

Free Flashcards For Stroke Patients PDF

Free Flashcards For Stroke Patients PDF

Disclaimer: The free flashcards for stroke patients pdf was generated with the help of StudyBlaze AI. Please be aware that AI can make mistakes. Please consult your teacher if you're unsure about your solution or think there might have been a mistake. Or reach out directly to the StudyBlaze team at max@studyblaze.io.

What is a stroke?

A stroke is a medical condition that occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients.

What are the two main types of stroke?

The two main types of stroke are ischemic stroke, which occurs when a blood vessel supplying blood to the brain is obstructed, and hemorrhagic stroke, which occurs when a blood vessel in the brain leaks or ruptures.

What are common symptoms of a stroke?

Common symptoms of a stroke include sudden numbness or weakness in the face, arm, or leg, especially on one side of the body; confusion; trouble speaking or understanding speech; difficulty seeing in one or both eyes; and trouble walking, dizziness, or loss of balance.

What is the FAST acronym used for?

The FAST acronym is used to help identify the signs of a stroke: F for Face drooping, A for Arm weakness, S for Speech difficulties, and T for Time to call emergency services.

What should you do if you suspect someone is having a stroke?

If you suspect someone is having a stroke, you should call emergency services immediately and note the time when the symptoms began.

What are some risk factors for stroke?

Risk factors for stroke include high blood pressure, diabetes, high cholesterol, smoking, obesity, physical inactivity, and a family history of stroke.

How can strokes be prevented?

Strokes can be prevented by managing risk factors such as maintaining a healthy diet, exercising regularly, avoiding tobacco, controlling blood pressure and cholesterol levels, and managing diabetes.

What is the role of rehabilitation after a stroke?

Rehabilitation after a stroke helps patients regain lost skills and improve their quality of life through physical therapy, occupational therapy, and speech therapy.

What is a transient ischemic attack (TIA)?

A transient ischemic attack (TIA) is a temporary period of symptoms similar to those of a stroke. A TIA doesn't cause permanent damage and is often a warning sign of a future stroke.

What lifestyle changes can help reduce the risk of stroke?

Lifestyle changes that can help reduce the risk of stroke include eating a balanced diet, exercising regularly, maintaining a healthy weight, quitting smoking, and limiting alcohol consumption.