

**What are the Warning signs of Stroke and TIA's?**

- **F**ed suddenly weak in an arm, hand or leg
- Can't **f**eel one side of face or body
- Suddenly can't see out of one eye
- Suddenly have e hard time talking
- Can't understand what someone is saying

**These signs for stroke or TIA mean that you should get medical attention quickly!**  
**Quick action could save your life or help prevent a bad stroke.**  
**You may have some or all of these signs, which may last only a few minutes**

**can I help prevent stroke?**

Older people, men, African-Americans and people with diabetes or heart disease are most at risk for stroke. Even so, you should remember that there's a lot you can do to help prevent stroke! You must:

- Stop smoking
- Keep Mood pressure down
- Eat a low-fat, low salt diet
- Take off extra weight
- Get regular exercise
- Follow doctor's orders
- Take your medicine
- Get regular checkups

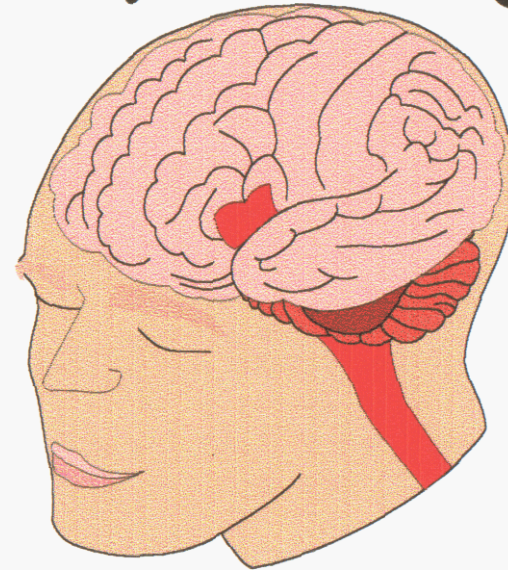


**If you have any questions or concerns please call:**

**Red Lake Hospital**  
 Red Lake, MN 56671  
**(218) 679-3912**

# Stroke?

TIA? ??? CVA?



What's happening to me?

???

How will the Doctors and Nurses figure it out?

## How is a Stroke diagnosed?

When someone has shown symptoms of a TIA (Transient Ischemic Attack) or Stroke, a doctor will gather information and make a diagnosis. He/she will review the events that have happened and:

- get a medical history
- do a physical exam
- do a neurological exam
- have certain blood tests done
- get a CT scan of the patient, and
- study the results of other diagnostic tests that might be needed.

A doctor may use many different tests. The ones listed here are just some of the more common ones.

## What are the effects of Stroke?

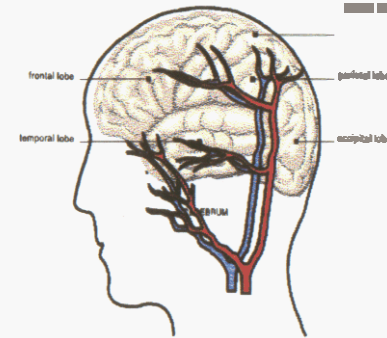
- Loss of feeling or movement, often on one side of the body
- Trouble talking or understanding words
- Blurred or tunnel vision, or loss of sight often in one eye
- Loss of emotional control and rapid changes in mood
- Problems with memory, judgement, problem-solving (or a combination of these)

## What can be done?

You will be hospitalized in order to:

- get all of the diagnostic tests done
- watch for worsening symptoms
- watch for complications that can occur from the brain injury
- plan and coordinate the rehabilitation process.
- Begin range-of-motion exercises and physical therapy
- Start good skin care to avoid bedsores
- Begin swallowing and breathing therapy
- Begin counseling for depression or emotional reactions

## What is brain injury?



Brain cells, like all the cells in your body, can't live without a constant supply of blood (which carries oxygen and food). If brain cells go without a blood supply for even a short time, they become injured and may die.

Different parts of the brain control different parts of the body and different skills. The effects of a stroke depend on what part of the brain is affected.

The effects of a stroke depend on where and how much of the brain was injured. A stroke's effect may be hardly noticeable or it may be very bad. Strokes don't affect any two people in exactly the same way.

## What are common complications of stroke?

Stroke is a dramatic event. Its effects appear soon after it occurs. Then abilities improve either right away and/or with rehabilitation. It's important to know about these complications in order to lessen their effect or to prevent them:

- Edema - brain swelling after injury
- Seizures
- Depression
- Bedsores
- Arm and leg contractures
- Shoulder pain
- Blood clots in veins
- Bladder infections and bladder control
- Pneumonia