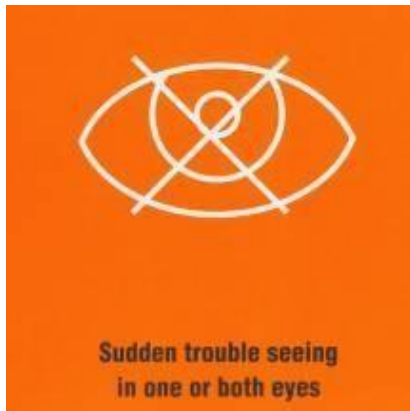


- **F**ace **Drooping** Does one side of the face droop or is it numb? Ask the person to smile.
- **A**rm **Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S**peech **Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **T**ime to call **911** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



# Others Stroke Symptoms

- 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 to Do If You Think Someone Is Having a Stroke

- **Immediately call 9-1-1** or the Emergency Medical Services (EMS) number.
- **Check the time so you'll know when the first symptoms appeared.**

It is important to record what time you recognized stroke symptoms.

You called 911 at:

4:30 pm





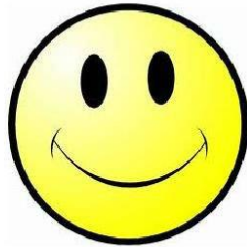
# Why Spotting a Stroke Is Important

- The sooner a stroke victim gets to the hospital, the sooner **they'll get life saving treatment.**
  - A clot-busting drug called tissue plasminogen activator (tPA) **may improve the chances of getting better** but only if you get them help right away.
  - Other treatments

**Can You Prevent Stroke before  
happening?**

# 80% of all Strokes Are Preventable

**Life's Good**



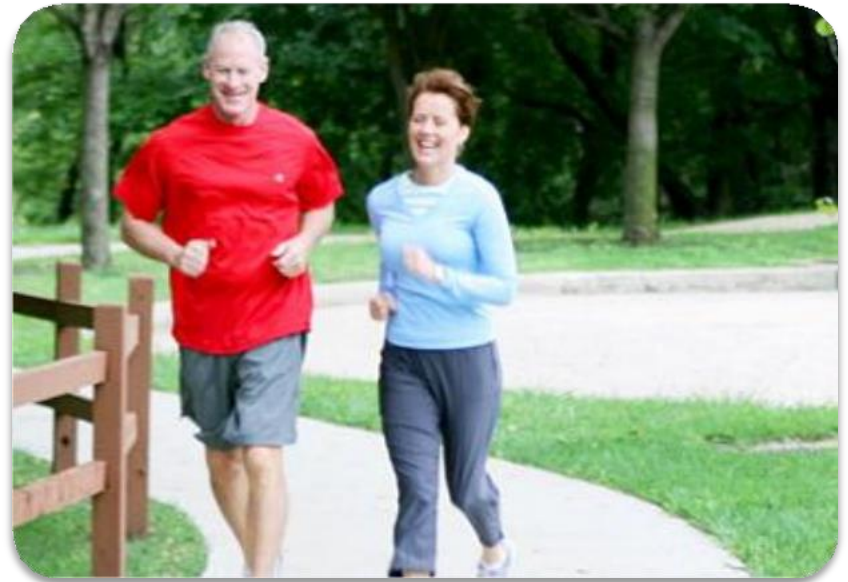
**Until...**



**You Have A Stroke**

# Reduce Your Stroke Risk

- Control high blood pressure
- Don't smoke
- Consume less sodium
- Lower cholesterol
- Lose excess weight
- Get physically active



