



Recognising and managing the condition; risk factors; treatments available

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“Stroke” first used in English Literature in 1599

First described by Hippocrates in 400 B.C.

Apoplexy – “Struck down”

**“Sudden deprivation of life leading to
stagnation of the blood whereby the motion
and action of the spirits is taken away”**



10,000 people in Ireland suffer a stroke each year

Commonest cause of acquired adult disability and third most common cause of death

One-quarter to one-third of those are under 65 years ~ 3000 people

One in five people in Ireland will suffer a stroke at some stage in their life

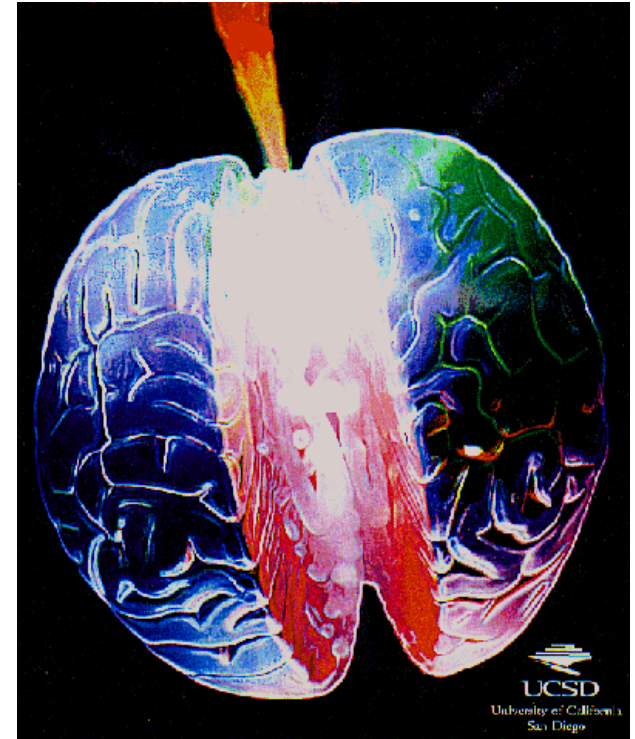
Brain Attack

Loss of blood supply to part of the brain

Rapidly developing symptoms with signs of focal loss of cerebral function

Symptoms last more than 24 hours or lead to death

The cause is vascular





Transient Ischaemic Attack TIA

Also known as a mini-stroke

Fully resolves within 24 hours (usually minutes)

**Important to get it investigated ASAP as often
a warning of a bigger stroke to come**

80% reduction of full blown stroke if treated promptly

Symptoms:

