# Stroke Prevention

## What causes a Stroke?

- **Stroke**- also called CVA/cerebrovascular accident, death of brain tissue, lack of blood flow, insufficient oxygen
- **Stroke-** blood flow to the brain is disrupted due to a clot or aneurism, brain cells can die due to a lack of oxygen; bleeding in or around the brain; brain attack
    - **Can be Caused by**- severe anemia, carbon monoxide poisoning, leukemia, polycythemia (abnormal blood cells or blood clotting)

## Signs and Symptoms:

- **Edema**- fluid retention in one or many areas, swelling in the brain causing pressure that can damage brain tissue, making neurological problems worse
- **Other Symptoms**- numbness or weakness of the arm, face or leg usually on 1 side of the body, trouble talking/understanding others; severe unexplained headache; sudden dimness or vision loss; unexplained falls or dizziness

## Facts:

- **TIA/Transient Ischemic Attack-** insufficient blood supply to part of the brain; early warning sign of a stroke
- **Major Risk Factors**- high blood pressure, atherosclerosis (hardening of the arteries from fatty buildup)
- **Hemorrhagic Stroke**- blood vessel bursts, blood leaks into an area in the brain, destroys it, prevents normal blood flow

## What can I do?

- **See your Health Care Provider**- CT, MRI scan, electrocardiogram, medicines to help prevent/ control strokes
- **See a FFF Registered Dietitian**- for help as needed
- **Control**- Blood Pressure, Cholesterol Levels, Weight, Sodium, Fat, learn to handle stress, control your diabetes, eat healthy, limit alcohol, **AVOID-tobacco**
- **Meats**- fish, chicken (no skin) that is broiled, boiled, baked, roasted, stewed, grilled, or stir-fried without sauces and gravies
- **AVOID**- rich cakes, pies, pastries, fried foods, pizza, casseroles, bacon, sausage, cured ham, hotdogs, foods high in sodium as pickles, chips, snack foods, tomato based canned foods as spaghetti sauce, tomato soup, canned tomatoes, V-8 and tomato juices, salted nuts, olives, sauerkraut, cheese puffs, crackers