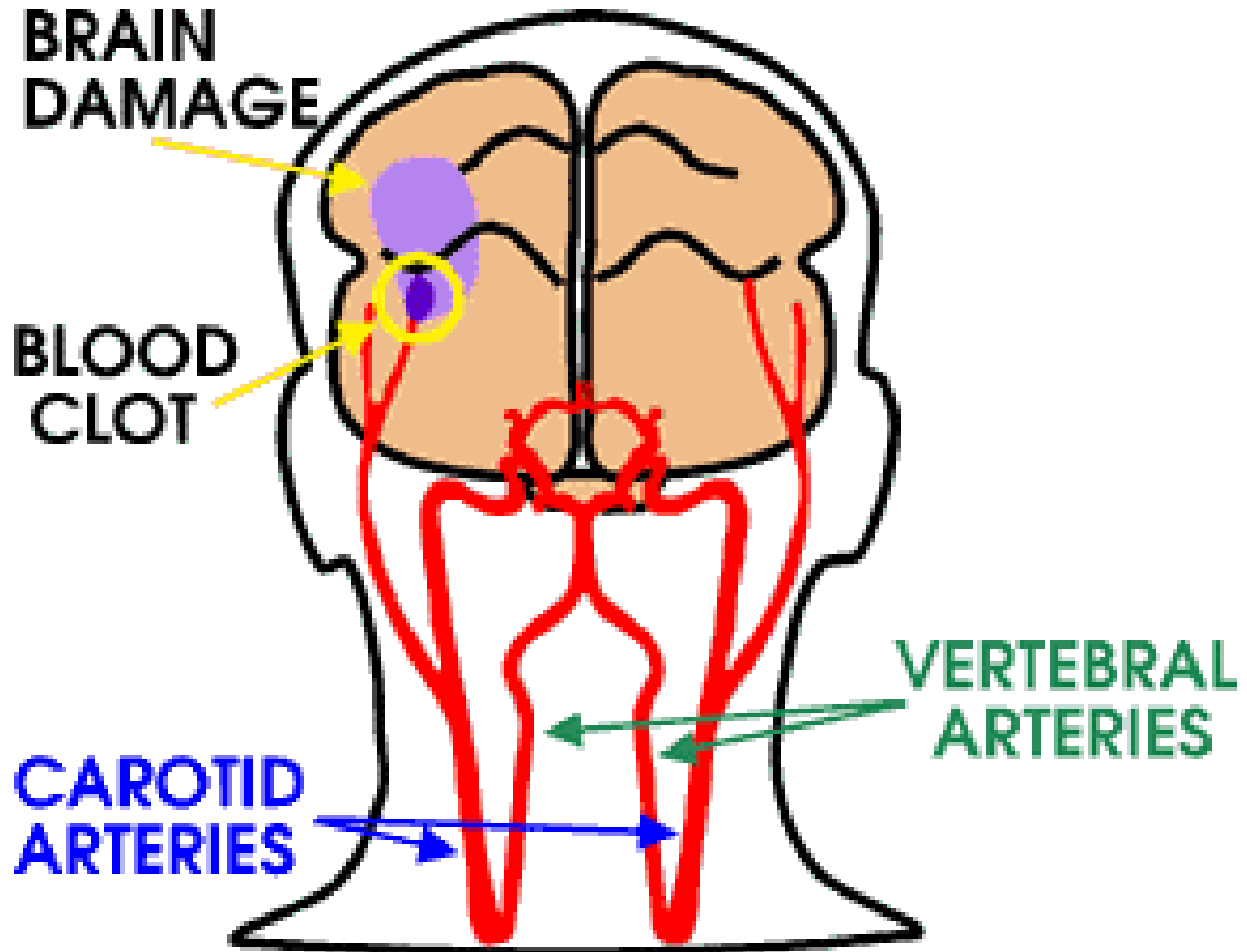




Stroke Prevention

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Risk Factors for Stroke

- **Family history**
- **Age**
- **Prior stroke/TIA**
- High blood pressure
- Smoking
- High cholesterol
- Obesity
- Sedentary Lifestyle
- Carotid artery disease
- Excess alcohol intake
- Atrial fibrillation
- Diabetes
- Heart disease



High Blood Pressure

The single greatest risk factor for stroke
(ischaemic and haemorrhagic)

- Normal B/P 120/80mmHg
- B/P increases with age
- Rarely any outward symptoms

- Important to have B/P checked regularly
- B/P consistently \uparrow than 135/85
- Life style changes be prescribed high B/P medication





Blood Pressure (2 Prevention)

- There is evidence that modest reductions in blood pressure significantly reduce risk of recurrent stroke.
- **Recommended blood pressure treatment goals are:**
- Systolic blood pressure <135/85 mmHg
- <130/80 for people with diabetes.



