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## Stroke

Stroke is a medical emergency which occurs due to interrupted or reduced supply of blood in the brain depriving brain tissue of oxygen. This causes brain cells to die and prompt action is very essential.



### What are the symptoms of stroke?

The common signs and symptoms of stroke include:

- Abrupt numbness or weakness of the face, arm, or leg
- Abrupt confusion or speech problem or understanding others
- Vision problems
- Abrupt dizziness, imbalance or trouble in walking
- Abrupt severe headache with unknown cause



### What are the causes of stroke?

Interrupted or reduced blood flow into the brain is responsible for causing stroke. A stroke may be caused by blockage of artery or a leakage of blood vessel. Some people may experience a temporary disruption of blood flow through their brain.

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## Do's

- ✓ Eat diet rich in fruit and vegetables
- ✓ Maintain healthy weight
- ✓ Be physically active
- ✓ Perform regular exercise
- ✓ Lower amount of cholesterol and saturated fat in your diet

## Don'ts

- ✗ Do not smoke and consume tobacco
- ✗ In post-menopausal women, do not use hormone replacement therapy
- ✗ Do not exceed body weight >22 BMI
- ✗ Do not consume alcohol



## Stroke: Myths and Facts

**Myth 1:** Older people are usually affected by strokes.

**Fact:** Strokes are commonly seen in older individuals. Nearly a quarter of strokes occur in people >65 years, but it can be seen in young people and children.

**Myth 2:** Stroke occurs in the heart.

**Fact:** Stroke is a condition where blood vessels of the brain are involved and is caused due to reduced supply of blood into the brain.

Early and individualized treatment plan is helpful for improving your chance of recovery. Therefore, sooner you get appropriate treatment, it is better. After recovery from emergency treatment, you must follow doctor's advice and treatment plan in order to prevent another event of stroke.

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