

## **Health Advisory**

For Immediate Publication

### ***29<sup>th</sup> October 2017: World Stroke Day***

#### ***Understanding Stroke is the first step to ensure its prevention***

**Noida, 27<sup>th</sup> October 2017:** World Stroke Day is observed on the 29<sup>th</sup> of October every year. This year the theme is '***what is your reason for preventing a stroke?***' Stroke is one of the leading causes of death and disability in the world. According to the World Stroke Organisation, every year 6.5 million deaths occur due to stroke. One in six people are likely to suffer from a stroke. Every 4 minutes a person suffers from stroke, currently there are an estimated 26 million survivors of stroke. Stroke patients must receive timely (within 4.5 hours) treatment with clot busting medicine can prevent major disability.

Fortis Hospital, Noida is organizing a Stroke Walkathon by Stroke survivors on Sunday 29 October, 2017 at 7 am in its neighbourhood to create Stroke awareness. A super speciality camp has already been planned for all the Walkathon participants. Free senior consultations from Neurologist, Cardiologists, Orthopaedics, Nephrologist, General Surgeons and Gastroenterology has also been offered along with tests like BP, BMI, RBS and on advise ECG, ECHO & TMT.

**Dr. Jyoti Bala Sharma, Senior Consultant, Fortis Hospital, Noida shares quick facts which help us understand stroke - the symptoms and risk factors associated with it**

#### **What is a stroke?**

A stroke takes place when the blood supply to a part of the brain is cut off. Without blood, brain cells get damaged and die. The severity of stroke depends on which part of the brain is affected and how quickly the person is treated. A stroke can affect a person's mobility, speech, ability to think, feel and analyse.

#### **Warning Signs & Silent Symptoms of Stroke:**

- Sudden weakness of limbs
- Sudden confusion
- Difficulty speaking or understanding speech
- Difficulty seeing with one or both eyes
- Difficulty walking
- Dizziness, loss of balance or coordination
- Severe headache with no known cause
- Fainting or unconsciousness

### Types of Strokes:

- **Haemorrhagic Stroke:** An artery may rupture and cause bleeding into the brain tissue , Also called a cerebral haemorrhage
- **Ischaemic Stroke caused by atherosclerosis:** An artery may become blocked by progressive thickening of its walls
- **Ischaemic Stroke caused by embolism:** A clot blocks an artery and prevents blood getting to part of the brain.

### Treatable Risk Factors:

- **High Blood Pressure or hypertension:** Hypertension can increase the risk of stroke by two fold. This is because it can narrow the blood vessels causing them to rupture or leak. It can also result in the formation of blood clots which further increase the risk of stroke.
- **Smoking:** It is known to cause stroke as it leads to increased blood pressure which can cause the blood to clot and additionally builds up fatty substance (blockage) in the main artery which provides blood to the brain.
- **Diabetes:** Diabetes doubles your risk of having a stroke and is a contributing factor for 20% of the strokes caused as high blood sugar in the blood can damage blood vessels making them harder, narrower and more likely to be blocked. If this happens in a blood vessel leading to the brain it could cause a stroke.
- **High Levels of cholesterol:** Low-density lipoprotein cholesterol (LDL) carries cholesterol (a fatty substance) through the blood which causes blockage. The build of plaque in the arteries makes it difficult for the blood to carry the oxygen to the brain.
- **Lack of physical activity and obesity:** Obesity and Overweight are the primary risk factors for stroke for men and woman of all races as it increases the risk of stroke due to inflammation caused by excess fatty tissues. Waist Circumference and related ratios can better predict stroke than body mass index(BMI)
- **Stress:** One major factor which causes high blood pressure is stress. It causes the blood vessels to narrow and can increase chances of blood clots and heart attacks and stroke.

### Understanding “Golden Hour” in stroke

It is imperative for a stroke patient to get to the hospital in the ‘Golden Hour’ i.e. within 4.5 hours of the stroke. This is because medication that is administered within this time span is more effective for clot busting. For every minute in which the blood flow is not restored, nearly two million additional nerve cells die. Studies have shown that patients who seek help earlier than others are those who have had more intense symptoms.

**Dr. Atampreet Singh, Senior Consultant, Fortis Hospital, Noida shares quick tips on cars for stroke patients**

**Caring for a stroke patient at home:**

- **Behavioural Treatment:** A stroke patient might undergo behavioural problems like depression and anxiety. It is important to ensure that they feel encouraged and supported. Making them a part of a support group is one way to enable them to handle their emotions. Enabling them communicate with people who have similar conditions is important and effective.
- **Medical Documentation:** Ensuring that the patients' medical needs are taken care of in an effective manner is very important. The medication, stroke side effects, and behavioural changes have to be monitored.
- **Physio Therapy:** If a stroke causes damage to the part of brain that controls movement one may experience weakness or paralysis on one side of the body and problems with the movement and carrying out everyday activities. Physiotherapy can be an important part of the rehabilitation process. The main focus of Physiotherapy will be to move the legs and arms again and regain as much strength and movement as possible.
- **Speech therapy:** If stroke affect language occur and there is problem of expression or comprehensive of speech, speech therapy plays an important role in restoring the speech of the patient.

Stroke might be the beginning of an epidemic in India if left unattended. Inadequately controlled poor lifestyle choices and lack of awareness are the major contributors to the rising numbers.

**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 368 diagnostic centres.*

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