

Stroke Awareness

Presented by –

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May 5, 2009

FACTS: Strokes in the U.S.



- Third leading cause of death
- Leading cause of severe, long-term disability
- Every 53 seconds someone has a stroke, every 3 minutes someone dies of a stroke
- Americans will pay \$63 billion every year for stroke related medical costs and disability.



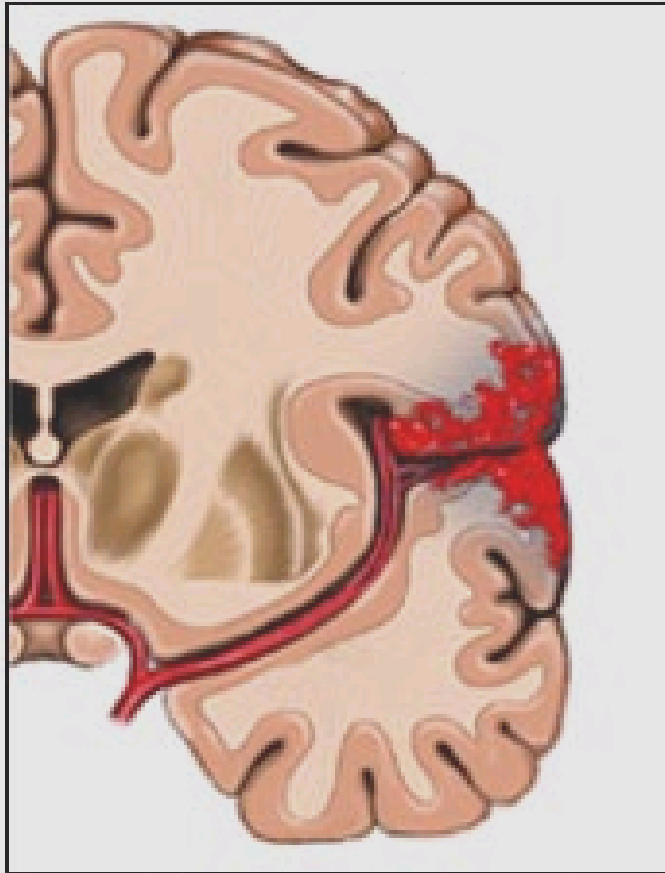
Stroke Risk Assessment Test

What Is A Stroke?

- When the brain does not receive enough blood from blocked arteries
- When there is bleeding in the brain from ruptured blood vessels