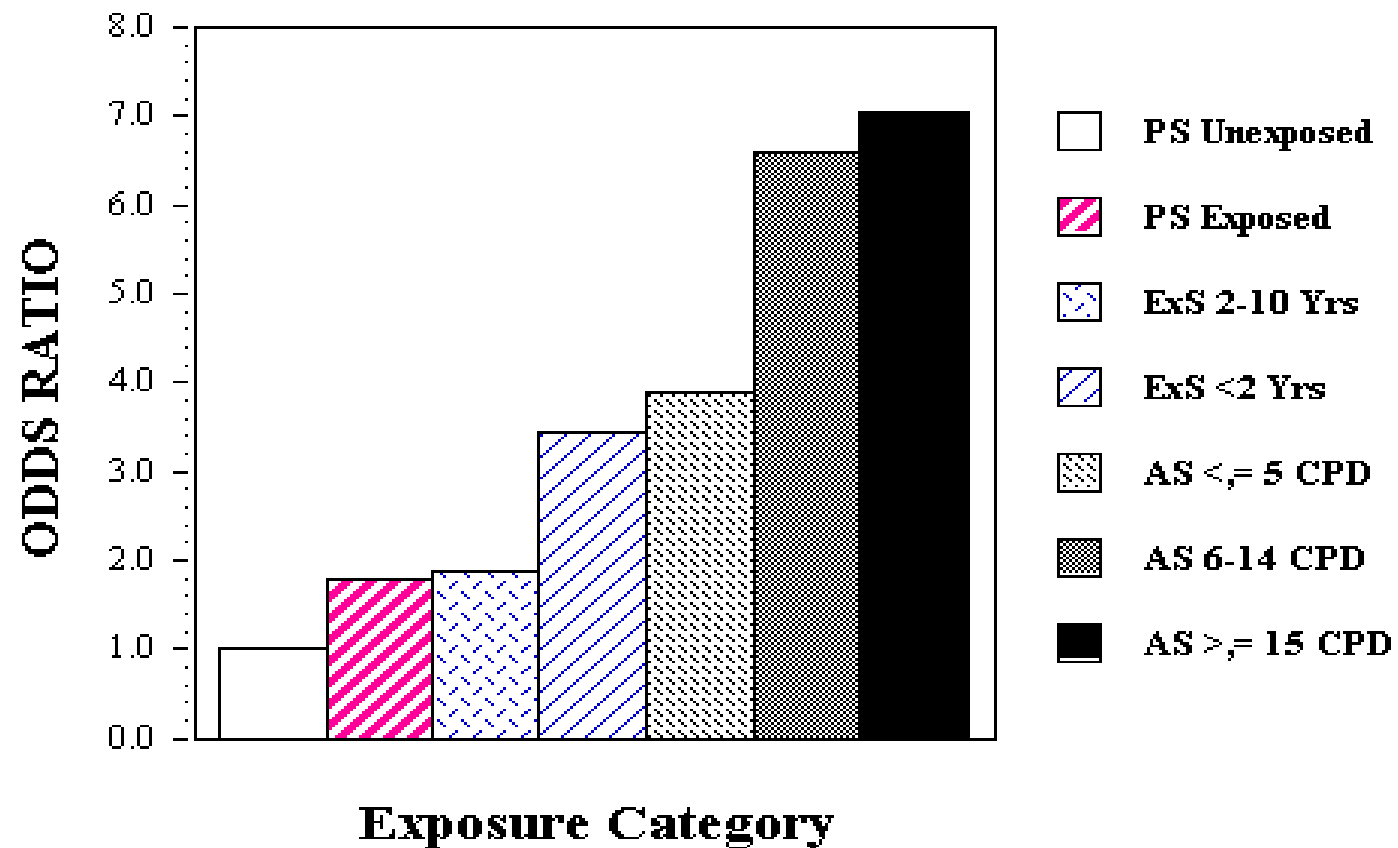
Smoking

- If you smoke you are at higher risk of developing stroke
- Damages blood vessels increasing the tendency of blood to clot
- Risk of stroke decreases after stopping smoking
- Elevated risk disappearing after five years





