FAQ:

**What is a stroke?**

*There are two different types of stroke: ischemic and haemorrhagic. Ischemic strokes occur when a blood vessel in the brain is blocked by a blood clot. Haemorrhagic strokes occur when a blood vessel in the brain leaks and bleeds into the brain. About 80% of strokes are ischemic, and 20% are haemorrhagic. Damage is caused because blood supply to the brain is interrupted, and brain cells die from lack of oxygen and nutrients.*

**What are the symptoms of a stroke?**

*Stroke symptoms include, but are not limited to:*

* *Weakness, numbness or paralysis of some parts of the body*
* *Difficulty speaking*
* *Loss of balance/dizziness*
* *Loss of vision*
* *Headache, usually very severe and occur abruptly.*

*These signs may appear in any combination, or only one may occur. Emergency services should be contacted immediately if symptoms are present for any length of time.*

**What treatment is there for strokes?**

*Strokes can be treated in a number of ways, but they are broken down into three categories:*

1. *Preventative treatment. This involves the treatment of an individuals risk factors for stroke, such as obesity, diabetes, high blood pressure, and more.*
2. *Immediate treatment. Immediately after a stroke occurs, the first step taken is to remove the clot from the brain or to stop the bleeding. Drugs are available to remove the clot, or to reduce blood pressure to stop bleeding on the brain.*
3. *Post stroke rehabilitation. This treatment helps individuals overcome disabilities that resulted from stroke damage. Medication is a common treatment.*

**What is Integrative Medicine?**

*Integrative medicine is a philosophy of healthcare, where Western medicines are combined with alternate treatments in order to treat not just an ailment, but to try and heal the “whole body”. Integrative medicine takes into account the physical, physiological, social and spiritual wellbeing of a person when treating them.*

**What can you do to decrease your risk of stroke?**

*To reduce an individuals risk of stroke, they can do the following things:*

* *Monitor your blood pressure, and go to a GP if it becomes a dangerous level.*
* *Track your cholesterol level, and go to a GP if it becomes too high.*
* *Quit smoking if you are a current smoker,*
* *Exercise regularly.*
* *Talk to a GP about if you should be taking a drug to reduce blood clotting.*

**What is the prognosis for stroke survivors?**

*A stroke is not a disability for life, with as many as 50-70% of stroke victims regaining independence. However, 15-30% of stroke victims remain permanently disabled.*

*Immediate treatment in the event of stroke is vital to increase your chances of a successful recovery.*