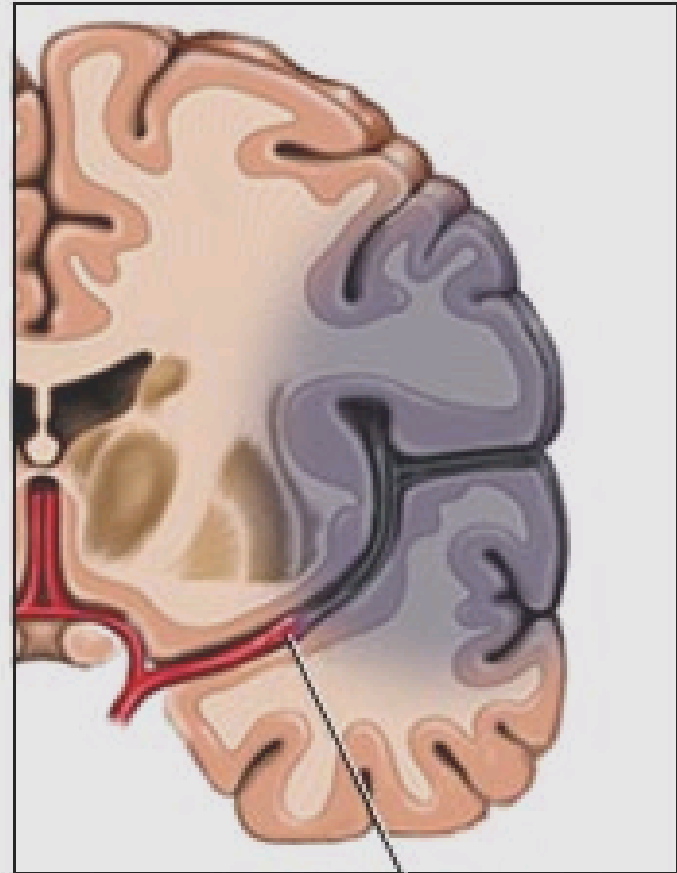
Hemorrhagic vs. Ischemic

Hemorrhagic stroke



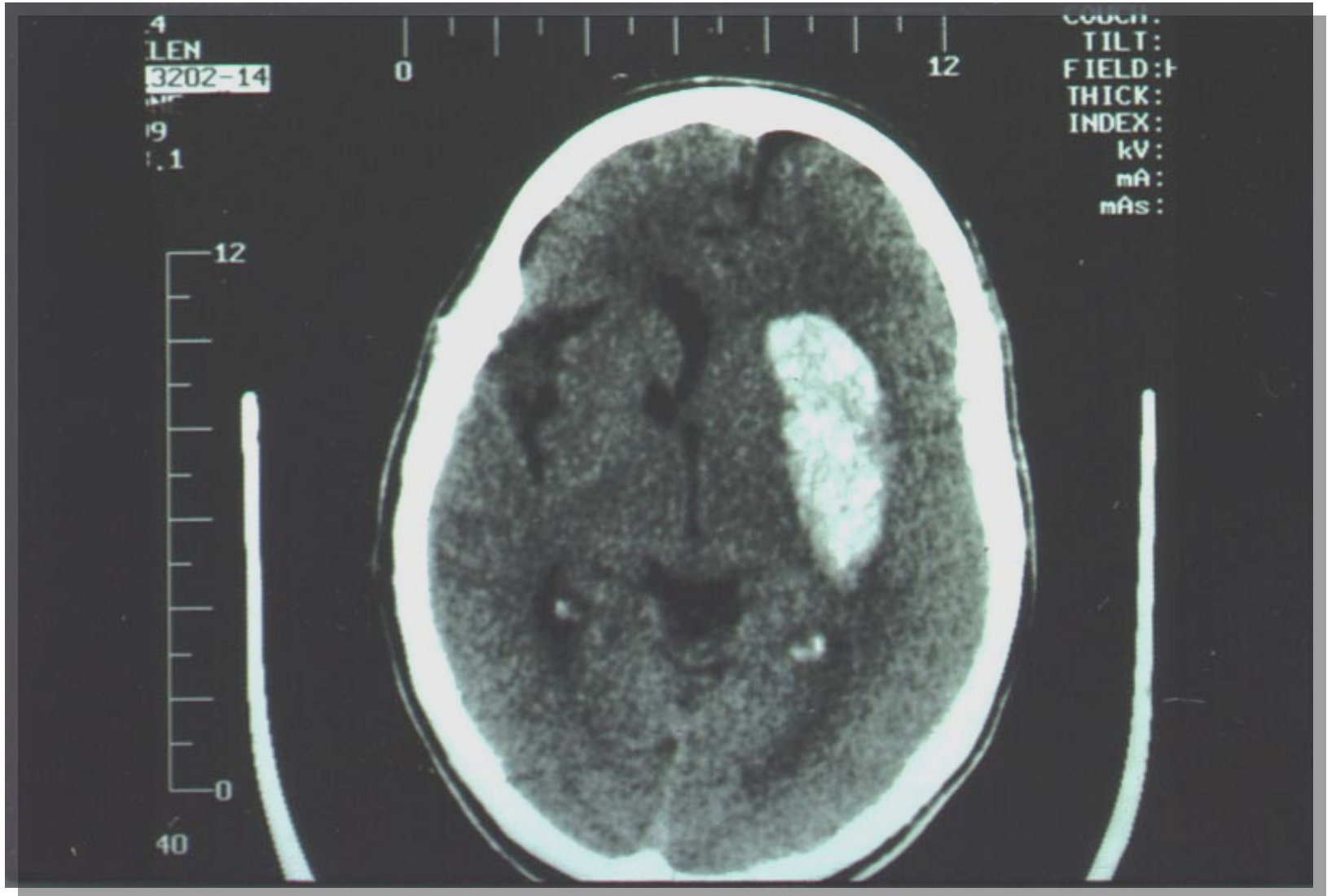
Bleeding occurs inside or around brain tissue

