



Stroke: A Transient Ischemic Attack

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DESCRIPTION

A stroke is a condition where there is insufficient blood flow to the brain, which results in cell death. Strokes can be ischemic or hemorrhagic, which refers to a lack of blood flow or bleeding, respectively. Both stop certain brain functions in their tracks. The inability to move or feel on one side of the body, difficulties understanding or speaking, dizziness, or loss of vision to one side are all potential signs and symptoms of a stroke. After a stroke, symptoms and signs frequently start to show up quickly. A transient ischemic attack, also known as a "mini-stroke," is the type of stroke that occurs if symptoms last less than one or two hours. A severe headache could also be a symptom of a hemorrhagic stroke. A stroke may leave behind permanent symptoms. Pneumonia and a loss of bladder control are examples of long-term complications. Blood pressure is the main risk factor for stroke. Other risk factors include atrial fibrillation, high blood pressure, smoking, obesity, diabetes, a prior TIA, and end-stage kidney disease. Although there are other, less frequent causes of ischemic strokes, blood vessel blockage is typically the culprit. Either bleeding into the brain itself or into the space between the membranes of the brain can result in a hemorrhagic stroke. An aneurysm in the brain that has ruptured may cause bleeding.

A physical examination is typically used to make a diagnosis, which is then confirmed by imaging tests like a CT or MRI. Although ischemia, which early on typically does not show up

on a CT scan, can be ruled out by a CT scan, bleeding can still be ruled out by the scan. To identify risk factors and eliminate other potential causes, additional tests like an electrocardiogram and blood tests are performed. The symptoms of low blood sugar may be similar. Reducing risk factors, brain artery surgery for those with problematic carotid narrowing, and warfarin for those with atrial fibrillation are all methods of prevention. Doctors might advise statins or aspirin for prevention. TIAs and strokes frequently necessitate emergency care. A medication that can dissolve the clot might be used to treat an ischemic stroke if it is identified within three to four and a half hours. Surgery is beneficial in some hemorrhagic stroke cases. Stroke rehabilitation is a type of treatment used to try to regain lost function. It is ideal to receive this kind of care in a stroke unit, but these facilities are rare in many parts of the world. A total of 6.9 million ischemic strokes and 3.4 million hemorrhagic strokes were reported in 2013, respectively. About 42.4 million people who had previously experienced a stroke and were still alive in 2015. The number of strokes that occurred annually between 1990 and 2010 decreased by about 10% in the developed world and increased by 10% in the developing world. With 6.3 million fatalities in 2015, stroke was the second most common cause of death after coronary artery disease. Hemorrhagic stroke caused 3.3 million deaths, whereas ischemic stroke caused about 3.0 million deaths. The average lifespan of someone who has had a stroke is less than a year. In general, people over 65 years old accounted for two-thirds of all stroke cases.

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