**The most important thing.....**

**Catch your arrhythmia before it catches  
you**



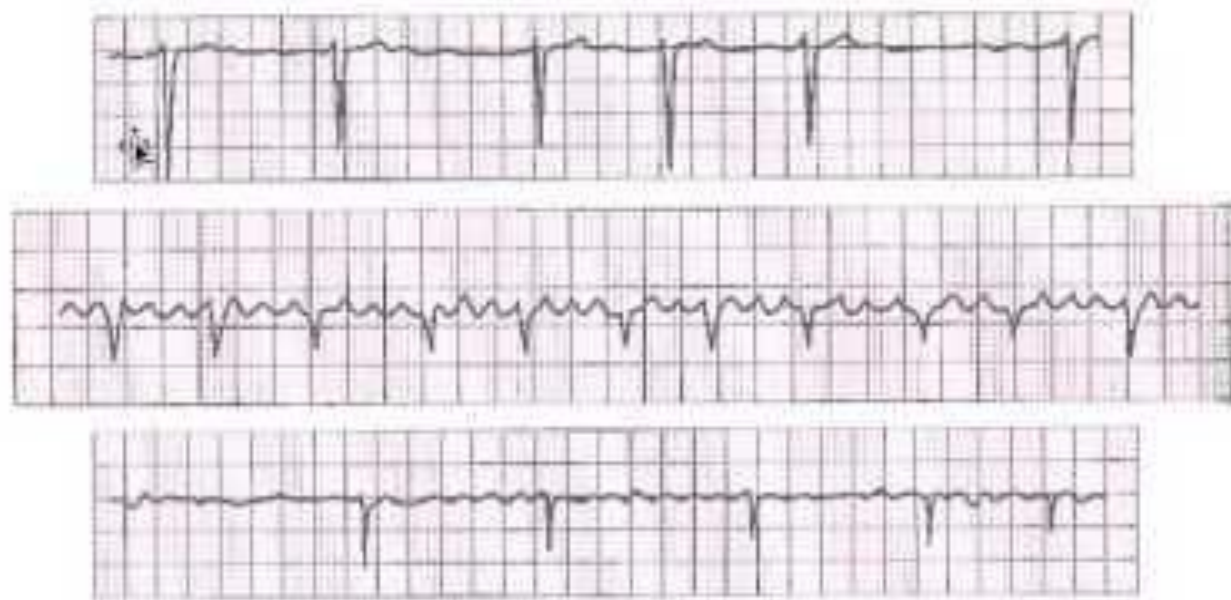
# **Arrhythmias...**

***Atrial Fibrillation***

***Atrial Flutter***

**Very fast heart rates causing blood stagnation in the upper chambers of the heart**

# Atrial Flutter/Fibrillation



# **Arrhythmia Symptoms**

- Palpitations**
- Racing heart beats**
- Dizziness, Light headedness**
- SOB, CP**
- Syncope**
- STROKE**

