

Fortis Hospital Noida commemorates World Stroke Day to spread awareness on the disease

- *Shares facts to spread awareness on the disease, causes and treatment solutions*

Noida, Thursday 27th July, 2016: To commemorate the occasion of **World Stroke Day**, Fortis Hospital, Noida released facts to increase awareness and understanding on Stroke and its treatment solutions. This initiative was supported by **Dr. Jyoti Bala Sharma, Senior Consultant, Neurology & Dr. Atampreet Singh, Senior Consultant, Neurology, Fortis Hospital, NOIDA.**

A stroke or brain attack can happen to anyone. One in five people are estimated to have a stroke at some point in their life. A stroke can strike at any age but is more commonly seen in people over 65 years of age. A stroke is initiated when a blood vessel carrying blood to the brain bursts or gets blocked by a clot. This results in an interruption of blood supply to some part of the brain. Consequently, this can damage or destroy brain cells resulting in affecting body functions. If the brain suffers a condition without oxygen for a long time then it can become permanently damaged.

High blood pressure is the commonly known major risk factor for strokes. The other major risk factors are: Atrial fibrillation, Diabetes, Family history of stroke, High cholesterol, increasing age especially after age 55. It is estimated that stroke is higher in people who follow a sedentary lifestyle by being overweight or obese, drinking heavily, intake of a high amount of fat or salt, smoking and taking cocaine and other illegal drugs.

Dr Jyoti Bala Sharma, Senior Consultant, Neurology, Fortis Hospital, Noida said, *"We have been treating stroke patients with utmost care. Our team of experts*

are equipped with a vital edge of proficiency applied at every step. With this initiative we aim to create more and more awareness and spread the word of importance of tertiary care for stroke patients. Fortis Noida boasts of a team of dedicated neurologists, neurosurgeons, neuro critical team, stroke nurses in providing best care to our patients. The hospital also has state-of-the-art stroke ICU with bed side CT scan machine to provide upgraded treatment solutions and care to our patients."

Dr Atampreet Singh, Senior Consultant, Neurology, Fortis Hospital, Noida said, *"Stroke is a disease that can attack anytime and at any age. However, not only can it be prevented, but adequate care and support can help*

Risk factors one can control

- High blood pressure or cardiovascular problems
- Not properly managing conditions such as diabetes
- Sedentary lifestyle
- Stress
- Smoking cigarettes
- Consuming alcohol
- Eating high-fat, high-sodium foods
- Using stimulant drugs, such as cocaine
- using estrogens (as part of hormone therapy)

Risk factors one cannot control

- family history of cardiovascular problems
- age over 55 years
- male tend to have more strokes than women

PRESS RELEASE

For Immediate Publication



people who have suffered a stroke regain their functional capabilities. While prevention is the best, early recognition of stroke and reaching hospital within the golden hours is of vital importance, as there are treatment solutions which can open up a blocked artery and restore brain functions can be applied.”

Mr. Gagan Sehgal, Zonal Director, Fortis Hospital, Noida said, *“Our doctors continuously strive to upgrade treatment solutions to patients which results in complete satisfaction in our patients. The team in the department of Neurology aims to give better treatment and extend the best patient care which is very crucial in patients suffering from stroke. This plays a pivotal role in the improvement and recovery in stroke patients.”*

According to the World Health Organisation (WHO) from the year 2000 to 2008, the overall occurrence of brain stroke in low to middle income countries exceeded that of high-income countries by 20%. Approximately in today’s world two-thirds of all individuals that have suffered from a stroke live in developing countries where sedentary lifestyle have been the main cause. Moreover, the number of deaths from stroke in India will increase from 5,98,000 in 2000 to 9,45,000 in year 2020.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and 314 diagnostic centres.

For more information, please contact:

Fortis Healthcare Ltd.	Avian Media
Ajey Maharaj: +91 9871798573 ajey.maharaj@fortishealthcare.com	Rishu Singh, +91-9958891501 rishu@avian-media.com
Vidya Pawan Kapoor: +91 9899996189 vidya.kapoor@fortishealthcare.com	Preeti Sehrawat: +91-9711170599 preeti@avian-media.com
Joyshree Saikia: +91 9711972019 joyshree.saikia@fortishealthcare.com	