Ischemic stroke



A clot blocks blood flow to an area of the brain

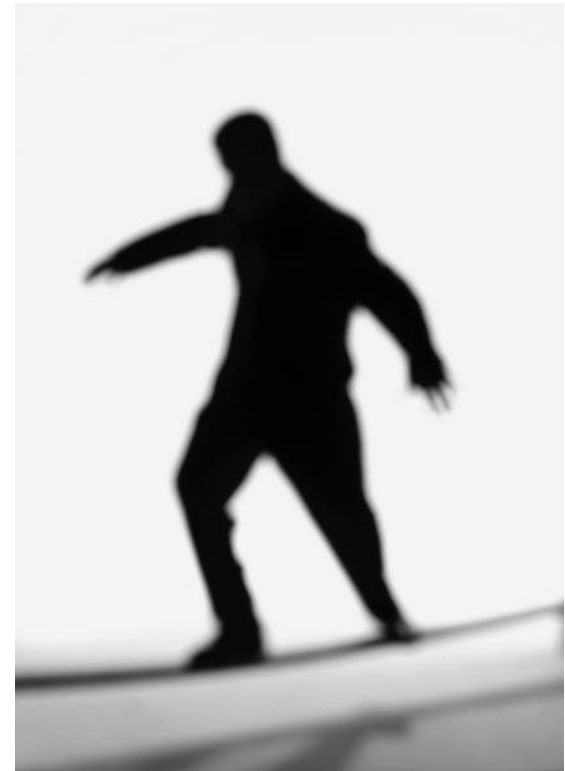




- TIA (Transient Ischemic Attack)
- Changing definition
- TIA is more serious than Stroke

High Blood Pressure

- Atrial Fibrillation
- Carotid Artery Disease
- High Cholesterol
- Diabetes
- Smoking
- Excessive Alcohol



KNOW YOUR NUMBER!

- Systolic (“top number”) greater than 140
- Diastolic (“bottom number”) greater than 90
- Only about 40% of people with high blood pressure has it under control
- Many people need two or three medications to get their blood pressure under control

- I am already on too many medications
- I am a walking pharmacy
- It is too expensive
- Can't I try exercising and losing weight first?
- My blood pressure goes up only when I come to see you

I never had high blood pressure before...

- >2/3 of people over age 65 have high blood pressure
- If you have a normal blood pressure at age 55, your chance of developing high blood pressure is 90%
- 30% of people don't know they have high blood pressure