Passive Smoking as well as Active Smoking increases the risk of acute stroke



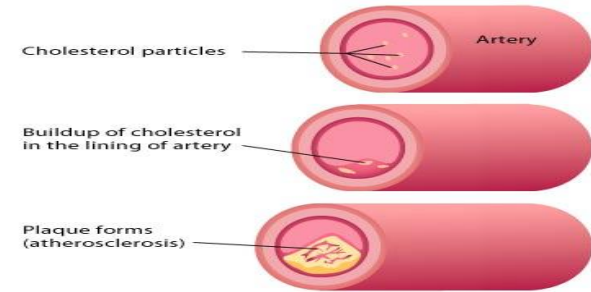
Bonita, et al., *Tobacco Control* 8:156-160 (1999)



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Cholesterol

- High blood cholesterol is a major risk factor for heart disease and stroke.
- High cholesterol can lead to a buildup of plaque in the artery walls and narrow your arteries, a condition known as Atherosclerosis.
- This condition can make it more difficult for blood to flow through your heart and body, putting you at increased risk of circulatory problems, heart disease and stroke.



Recommendations

- Arranged by your G/P
- Take a sample of blood (Fasting)
- Cholesterol levels

2 Prevention

- Statin therapy is recommended in all patients with ischaemic stroke if total cholesterol is $> 3.5\text{mmol/L}$, unless contraindicated.



Exercise



- Regular exercise will help to make you feel better now and help reduce your risk of stroke
- Any physical activity that you do at work (e.g. using stairs instead of lifts)
- Any physical activity that you do in your leisure time (e.g. walking, gardening)
- Sports

- **the aim should be to achieve moderate physical activity (sufficient to become slightly breathless) for 20-30 minutes each day.**



If you have already had a stroke

- Exercise programmes should be tailored to the individual following appropriate assessment, starting with low intensity physical activity and gradually increasing to moderate levels.



Diet

- Low in saturated fat will help reduce your risk of stroke. Saturated fat is found in foods which come from animal sources e.g. butter, full fat milk, cheese and meat
- Help to eat more oily fish such as mackerel and trout. Oily fish contains omega-3 fatty acids (2 portions of fish per week)
- If high blood pressure you should reduce your salt intake (6 grams of salt per day)
- Eat more fruit and vegetables (5 portions per day)

THE UNHEALTHY SECRET OF CHILDREN'S FAVOURITES

Product name	Average portion	Salt per portion	% of max for 4-6yrs (3g)	% of max for 7-10yrs (5g)
NOODLES				
■ Batchelors Super Noodles, Bacon	300g	3.5g	117%	70%
■ Batchelors Super Noodles, Chicken	300g	3g	100%	60%
MEAT PRODUCTS				
■ Mr Brain's Pork Faggots in sauce (frozen)	189g	2.8g	92%	55%
■ Branston Baked Beans with Sausages	210g	2.2g	73%	44%
SWEET FOODS				
■ Butterkist microwave popcorn - Butter	90g	2.2g	73%	44%
■ Supermarket Sponge pudding	110g	1.1g	37%	22%
LUNCHBOX SNACKS				
■ Dairylea Ham 'n' Cheese Crackers	101.9g	1.8g	60%	36%
■ Dairylea Dunkers Twists	42g	1g	33%	20%
CRISPS AND SNACKS				
■ KP Hula Hoops Original	34g	0.8g	27%	16%
■ Walkers French Fries Salt & Vinegar	22g	0.51g	17%	10%





1 medium apple



2 broccoli florets



2 halves of canned peaches



1 handful of grapes



1 medium banana



3 heaped tablespoons of peas



1 medium glass of orange juice



7 strawberries



3 whole dried apricots



Just Eat More
(fruit & veg)



3 heaped
tablespoons of cooked
kidney beans



16 okra



Weight

- Being **overweight** is a risk factor for **high blood pressure, heart disease and diabetes**, all of which increase your risk of a stroke.
- A healthy diet and regular exercise will help control your weight.





