



Stroke

The Stroke Unit at Sushrut Hospital offers emergency care and comprehensive rehabilitation for stroke patients within the Golden Hour. Our multidisciplinary team, equipped with advanced diagnostic tools, catheterisation lab and intensive care units, rapidly responds to strokes using 'Code White,' for timely management. We focus on preserving brain function and improving recovery outcomes, reinforcing our commitment as a leading Centre for Stroke Care and Management.

What is stroke?

Stroke is a block in a blood vessel or a rupture of a blood vessel inside the brain, which is sometimes called as 'brain attack'. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting oxygen and the nutrients they need to function.

What are the types of stroke?

Ischemic Stroke:

This is the most common type of stroke, occurring when a blood clot obstructs an artery supplying blood to the brain. While the risk increases with age, it's important to recognise that ischemic strokes can occur in younger individuals too.

Hemorrhagic Stroke:

This is caused by bleeding in the brain due to a ruptured blood vessel. It can happen at any age but is more common in older adults, especially those with conditions like high blood pressure or heart diseases.

Transient Ischemic Attack (TIA):

Often called a mini-stroke, a TIA is a temporary blockage in the artery. It's a critical warning sign of a potential future stroke and requires immediate medical attention.

What happens in an acute ischaemic stroke?

In an acute ischaemic stroke, the blood flow to a part of the brain is interrupted because of sudden blockage of a blood vessel. The blockage is usually due to a blood clot and starves the brain of needed oxygen and nutrients. The centre of the starved area may die quickly, however the surrounding area may die slowly over hours, thus allowing hope of recovery.

- 1 in 6 people in their lifetime will get a stroke.
- Every year 20 million people will suffer from stroke in the world.
- 5 million will die due to stroke.
- 90% of survivors will be left with some disability.
- Every 2 seconds there is 1 stroke in the world.

Signs of a Stroke

Understanding and recognising stroke symptoms can be lifesaving. If you or someone you know experiences these symptoms, it's crucial to seek medical attention immediately.

In case of stroke, remember F. A. S. T.



What are the risk factors for stroke?

Anyone can suffer from stroke. Although many risk factors for stroke are out of our control, several can be kept in line through proper nutrition and medical care.

Risk factors for stroke include the following:



Diagnosis

How would we know, what has happened to the patient?

CT Scan/MRI reveals the reason and your doctor will tell you exactly what has happened.

Can stroke be treated?

Treatment of stroke depends on how soon she has reached the hospital, what type of stroke it is and which is the most suitable treatment option. Powerful blood thinner injections can be given to melt the blockage in suitable patients with ischemic stroke. As the clot melts, blood flow to brain improves and further damage is prevented. In some other patients, we use hi-tech machines to repair the blockage similar to angioplasty for the heart. With time, recovery of arm or leg weakness occurs. Ofcourse stroke medicines have to be continued lifelong.

Dos & Dents

How to identify a Stroke or Brain attack? Look for these simple signs (**Act FAST**) to identify stroke early so that appropriate treatment can be started as soon as possible.

- Face:** Ask the person to smile. Does one side of the face droop?
- Arms:** Ask the person to raise both arms. Does one arm drift downwards?
- Speech:** Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
- Time:** If a person shows any one or more of these symptoms, time is important. Get to the hospital fast. Brain cells die every minute.

Dos and dents when dealing with a stroke/brain attack/paralysis

Make the person lie down	Do not try to give him some medicine unless advised by the doctor
Loosen all tight clothing	Do not try to give him something to eat or drink
If he is vomiting, turn him gently onto one side and allow him to vomit fully so that he can breathe well	Do not try to make him stand or walk
If he is getting a seizure or fit, gently hold him but do not put any pressure on him	Do not panic but rush him/her to a hospital
If he is getting a seizure or fit, gently hold him but do not put any pressure on him	
Try to call the doctor/ hospital before arrival	
Try to contact the patients relative	

Why Sushrut

Acute Stroke service

Acute stroke service is an integrated programme which is activated as soon as we get a call that someone is having symptoms suggestive of stroke or is brought to emergency services of our hospital. The Code White Stroke Plan includes stroke ambulance, emergency care services, neuro-imaging, neuro-intervention services, neurosurgical services and a dedicated stroke unit.

We are offering comprehensive acute neurointervention services under a single roof consisting of intravenous stroke thrombolysis for patients presenting in 4.5 hours of onset, intra-arterial stroke thrombolysis within 6 hours and mechanical clot withdrawal (Humbea Device) for those coming within 6 hours of the onset of stroke.

A dedicated stroke unit has been set up under guidance of a stroke neurologist which will provide comprehensive stroke care services. This will provide cardio-respiratory monitoring and specialised stroke nursing services.

Stroke rehabilitation programme

Stroke rehabilitation (rehab) is a medically supervised program that provides optimal environment for recovery, functional improvement and reduction in secondary complications and disability. It provides compensatory strategies, appropriate equipment & modifications and continuity of care so that the stroke survivor can reach maximum possible level of functional independence. Stroke rehabilitation (rehab) Programme helps the normal surrounding brain to take up the function of the damage area.

Multidisciplinary Team

The Multidisciplinary Team of rehabilitation medicine specialist (physiotherapist), stroke neurologists, rehab nurses, physical & occupational therapist, psychologist, & nutritionist provide integrated services.



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