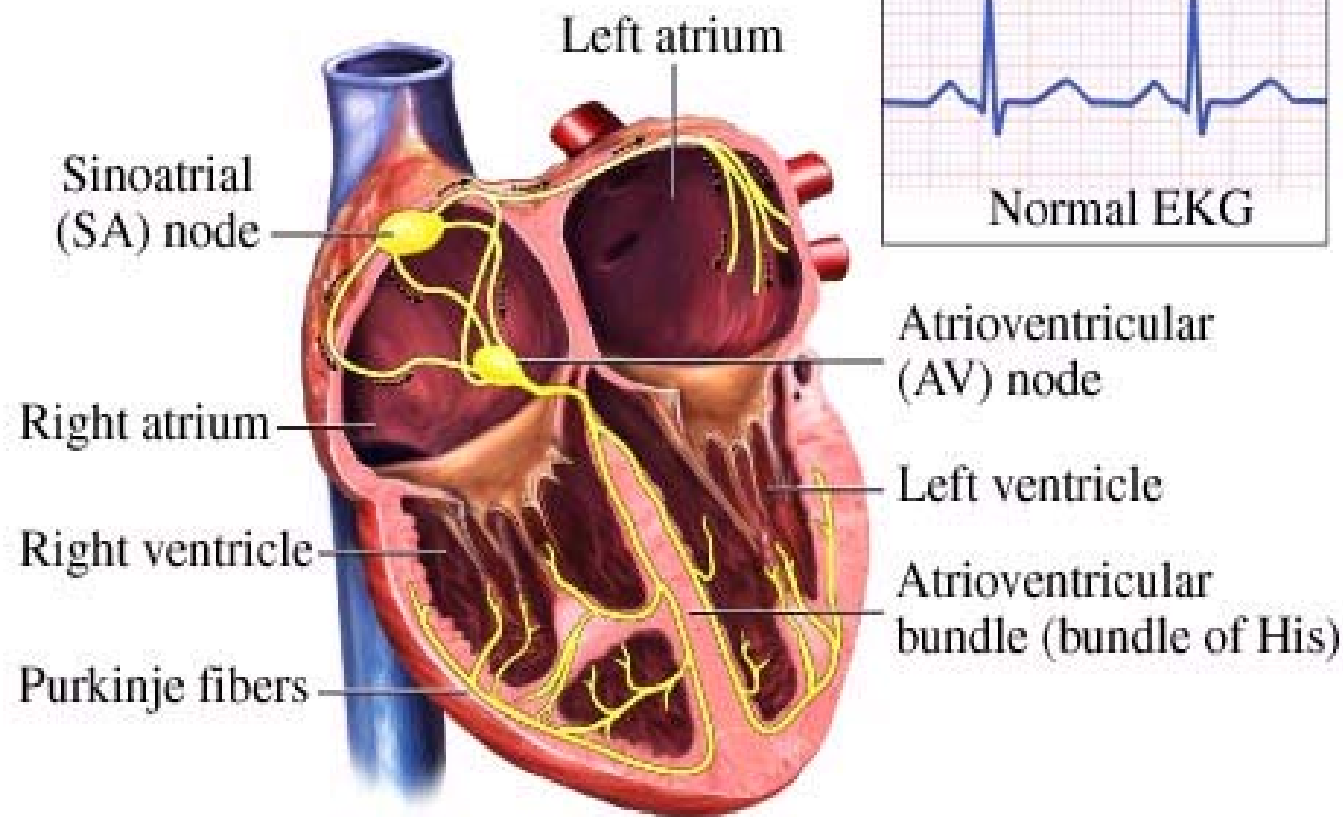
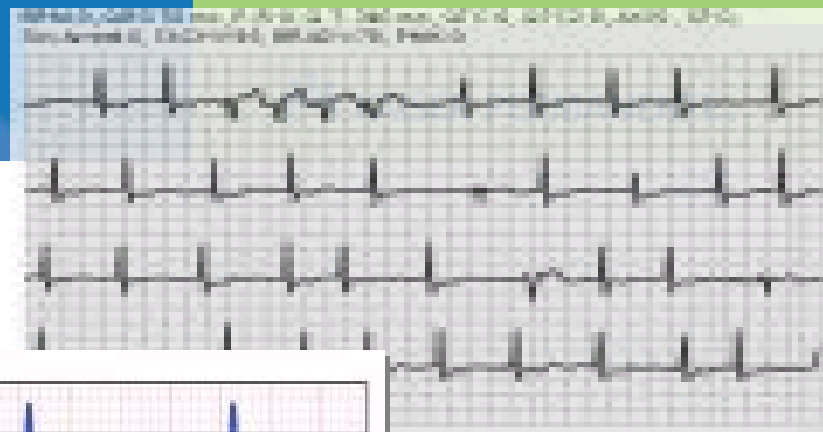
- Higher the Blood Pressure, Greater the Risk of Stroke
- Even a small drop in your blood pressure gives you a large benefit against stroke

For example lowering from 150 to 140mmHg systolic blood pressure = **risk of stroke goes down by 30%**

- 7% of Americans have diabetes!
- 2% of Americans have diabetes but don't know it!
- If you have diabetes the goal is to keep your Hemoglobin A1C (a blood test) at lower than 7%

Atrial Fibrillation

"Irregular Heart Beat"



