

# **Stroke**

## **Definition:**

A condition where blood supply to the brain is interrupted, causing brain cell damage.

## **Symptoms:**

- Sudden weakness on one side of the body
- Slurred speech
- Vision problems

## **Risk Factors:**

- High blood pressure
- Diabetes and obesity

## **Home Remedies:**

- Physical therapy post-stroke
- Healthy diet with omega-3 fatty acids

## **Medical Remedies:**

- Clot-busting drugs (tPA)
- Surgery in severe cases

## **Prevention:**

- Controlling cholesterol and blood pressure

## **Consult a Doctor if:**

- Sudden numbness or confusion occurs

## **Fun Facts:**

- Strokes are a leading cause of disability.