Disturbance of vision

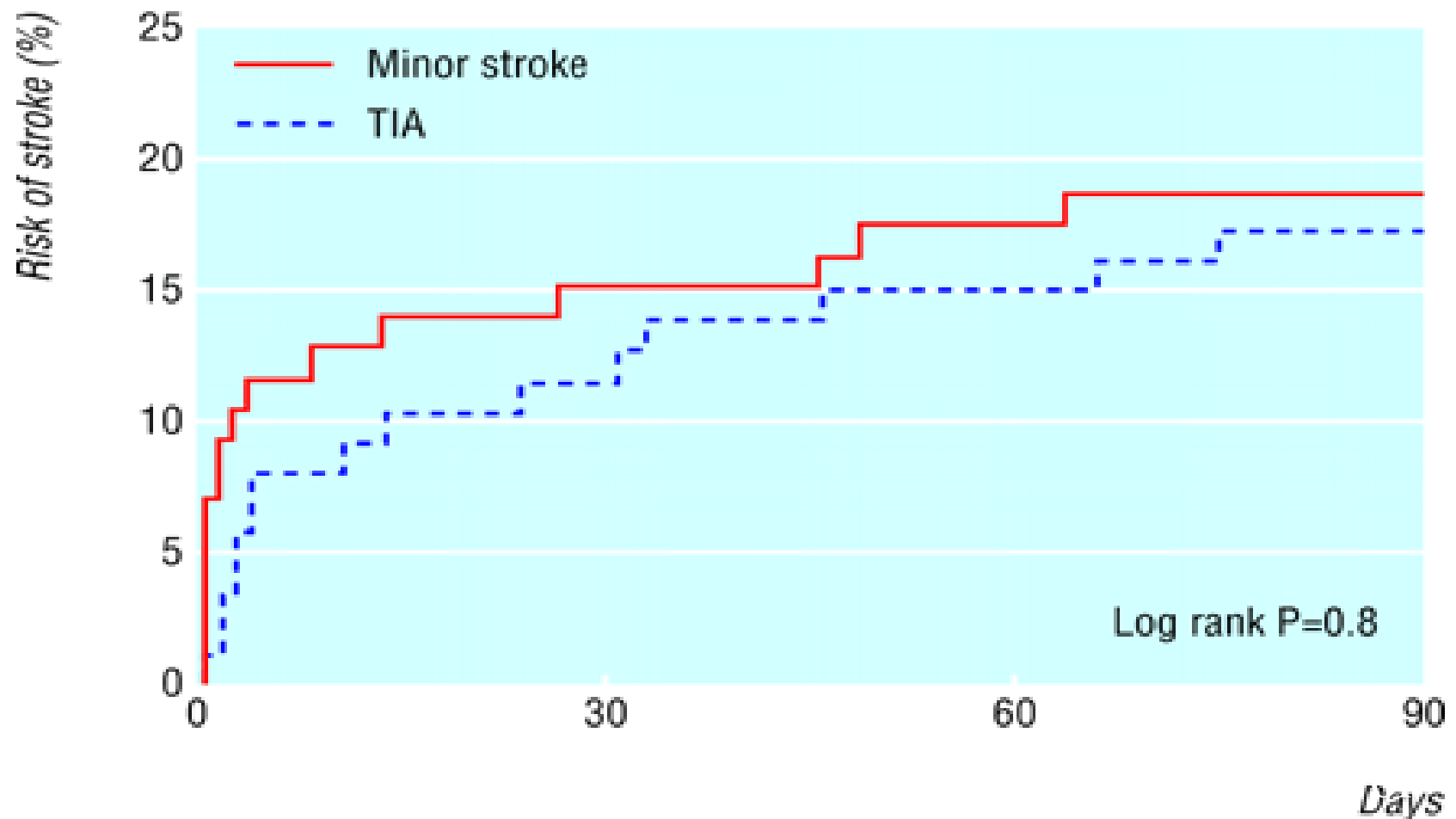
Loss of power in limbs

Speech disturbance

Uneven face



Risk is Front Loaded





Recognising the signs

Face Arm Speech Time

Facial Palsy

Arm Weakness affected side

Speech Impairment

Time to call 999

FAST

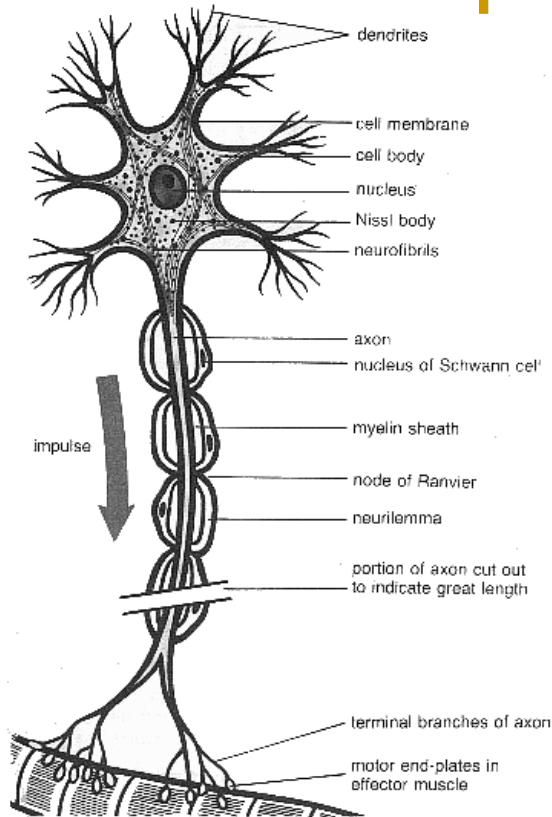




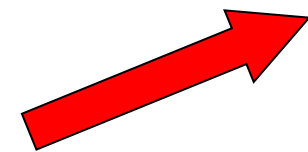
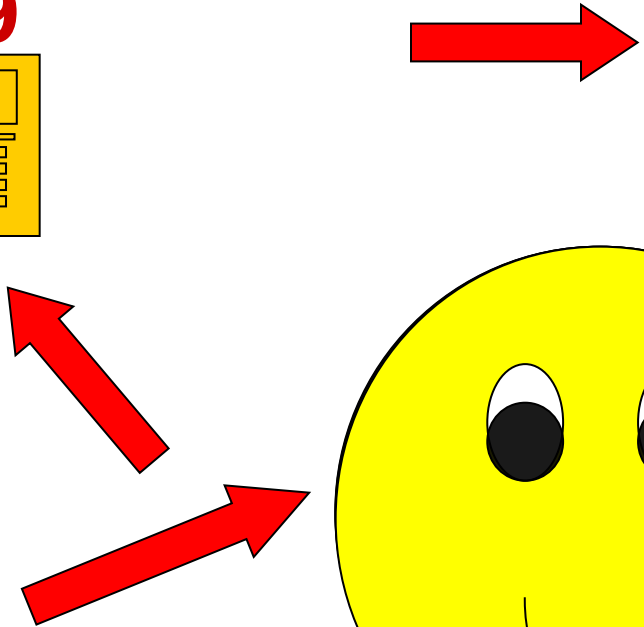
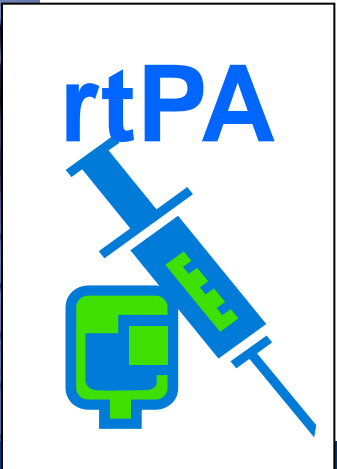
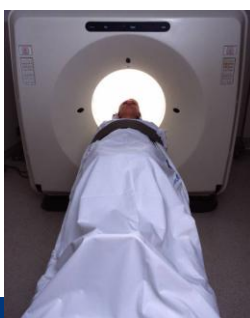
