Bridgepoint Stroke Education Series: Session 1

Introduction to Stroke
Weekly sessions held in the 3rd floor dining room –
Thursdays from 3:15 - 4:00
Saturdays from 2:00 – 2:45

For inpatient and outpatient stroke survivors and their friends and family

Combination of information and peer support

Not meant to cover EVERYTHING, but to answer questions relevant to YOU, and guide you to further resources (websites, staff, etc)
Bridgepoint Stroke Education Series

Week 1: Introduction to Stroke

Week 2: Recovery After Stroke

Week 3: Swallowing and Communication After Stroke

Week 4: Adjustment After Stroke

Week 5: Function for Daily Living

Week 6: Transition Home into the Community
My Guide for Stroke Recovery

- We are using this binder to help you and your caregivers manage your recovery following your stroke.
- At the front of your binder, there is a summary of each education session we run, with links to where you can find more information in the binder or website.
- If there are any outstanding questions about a topic, please refer to the appropriate section in the binder or talk with your health care provider.
Introduction

Name any friends and family here

What has been your experience of living with a stroke so far?

What do you hope to get out of these sessions?
Introduction

You will be asked questions so this talk is tailored to you (e.g. What risk factors or type of stroke did you have?)

Be sure to speak up and ask questions! If you have a question, others likely have the same question. Share any information you feel comfortable sharing.

Say “Hi” to fellow stroke survivors from this group outside of this session- you will learn even more from each other!
Outline of Today’s Session

- What is a stroke
- Signs/symptoms of a stroke
- Risk factors for a stroke
- Prevention of a stroke
What is a stroke?

• AKA- “cerebral vascular accident” or CVA
• Injury to a part of the brain
• Every stroke is different
• Severity and presentation will depend on size and location of the stroke
Types of Stroke

• Ischemic vs Hemorrhagic Stroke

Blood clot blocks flow to the brain

Artery bursts in the brain and blood leaks into brain tissue

Ischemic Stroke

Clot stops blood supply to an area of the brain

Hemorrhagic Stroke

Hemorrhage/blood leaks into brain tissue
Transient Ischemic Attack (TIA)

- AKA “mini stroke”, ischemia but not infarction
  - Not enough blood supply
  - Temporary blockage in blood vessel in the brain - symptoms last <24 hrs
- Serious warning sign, seek medical attention ASAP
- Risk of subsequent stroke:
  - 11% over the next 7 days
  - 24-29% over the following 5 years
Frequently Asked Questions:

Q: How do I know someone is having a stroke and what do I do if I suspect they are?
Warning Signs: F.A.S.T.

Spot a Stroke

Stroke Warning Signs and Symptoms

FACE DROOPING  ARM WEAKNESS  SPEECH DIFFICULTY  TIME TO CALL 911
Intrinsic Risk Factors

- Gender
- Race
- Age
- Family history
# Stroke Risk Factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Estimated Increase in Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atrial Fibrillation</td>
<td>17 x</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>2 – 4 x</td>
</tr>
<tr>
<td>Cardiac Disease</td>
<td>2 – 4 x</td>
</tr>
<tr>
<td>No Exercise</td>
<td>1.8 – 3.5 x</td>
</tr>
<tr>
<td>Diabetes</td>
<td>1.5 – 2.5 x</td>
</tr>
<tr>
<td>Smoking</td>
<td>1.5 – 2.5 x</td>
</tr>
<tr>
<td>Alcohol</td>
<td>1 – 3 x</td>
</tr>
</tbody>
</table>
Atrial Fibrillation

- **Abnormal beat** of the heart (atrium)
- Causes **clots to form in heart** which can shower up to brain
- Increases risk by 5-17x! (3-4% risk/yr, but up to 5-10%/yr if prior stroke/TIA)
- Risk increases **with increased age, hypertension and diabetes**
- **Anticoagulation** extremely important
Blood Pressure

• Normal Number 120/80
• 120 is called the SYSTOLIC
  ➢ This is the pressure on the blood vessel when the heart pumps the blood to the body
• 80 is called the DIASTOLIC
  ➢ This is the pressure on the blood vessel when the heart is at rest
High Blood Pressure

- Blood pressure after a stroke should ideally be less than 130/80
- Consider home monitor device
- Keep log of different times of day
- Diet (low salt, healthy heart)- (1300mg/day) and exercise- (4-6 x a week) are very important
- Can increase stroke risk by 4-6 X
Blood Pressure Medication

5 types:

• **Diuretics**
  - hydrochlorothiazide (HydroDiuril®), furosemide (Lasix®), spironolactone (Aldactone®).