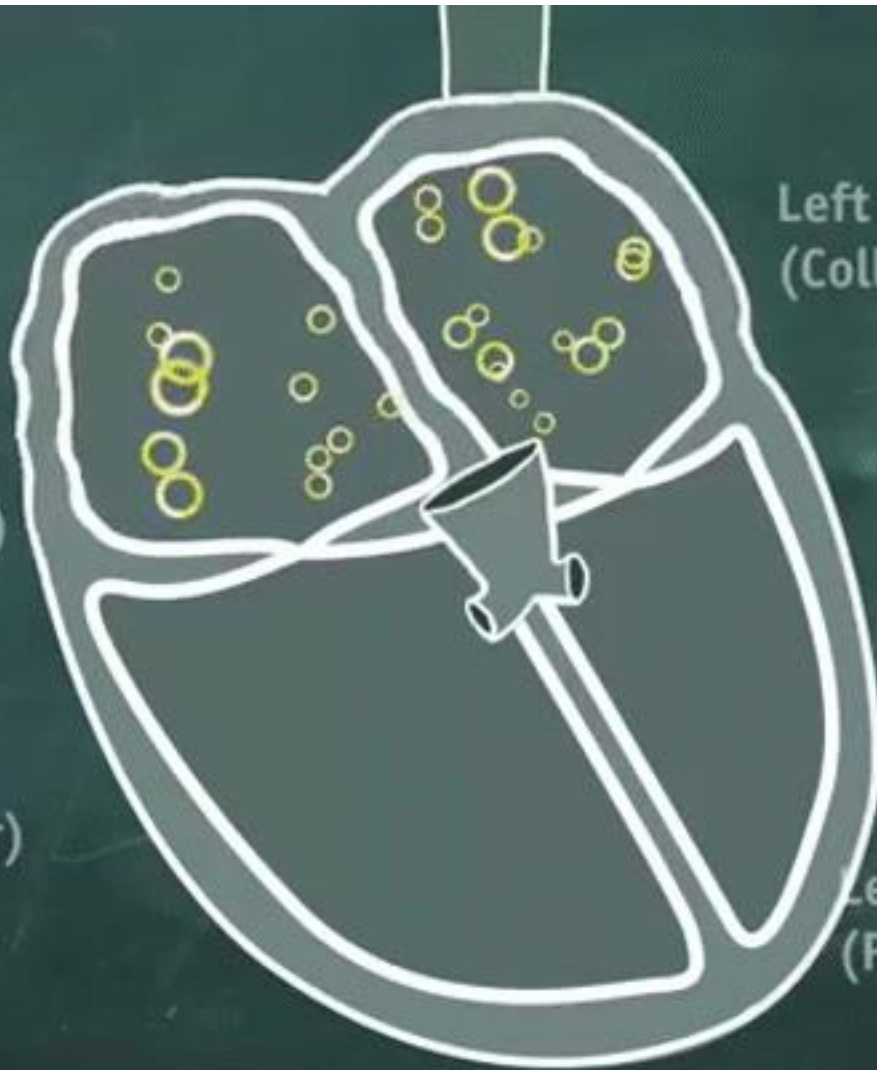


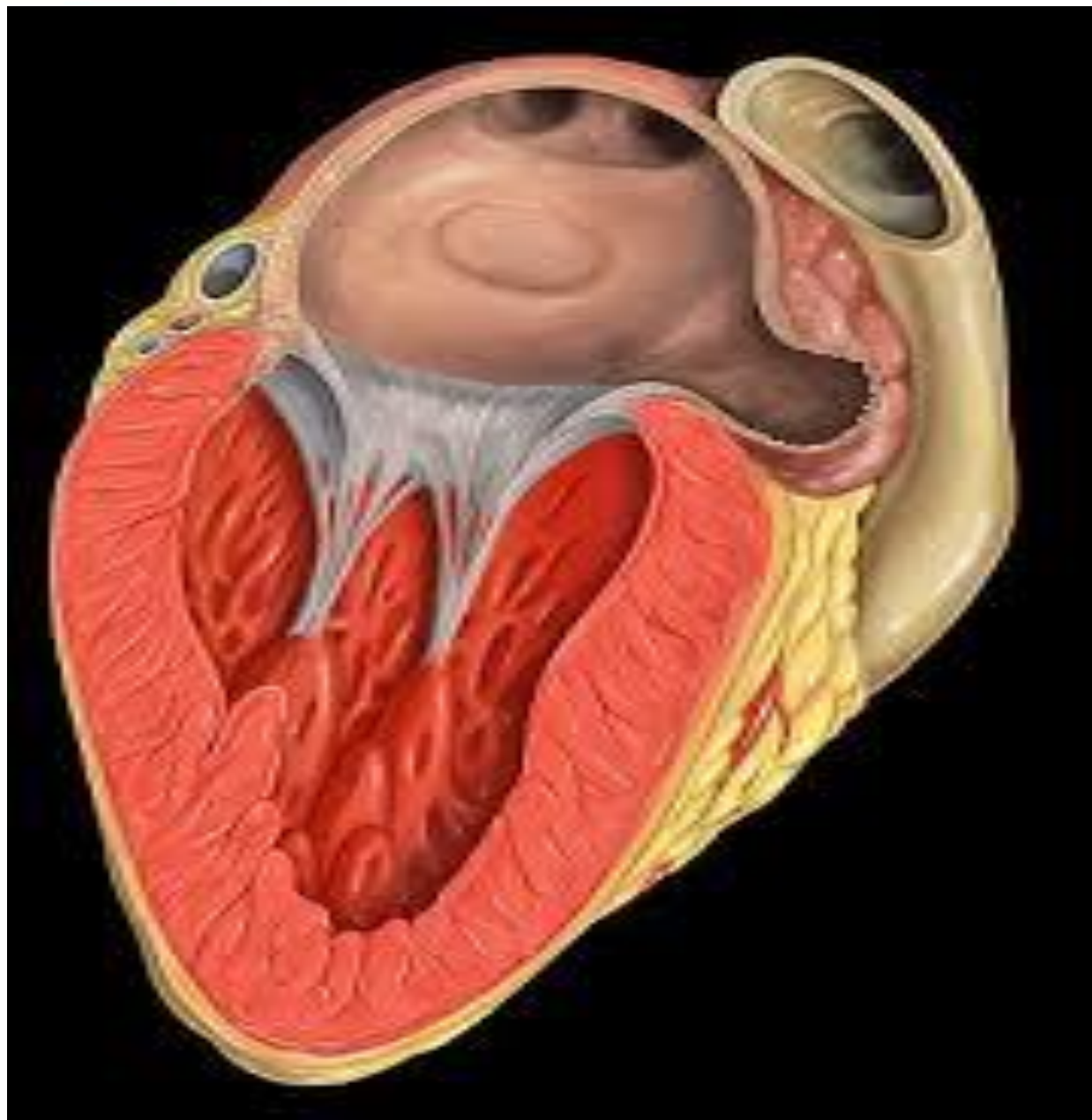
Right Atrium  
(Collecting Chamber)