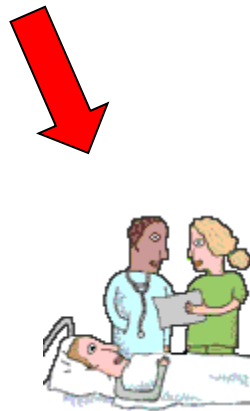
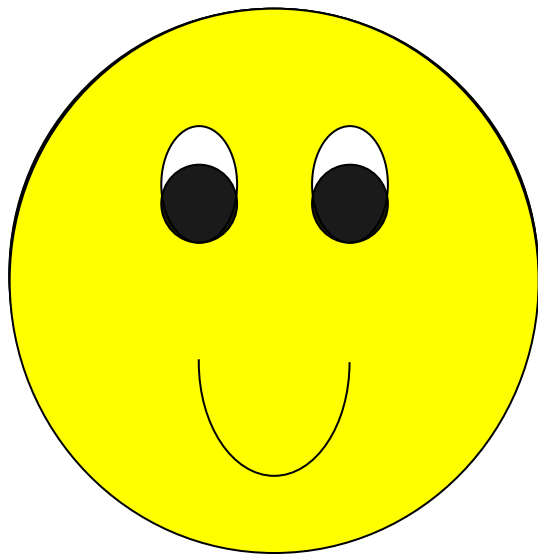
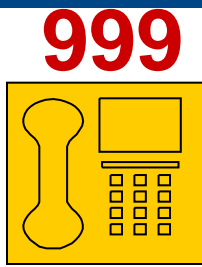
FAST Advert



You lose almost 2 million neurones per minute !



Brain Attack





The earlier you get to hospital the better chance of a cure

**1 in every 2-3 people who receive thrombolysis
will get some improvement**

1 in 8 will get a 'CURE'

Unfortunately 1 in 35 will do worse

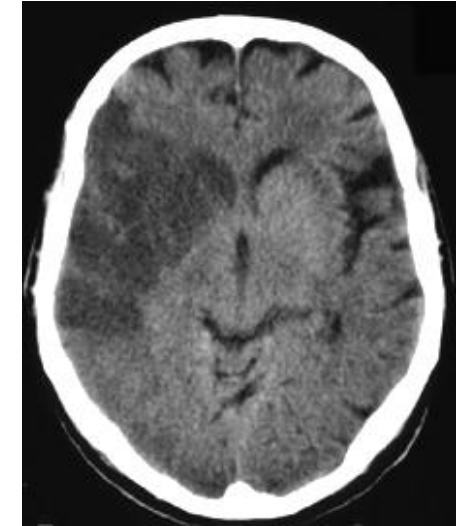
1 in 100 will be left permanently disabled or dead

