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Be Fast, Spot a stroke!

Imagine you are drinking a cup of tea in the morning with your spouse and suddenly you felt numbness on one side of your arm or the cup just fell down due to sudden weakness of the arm or you felt like you are not able to come up with words while talking. Do not brush off these symptoms, even if lasting for a few minutes. Do not wait for the weakness or difficulty speaking to get better. These are symptoms of acute stroke! Come to the nearest emergency of a tertiary care hospital immediately without any delay as there is a treatment available for acute stroke.

Stroke is a massive global health challenge with rising numbers of death and disability worldwide. It is a medical emergency. It is caused by a temporary lack of blood flow to the brain. A transient ischemic attack or TIA is a warning sign that you are at risk of stroke. Symptoms of TIA are that of an acute stroke, however last for a few minutes.



STROKE IS A MEDICAL EMERGENCY: BE-FAST

Common symptoms of stroke or TIA: BE-FAST

1. Imbalance on walking (B: balance)
2. Trouble seeing with one or both eyes (E: eyes)
3. Weakness in face, hand, arm or leg on one side (F: face weakness, A: arm weakness)

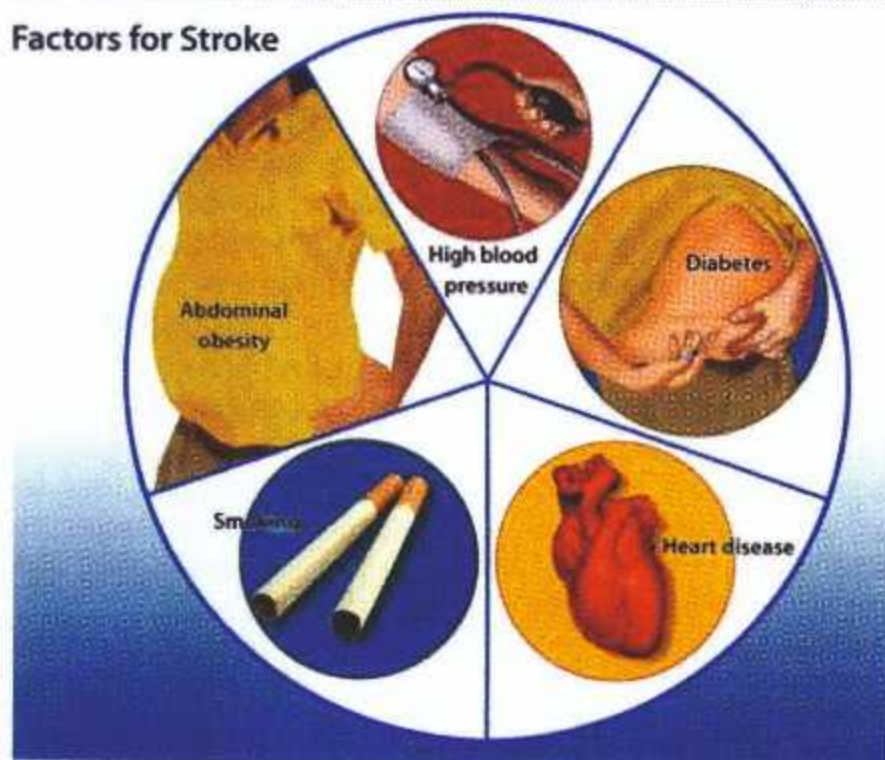
4. Difficulty speaking or understanding speech, or slurring of speech (S: speech)
The American Stroke Association has coined the mnemonic FAST to help people recognize the symptoms of acute stroke, as these symptoms (face drooping, arm weakness and speech difficulty) account for 75% of the symptoms. Ischemic stroke caused by blockage of blood vessel to the brain is the commonest cause of stroke in 85%.

raising public awareness regarding the treatment options in stroke is important to avoid pre hospital delays.

Angioplasty of the blood vessels of the brain for acute stroke?

Mechanical thrombectomy (or removal of the blood clot) can be done for patients with acute ischemic stroke due to occlusion or blockage of a large artery to the brain within 24 hours of symptom onset.

Factors for Stroke



Acting FAST can make an important difference in someone's life!

Is there a treatment for stroke?

Thrombolysis with intravenous alteplase improves outcomes from acute ischemic stroke, but its effectiveness is limited by a short therapeutic time window. Which means, the neurologist can administer the medicine within a few hours (4.5 hours) of symptom onset only. Hence,

Stroke is preventable

Risk Factors you can't change: Age, Gender, Family History, Ethnicity, Previous stroke or TIA

Risk factors that you can change: High blood pressure, High blood cholesterol, Diabetes, Heart Problems, Being overweight, Excessive alcohol use, Physical inactivity, Smoking, Stress