

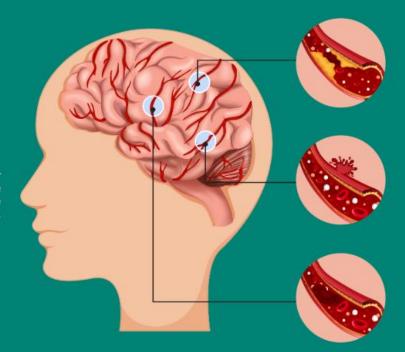


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What are Brain Strokes?

A stroke is a medical emergency that happens when the blood flow to your brain is interrupted. Without blood, your brain cells start to die. This can cause serious symptoms, lasting disability, and even death. There's more than one kind of stroke. Keep reading to learn about the three main types of strokes, their symptoms, and treatments.

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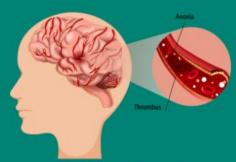
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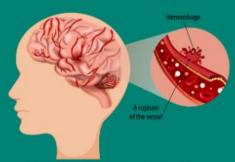
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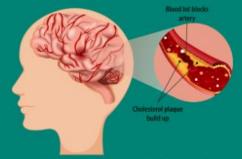
What are the different types of strokes?



Ischemic Stroke



Hemorrhagic Stroke



Atherosclerosis Stroke

schemic stroke

This is the most common type of stroke. It happens when the brain's blood vessels become narrowed or blocked, causing severely reduced blood flow (ischemia). Blocked or narrowed blood vessels are caused by fatty deposits that build up in blood vessels or by blood clots or other debris that travel through the bloodstream, most often from the heart, and lodge in the blood vessels in the brain.

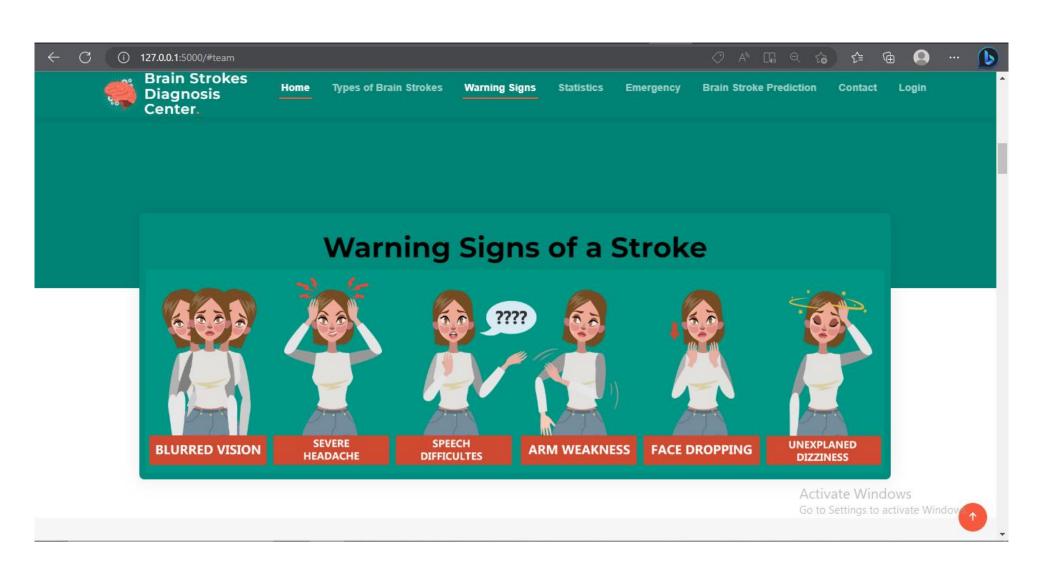
Hemorrhagic stroke

A hemorrhagic stroke results when a blood vessel in your brain ruptures or breaks, spilling blood into the surrounding tissues. There are three main types of hemorrhagic strokes: The first is an aneurysm, which causes a portion of the weakened blood vessel to balloon outward and sometimes rupture. The other is an arteriovenous malformation, which involves abnormally formed blood vessels. If such a blood vessel ruptures, it can cause a hemorrhagic stroke.

Transient ischemic attack (TIA)

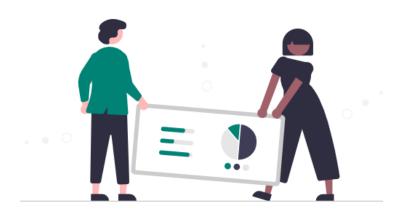
A transient ischemic attack (TIA) — sometimes know as a ministroke — is a temporary period of symptor similar to those in a stroke. A TIA doesn't cau permanent damage. A TIA is caused by a tempora decrease in blood supply to part of the brain, whi may last as little as five minutes.

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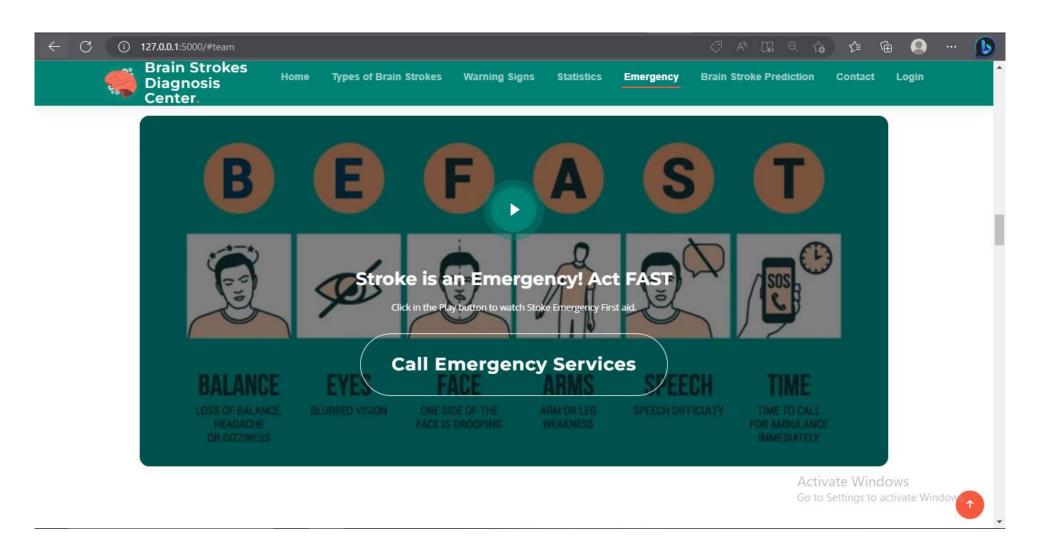




Statistics about strokes









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Prevention

Knowing your stroke risk factors, following your health care provider's recommendations and adopting a healthy lifestyle are the best steps you can take to prevent a stroke.



Controlling high blood pressure (hypertension)

This is one of the most important things you can do to reduce your stroke risk. If you've had a stroke, lowering your blood pressure can help prevent a subsequent TIA or stroke. Healthy lifestyle changes and medications are often used to treat high blood pressure.

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Lowering the amount of cholesterol and saturated fat in your diet

Eating less cholesterol and fat, especially saturated fat and trans fats, may reduce buildup in the arteries. If you can't control your cholesterol through dietary changes alone, your doctor may prescribe a cholesterol-lowering medication.

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Managing diabetes

Diet, exercise and losing weight can help you keep your blood sugar in a healthy range. If lifestyle factors don't seem to be enough to control your diabetes, your doctor may prescribe diabetes medication.

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