Left Atrium  
(Collecting Chamber)

Right Ventricle  
(Pumping Chamber)

Left Ventricle  
(Pumping Chamber)







# Heart Monitor

1 Day up to 1 Month



# **If Arrhythmia Detected:**

**Blood Thinners: Aspirin, Warfarin, Eliquis,  
Xarelto... etc**

**If Any Alarm Symptom → Call Us  
or Your Doctor**

**We Are on the same page: Catch it before it  
happens**

**Need to see an “electrician” to avoid  
seeing a neurologist**



# YOUR HEART'S PLUMBING AND ELECTRICAL SYSTEM

Your heart is complex. It has an intricate “plumbing” and “electrical” system that keeps it beating. Think of your arteries and veins as the plumbing for your heart. Your heart’s electrical system, or your heartbeat, should maintain a steady rhythm. At Adventist Health, we focus on both systems to keep your heart healthy.

⚡ An **IRREGULAR HEARTBEAT**, or atrial fibrillation (AFib), is an electrical imbalance that can lead to a heart attack.

**BLOCKED ARTERIES** inhibit blood flow. That can lead to a heart attack or a stroke. Think of your arteries, veins and valves as the plumbing system for your heart.

⚡ **SHORTNESS OF BREATH** and **LIGHTEADEDNESS** are serious symptoms of AFib.

⚡ Having too quick of a heartbeat, or a **FLUTTERING HEART**, can lead to a stroke.

**ARTERIES AND VEINS** carry blood and oxygen to and from the heart and brain. Poor blood flow can lead to angina, or chest pain, and other cardiovascular conditions.

**ONE QUARTER** of all deaths in the U.S. are caused by heart disease.

⚡ **FIVE MILLION** Americans have AFib.

**PERIPHERAL ARTERIAL DISEASE (PAD)** is a blocked artery in the leg, causing poor circulation to the feet. It can lead to amputation.

**Know Stroke: Save a Life**

**Know Arrhythmia: Avoid Stroke**





# THANK YOU



Prevent Stroke