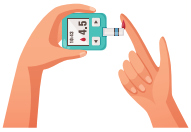


TOP TIPS THAT HELP TO REDUCE OUT RISK OF STROKE



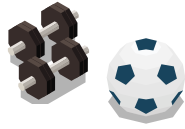
Manage Diabetes



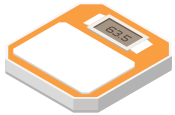
Control High Blood Pressure



Reduce Your Cholesterol



Exercise 5 Times Per Week



Maintain A Healthy Weight



Reduce Alcohol Intake



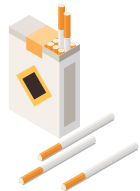
Eat A Healthy Balanced Diet



Manage Stress and Depression



Identify and Treat Atrial Fibrillation



Stop Smoking and Avoid Smoky Environment



PANTAI JERUDONG
SPECIALIST CENTRE



CONTACT US

Operating Hours

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

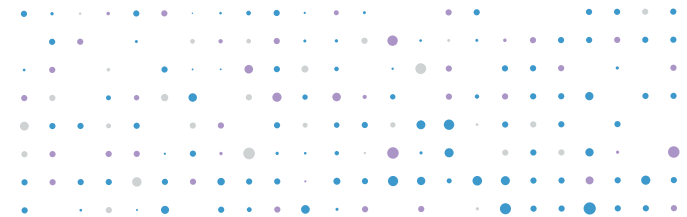
For any enquires, please contact

Pantai Jerudong Specialist Centre
Jerudong, BG3122, Brunei Darussalam

T +673 261 3333 (ext. 1178)
E enquiries@pjscbrunei.com

www.pjscbrunei.com

LEARN ABOUT STROKE



DID YOU KNOW?

1 in 4 of us will have a stroke in our lifetime. Knowing more about prevention and symptoms of stroke could save millions of lives, including yours.

Stroke happens when the blood supply to part of the brain is cut off. Without blood supply, brain cells can be damaged or die.

The Signs of Stroke



Balance

Loss of balance, sudden or “thunderclap” headache or dizziness



Eyes

Burred vision



Face

One side of the face is drooping



Arms

Arm or leg weakness



Speech

Speech difficulty



Time

Time to call for AMBULANCE immediately

Types of Stroke

Ischemic Stroke

Area deprived of blood (obstruction blocks blood flow to part of the brain)

Hemorrhagic Stroke

Area of bleeding (Weakened vessel wall ruptures, causing bleeding in the brain)

Transient Ischemic Attack (TIA or mini-stroke)

A TIA is caused by a temporary disruption in the blood supply to an area of the brain. It can cause symptoms similar to a stroke, but unlike a stroke these symptoms pass quickly and usually fully resolve within 24 hours.

Risk Factors of Stroke

- Obesity
- Diabetes
- Sleep apnea
- Lack of exercise
- Cardiovascular disease
- Heavy alcohol use
- Smoking & drug use
- High blood pressure

6 Key Facts About Stroke Treatment

- ❖ Early recognition makes a big difference
- ❖ Around 1 in 10 people make an excellent recovery when cared for in a specialized stroke unit
- ❖ Clot-busting drugs (TPA or thrombolysis) increase the chance of a good outcome by 30%.
- ❖ Clot retrieval treatment increases the chance of a good outcome by more than 50%.
- ❖ Rehabilitation is a critical step in the treatment process.
- ❖ One in four survivors will have another stroke.

COMMON EFFECTS OF STROKE

The physical effects

- Spasms
- Spasticity
- Dysphagia
- Nerve pain
- Unsteadiness
- Sensation loss
- Visual problems
- Cognitive difficulty
- Poor co-ordination
- Weakness or paralysis
- Exhausting neurofatigue
- Bladder or bowel changes
- Movement and mobility issues
- Speech and communication problems



The psychological effects

- PTSD
- Grief
- Shame
- Irritability
- Loneliness
- Frustration
- Depression
- Loss of hope
- Guilt & shame
- Fear & anxiety
- Excessive anger
- Emotional lability
- Lack of motivation
- Behavioral changes
- Self-esteem & confidence issues