• **ACE inhibitors**
  - lisinopril (Zestril®), perindopril (Coversyl®), ramipril (Altace®)

• **Angiotensin II Receptor Blockers (AKA ARBs)**
  - candesartan (Atacand®), losartan (Cozaar®), valsartan (Diovan®)

• **Calcium Channel Blockers**
  - amlodipine (Norvasc®), diltiazem (Cardizem®), felodipine (Renedil®)

• **Beta Blockers:**
  - atenolol (Tenormin®), metoprolol (Betaloc®), bisoprolol (Monocor®)
Medications

• **If ischemic stroke:**
  • Blood thinner such as aspirin, clopidigrel (TM Plavix), or ASA-dipyridamole (TM Aggrenox).
  • Warfarin (TM coumadin) or dabigatran (TM Pradax) if you have atrial fibrillation

• **You may also be on:**
  • Cholesterol medication,
  • Blood pressure medication
  • Diabetes medication
  • Talk to your team re: smoking cessation
Cholesterol

• Your total cholesterol should be <4, and your “bad cholesterol” (LDL) should be <2

• Cholesterol medications (statins-rosuvastatin, atorvastatin) may be helpful in preventing stroke and heart attack even when cholesterol levels are normal.
Diabetes

- Increases risk by 4X
- Diet, exercise, medications and monitoring of blood pressure/ HgA1C
- Most blood sugar level (before meals) should be between 4-7mmol/L ideally
  - OK to be slightly higher in hospital while body under stress
- Maintain a healthy weight
Smoking

• Smoking increases risk by 2X
  • Also increases risk for
    • high blood pressure
    • heart attack
    • lung cancer
• Smoking cessation is one of the **most important** things to do to prevent another stroke
• Talk to our cessation counsellor about options
  • Medications, patches, inhalers, support
Alcohol

- Alcohol consumption post stroke slows the healing process of the brain and may impair recovery—therefore it is recommended to abstain from alcohol
- Excessive alcohol (>1/day or 2/day if male) can increase your risk of stroke (both embolic and hemorrhagic)
Exercise

• Take a walk once a day
• Take the stairs if you are able
• Spend less time in front of the TV
• Meet with friends

We know that physical activity is good for human bodies. That goes double for stroke survivors.
Stress & Sleep

• Type A personality had 2X risk of stroke
• Stress can increase blood pressure and lead to hormonal changes that may increase clotting risk
• Sleep apnea (snoring, breath gasping, awakening tired) may increase risk by 2-4X
• Consider sleep study if you have these symptoms
Life Style Changes

- Exercise
- Stress
- Lifestyle
- Smoking/alcohol
- Regular checkups
Dietary Changes

• Limit salt intake
• Eliminate trans fat/Limit saturated fat
• Increase HDL, “Good Cholesterol”
• Decrease LDL, “Bad Cholesterol”
• Increase fiber intake
• Manage diabetes, having good blood sugar level
• Achieve healthy weight
• Restrict alcohol use
Tips

- Monitor your blood pressure at different times throughout the day and take note of what you were doing at the time.
- Use a chart like one below or use your wallet card.

<table>
<thead>
<tr>
<th>Date (DD/MM/YY)</th>
<th>Time (AM/PM)</th>
<th>Blood Pressure (Systolic/Diastolic)</th>
<th>Am I on target?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Systolic</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Diastolic</td>
</tr>
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</table>

- Don’t stop taking medications without first talking to your doctor.
Tips

• Remove the salt shaker from the table
• Read the food labels and limit processed foods
• Follow the food plate model

(Health Canada January 2019  Canada’s Food Guide)
Questions to Ask Myself – My Guide for Stroke Recovery

Questions about stroke

Having read the information in this section, consider the following questions.

☐ Do I know what kind of stroke I had?
☐ Do I know what caused my stroke?
☐ Do I know what the symptoms of a stroke are?
☐ Will I know what to do if I have symptoms of a stroke?
☐ Do I have a plan in place if I have an emergency?
Think & Reflect: Next Steps

What has this made you think about?

Is there anything you will do differently in the future now that you’ve had a stroke?

How will you go about doing this? What is the support and resources you need to accomplish this?
THANK YOU!

Reminder:
If you have not received your *My Guide for Stroke Recovery* binder, please ask your therapist for a copy. Use your table of contents to identify any areas that you want to learn more about.