Thrombolysis is not suitable for everyone

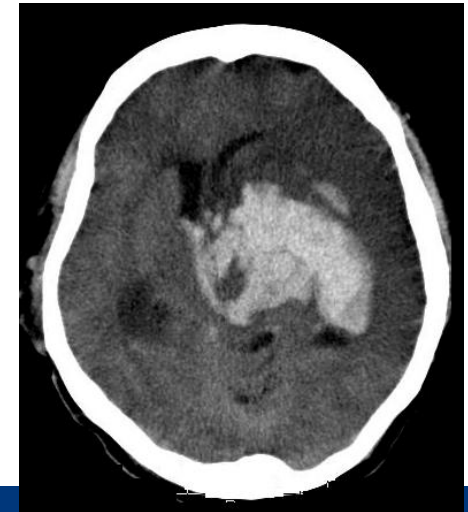


Stroke Types

80% are due to infarcts or clots which have blocked the artery to the brain



20% are due to haemorrhage or bleeding from burst blood vessels



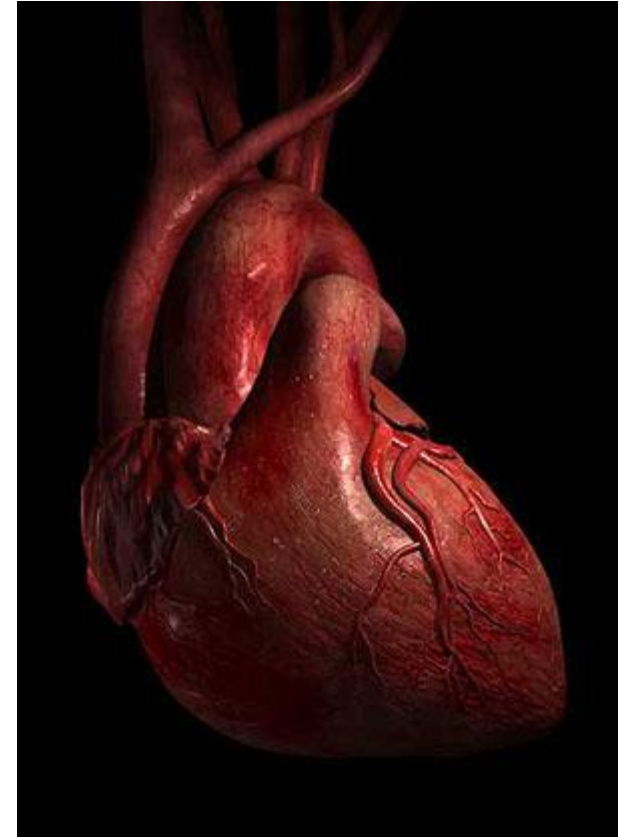


Causes of stroke

A Clot from the Heart

**Atrial fibrillation
(irregular heart beat)**

Heart attack





ATHEROMA

Fatty deposits in the lining of the blood vessel wall that are acquired during ageing

Deposition accelerated in:

