

What is stroke ?

A stroke occurs if the flow of oxygen-rich blood to a portion of the brain is blocked. Without oxygen, brain cells start to die after a few minutes. Sudden bleeding in the brain also can cause a stroke if it damages brain cells.

If brain cells die or are damaged because of a stroke, symptoms occur in the parts of the body that these brain cells control. Examples of stroke symptoms include sudden weakness; paralysis or numbness of the face, arms, or legs (paralysis is an inability to move); trouble speaking or understanding speech; and trouble seeing.

A stroke is a serious medical condition that requires emergency care. A stroke can cause lasting brain damage, long-term disability, or even death.

Do not drive by yourself to the hospital or let someone else drive you.. During a stroke, every minute counts.

Types

The two main types of stroke are ischemic and hemorrhagic . Ischemic is the more common type of stroke.

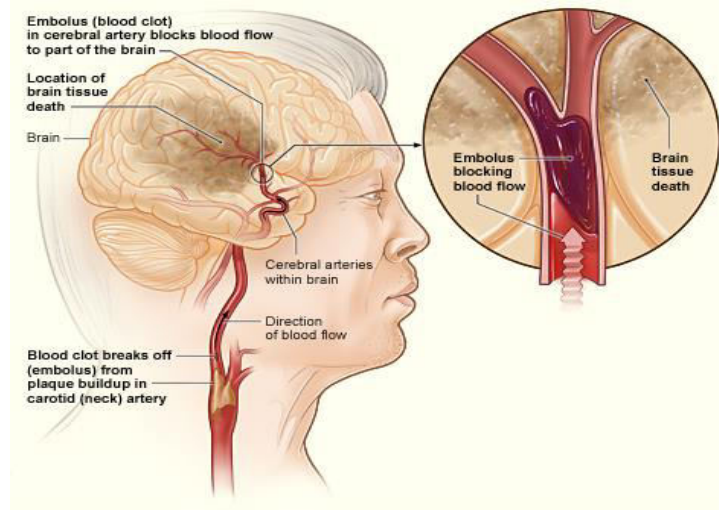
An ischemic stroke occurs if an artery that supplies oxygen-rich blood to the brain becomes blocked. Blood clots often cause the blockages that lead to ischemic strokes.

A hemorrhagic stroke occurs if an artery in the brain leaks blood or ruptures . The pressure from the leaked blood damages brain cells. [High blood pressure](#) and [aneurysms](#) are examples of conditions that can cause hemorrhagic strokes. (Aneurysms are balloon-like bulges in an artery that can stretch and burst.)

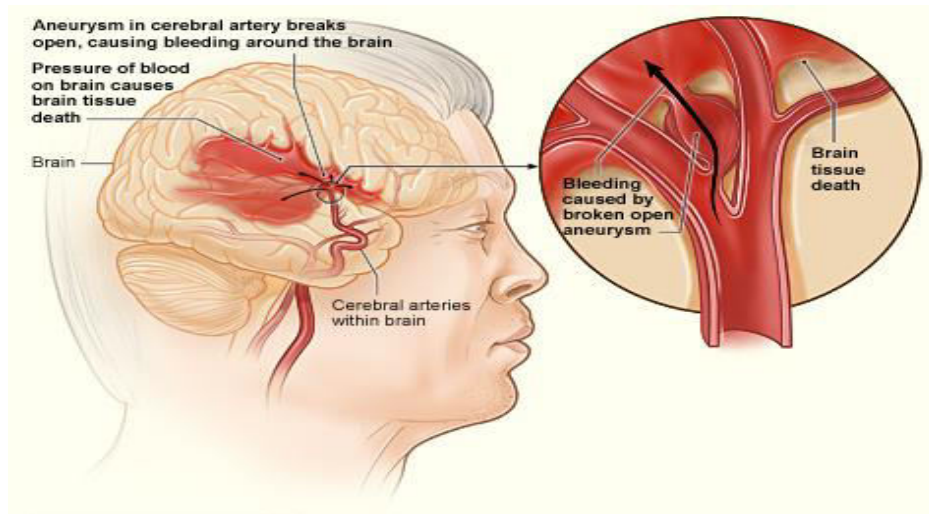
Another condition that's similar to a stroke is a transient ischemic attack, also called a TIA or "mini-stroke." A TIA occurs if blood flow to a portion of the brain is blocked only for a short time. Thus, damage to the brain cells isn't permanent .

Like ischemic strokes, TIAs often are caused by blood clots. Although TIAs are not full-blown strokes, they greatly increase the risk of having a stroke. If you have a TIA, it's important for your doctor to find the cause so you can take steps to prevent a stroke.

Both strokes and TIAs require emergency care.



Above image is Ischemic stroke



Above image is hemmorrhagis stroke

Who Is at Risk for a Stroke?

Certain traits, conditions, and habits can raise your risk of having a stroke or transient ischemic attack (TIA). These traits, conditions, and habits are known as risk factors.

The more risk factors you have, the more likely you are to have a stroke. You can treat or control some risk factors, such as high blood pressure and smoking. Other risk factors, such as age and gender, you can't control.

The major risk factors for stroke include:

- [High blood pressure](#).
- [Smoking](#)
- [Diabetes](#)
- Heart diseases.
- Brain [aneurysms](#) or arteriovenous malformations (AVMs).
- Age and gender. Your risk of stroke increases as you get older. At younger ages, men are more likely than women to have strokes
- Personal or family history of stroke or TIA. If you've had a stroke, you're at higher risk for another one. Your risk of having a repeat stroke is the highest right after a stroke. A TIA also increases your risk of having a stroke, as does having a family history of stroke.

Other risk factors for stroke, many of which of you can control, include:

- Alcohol and illegal drug use, including cocaine, amphetamines, and other drugs
- Unhealthy [cholesterol levels](#)
- Lack of physical activity
- Unhealthy diet
- [Obesity](#)
- Stress and depression

Following a healthy lifestyle can lower the risk of stroke. Sometimes strokes can occur in people who don't have any known risk factors.

By

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