Brain Stroke

**Definition:** Brain Stroke is a disorder of brain function. In this disease, due to the presence of blood clots in the blood vessels of the brain or cerebral hemorrhage, the blood flow to the brain is suddenly cut off. And the part of the brain that does not have blood supply may be permanently damaged.

Brain Stroke is one of the ten leading causes of death in Iran and other countries, the most important causes of which are stress and psychological factors that increase blood pressure in the patient and cause cerebral hemorrhage, followed by brain stroke.

What are the symptoms of a brain stroke?

- Numbness or muscle weakness in the face, hands or feet, especially on one side of the body
- (Confusion) or change in mental state
- Difficulty speaking or understanding what others are saying
- Visual disorders (blurred vision or blindness)
- Difficulty walking, dizziness or lack of balance and coordination
- Sudden and unusual severe headaches

Who is most at risk for brain stroke?

High age, high blood pressure, heart disease, diabetes, malnutrition, smoking, inactivity.

General tips for preventing a recurrence of brain stroke attacks if you have had a brain stroke:

- If you smoke, quit smoking.
- Eat a healthy diet.
- Reduce cholesterol and fats in your diet.
- Eat more vegetables and fruits.
- Exercise regularly.
- If you are obese, lose weight.
- If aspirin is prescribed, take the medicine after a meal.

Training of the patient or the patient's companion:

- Place objects within a person's healthy field of vision.
- People should stand on the healthy side of the patient with reduced visual field when looking at or talking to the patient, and look directly at the patient. Also, put all the necessary items such as: clock, calendar, TV on the patient's healthy side and increase the room light.
- Avoid driving or other hazardous activities at night.
- Closing one eye can be helpful in reducing diplopia.
- Encourage the patient to repeat the sound of the letters of the alphabet.
- Increase strength, mobility and usability by exercising the injured arm or leg.
- Provide equipment to help the patient move (such as a cane, walker, wheelchair).
- Training the patient not to walk without assistance or aids
- The patient should use the toilet with a short chair.
- In a patient with unilateral paralysis, taking a shower is better than taking a bath.
- Start the patient's diet with puree or concentrated liquids first, as these foods are easier to swallow than dilute liquids.
- Encourage the patient to follow a proper diet: low fat, low salt and high fiber (fresh vegetables and fruits and whole grains) to reduce constipation.

Useful measures to prevent bed sores if the patient needs to rest in bed:

Changing the position of the body to prevent bed sores every 2-4 hours, using an air mattress, examining the patient's skin, and if there is redness and sores, you should consult a doctor.

If you have any questions or ambiguities, call the following number:

023-33437821, Internal ward of Kosar Hospital