Other Risk Factors:

➤ **Diabetes**

- Diabetes is a risk factor for heart disease and stroke. Control of diabetes is an important element in heart disease and stroke prevention.
- Controlling blood glucose levels will help minimize plaque buildup.

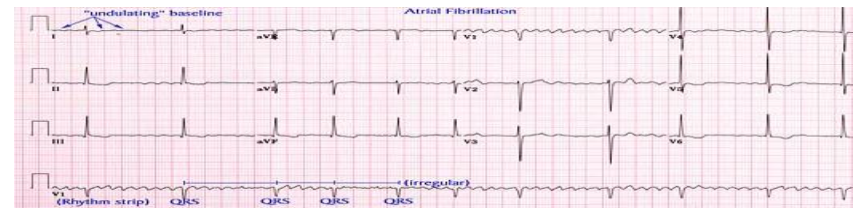
➤ **Carotid Artery Disease**

Build up of “plaque” in the carotid arteries (in the neck) increases the chances for stroke. This plaque can block the circulation to the brain or a clot can break off and become lodged in the brain, causing a stroke.



Atrial Fibrillation (AF)

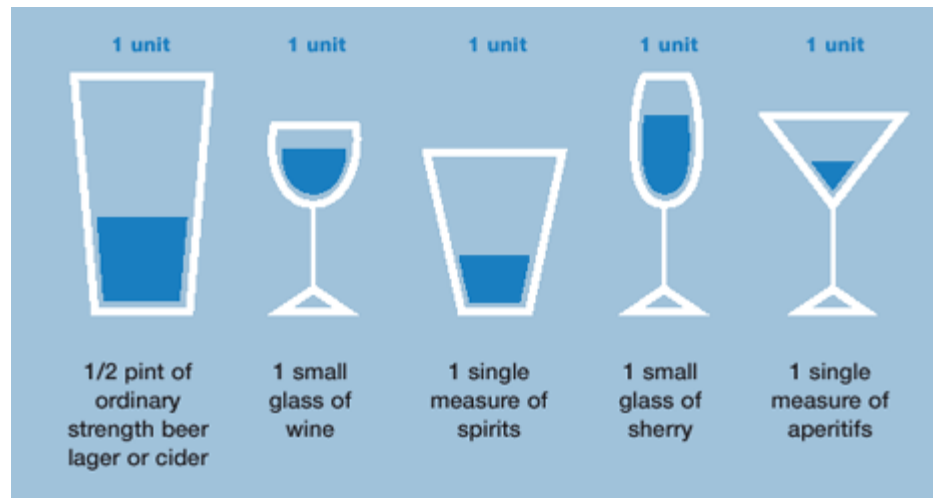
- Atrial fibrillation (AF) is a condition involving an irregular heart rhythm, known as an arrhythmia.
- Rare in people under 40, its prevalence increases with age.. After the age of 55, the incidence of AF doubles with each decade of life.
- The goal for treating AF is to restore the normal, regular rhythm of the heart
- Done with medications or the use of electrical stimulation
- If these efforts are not successful, AF treatment concentrates on protecting from the blood clots that could travel from the heart to the brain, causing strokes.
- Blood thinning medications





Alcohol

- Drinking too much alcohol can increase your risk of developing stroke
- 2 units if you are a woman
- 3 units if you are a man





Oral Contraceptive Pill

↑ risk of stroke if any of the following risk factors are present:

- Heavy cigarette smoker(40+ per day)
- Hypertensive
- Diabetes Mellitus
- Obesity



Drug Abuse

- Drug addiction is often a chronic relapsing disorder associated with a number of societal and health-related problems.
- Drugs that are abused, including cocaine, amphetamines and heroin, have been associated with an increased risk of stroke.
- Strokes caused by drug abuse are often seen in a younger population.



Risk Reduction

Through lifestyle modification

- Controlling blood pressure
- Smoking cessation
- Exercise, diet, etc

Through medical management

- Antihypertensive medication
- Controlling heart disease
- Cholesterol reducing medication

We all should take responsibility for our own health

Lose Weight

Stop Smoking



Start exercising



Use Less Salt