**Hyperlipidaemia
Diabetes Mellitus
Hypertension
Smoking**







Extracranial Causes

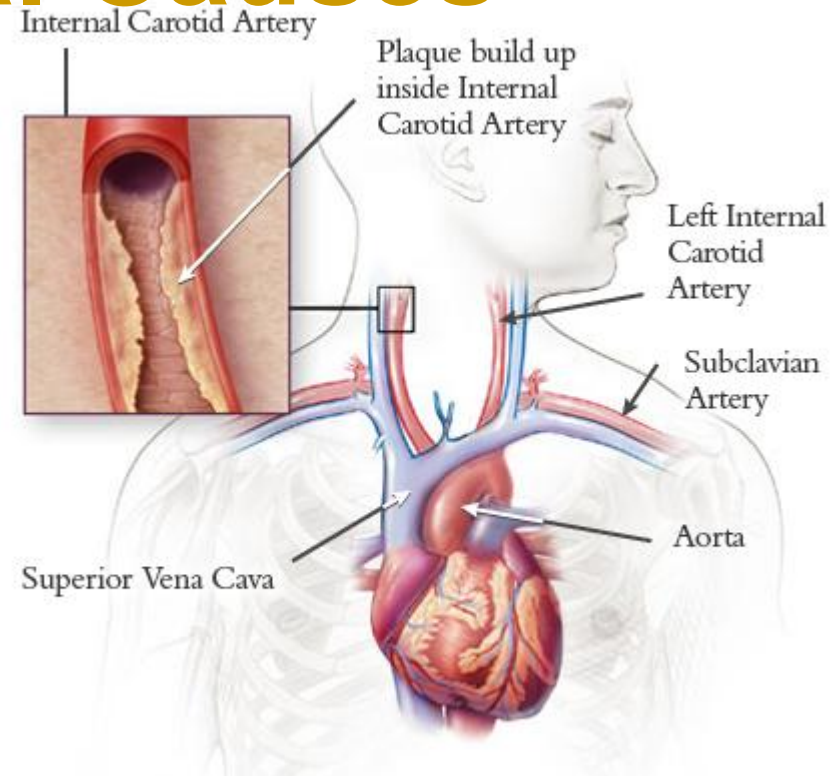
**Major artery from
the heart - AORTA**

**Large arteries outside
the brain – CAROTIDS**

**Associated with
atheroma +/- thrombosis**

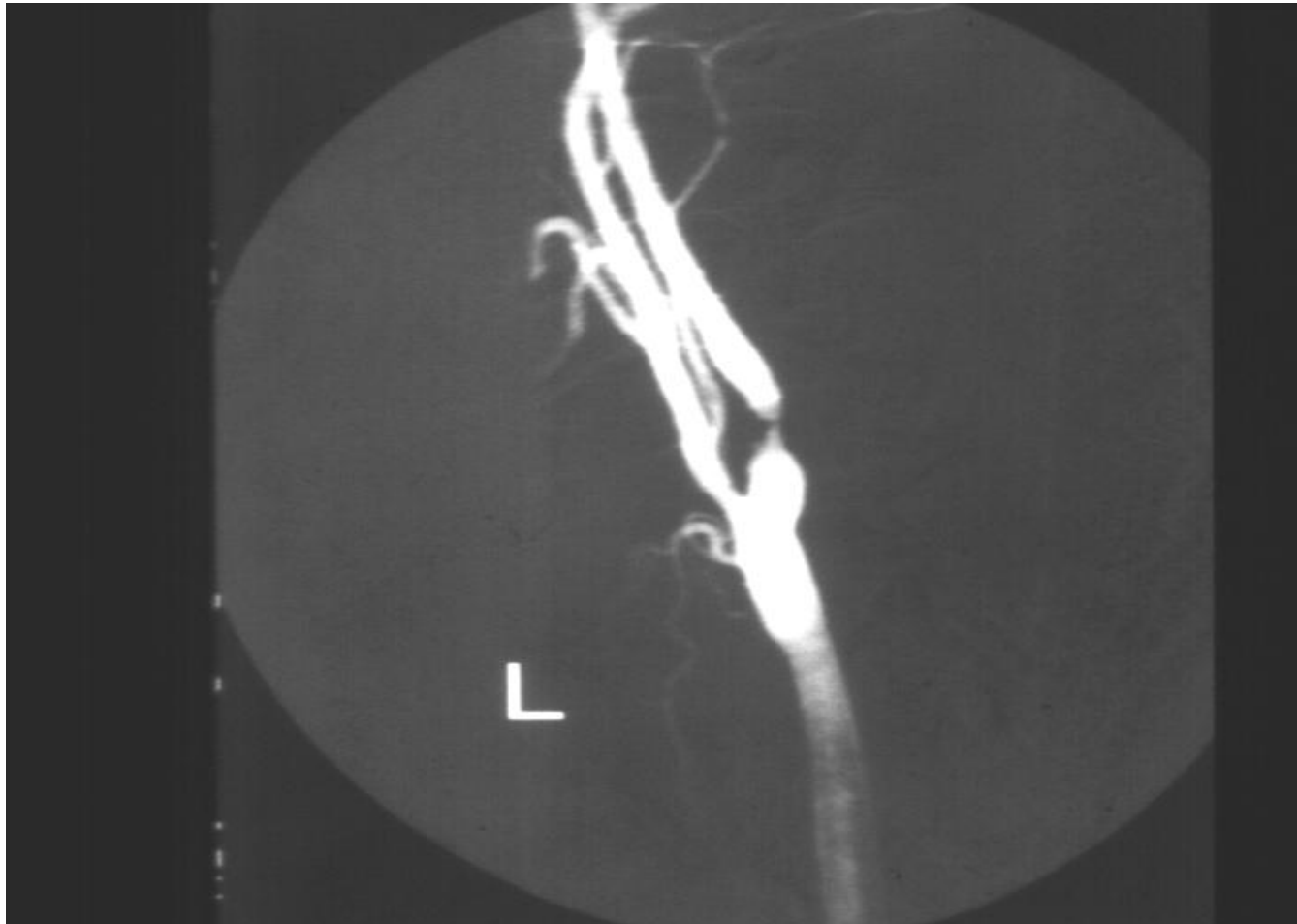
**Tearing of the arteries (dissection) supplying the brain
associated with jerky neck movements– more common
in young**

