

## Prevention

- Eat a healthy diet: restrict salt and avoid salty food like - dried fish, salted egg, and fast food etc.
- Decrease weight (1kg = 1mmHg) 1 kg loss brings down blood pressure by 1mmHg.
- Manage your blood pressure.
- Regulate blood sugar levels if you have diabetes.
- Lowering your cholesterol level.



- Drink at least 8 glasses of water a day.
- Increase intake of vegetables and fruits.
- Avoid carbonated drink.
- Avoid drugs, alcohol, and smoking.
- Regular exercise.



\*Recovery following intracerebral bleed (ICH) differs greatly from person to person and will depend on a variety of factors. These include your age and overall health, the location of the haemorrhage, and the extent of the damage. Some patients may take months or years to recover. Most intracerebral bleed (ICH) patients have some long-term disability.\*

## Scan to know more about Neurosurgery Department



## CONTACT US

### Operating Hours

Monday to Thursday 8am - 5pm  
Friday 8am - 12pm  
2pm - 5pm

For any enquires, please contact

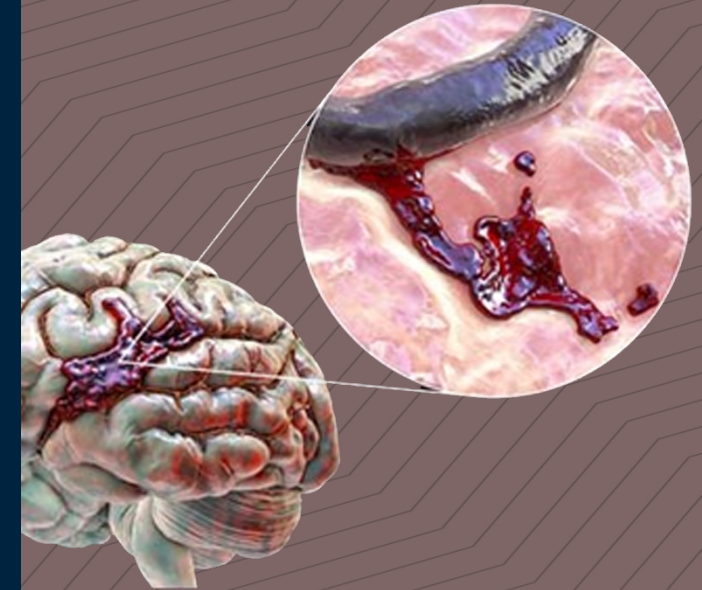
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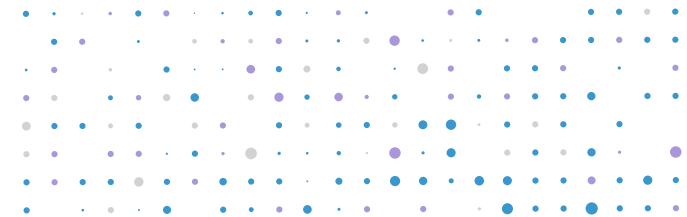
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PANTAI JERUDONG  
SPECIALIST CENTRE



## INTRACEREBRAL BLEED (ICH)



# What Is Intracerebral Hemorrhage (ICH)?

Intracerebral hemorrhage (ICH) is a bleeding into the brain tissue caused by the rupture of a blood vessel due to increase in the blood pressure. This leads to brain damage, unconsciousness and even death.

## Causes

- > Uncontrolled or untreated blood pressure
- > Vascular malformations
- > Trauma
- > Tumor
- > Medications
- > Drugs (e.g., cocaine or methamphetamine)
- > Clotting factor deficiencies



## Risk Factors

- > Hypertension
- > Race
- > Anticoagulants / Anti-platelets



- > Heavy alcohol consumption
- > Tobacco use
- > Diabetes

# Sign and Symptoms

Nausea and vomiting



Sudden headache



Loss of consciousness



Delirium / altered sensorium



Weakness of hand / leg or both



Focal or generalized seizure



# Complications

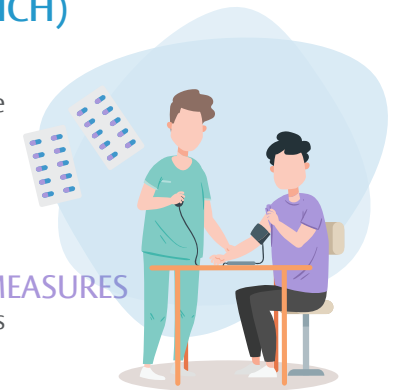
- > Seizures
- > Swelling of the brain
- > Cognitive dysfunction (memory loss, difficulty reasoning), confusion
- > Decrease sensations or movements on one side of the body
- > Impaired language skills
- > Coma



# Management of Intracerebral Hemorrhage (ICH)

## 1. MEDICATION

Anti-hypertensive medications



## 2. ANTI EDEMA MEASURES

Osmotic diuretics

## 3. PROCEDURE

Craniotomy : skull is opened to remove the blood clot



## 4. REHABILITATION

To improve the weakness to integrate back into society