Spasm of the arteries can be associated with drug use





Carotid Blockage

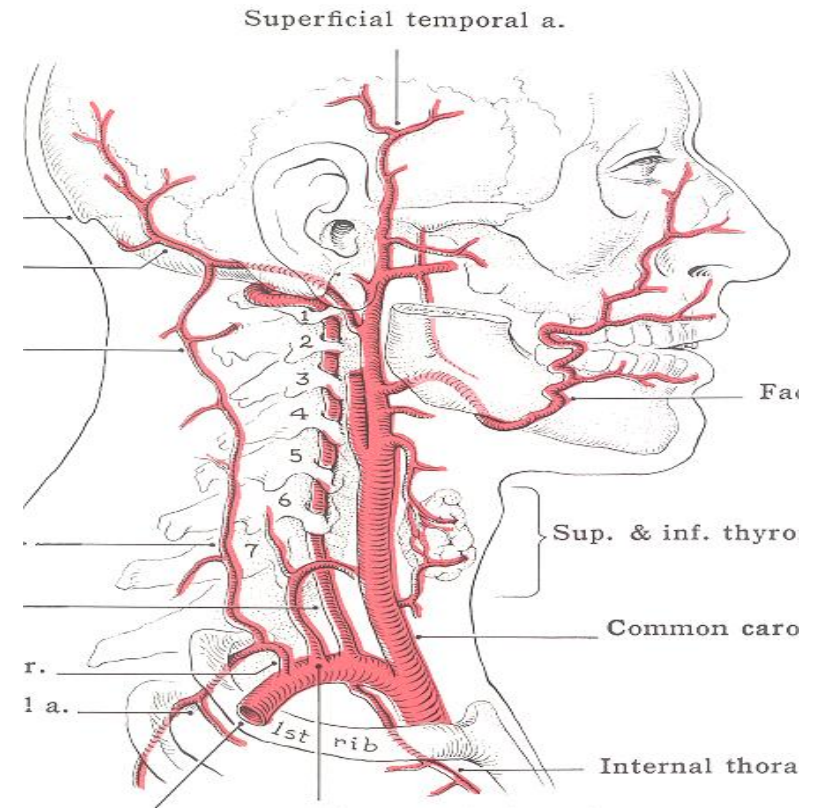




Intracranial Causes

**Small blood vessels
in the brain**

**Associated with
High Blood Pressure**





Stroke Units

**The single biggest advance
in stroke management**

**Geographically defined area
dedicated to stroke patients**

**Similar to Coronary Care
Units**

**Reduce death by 19% and
long term dependency**

**Reduce length of stay in
hospital**





Treatments –

If the Stroke is due to a Clot

Consider thrombolysis – in first 4.5 hours

Aspirin or Clopidogrel (Plavix)

Warfarin (if atrial fibrillation)

An alternative to warfarin will be available in 2011

No monitoring is required with the new drug

Surgery is considered (carotid endarterectomy) if blocked carotids

Treating all Risk Factors also helps prevent further strokes



Treatment of Haemorrhage

Stop any drugs that increase the tendency to bleed – Aspirin, Clopidogrel (Plavix), Warfarin, anti – inflammatories

Warfarin may have to be reversed

Treat risk factors especially blood pressure

Risk Factors for Stroke



High Blood Pressure



Cholesterol

Diabetes

Family History

Peripheral vascular disease

Atrial fibrillation

**Previous TIA
or stroke**





Benefits of Treating your Risk Factors

Reduce your risk of Stroke

Reduce your risk of Heart Attacks and Heart Disease

Reduce your risk or delay the onset of Dementia

Improve your life expectancy

Feel and look healthier



Summary

Stroke is a medical emergency in the 21st Century

Know the **FAST signs of stroke, act **FAST** and get to hospital **FAST****

Urgent treatment greatly improves your chances of not just surviving but of recovering from a stroke

TIME IS BRAIN