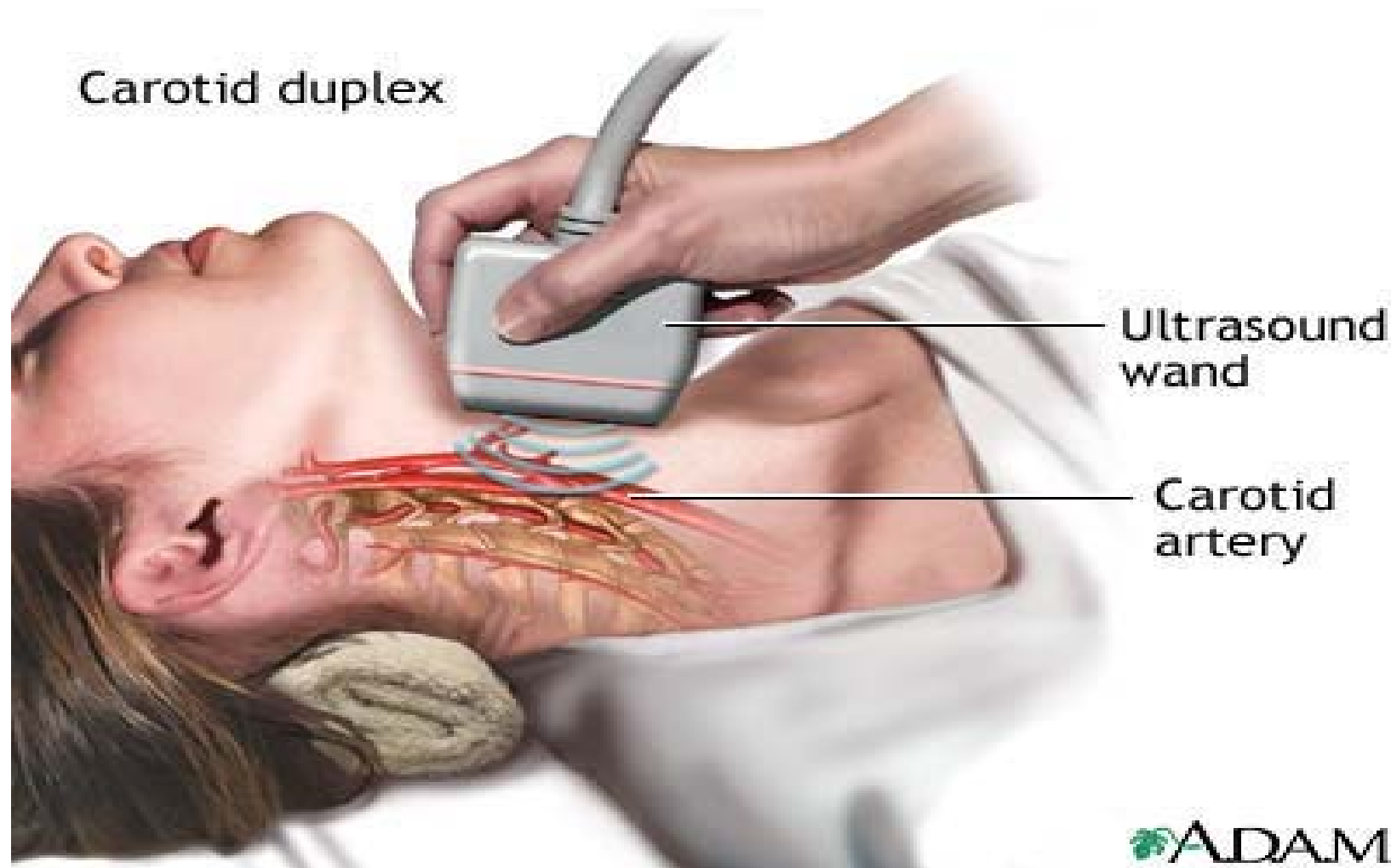
Atrial Fibrillation

(Irregular Heart beat)



- More common as you get older
 - 5% of Americans over age 70 have it
 - 1 out of every 4 strokes in over 80 years of age group
- Blood thinning medicine (Coumadin) is very effective

Carotid Artery Disease



Carotid Ultrasound

How Does Atherosclerosis Build Up In Your Arteries?



Potential Cumulative Impact of Four Simple Cardiovascular Protective Medications

	Relative-Risk Reduction	2-yr CV Event Rate*
None	--	8.0%
Antiplatelet	↓ 25%	6.0%
Beta blocker	↓ 25%	4.5%
Statin	↓ 30%	3.0%
ACE inhibitor	↓ 25%	2.3%

- Quit TODAY!
- Risk of stroke, heart attack, cancers of lung, throat and mouth will all go down.
- Do not expose yourself to second-hand smoke
- When you quit,
the benefit starts right away



- Small amount is good
 - Less than 1 drink per day for women
 - Less than 2 drinks per day for men
- More is bad



- Choose foods low in fat
- Eat plenty of whole grains, vegetables & fruits
- Limit sodium (salt) in your diet to no more than 2400 mg per day



- Sodium Free: less than 5 mg per serving
- Very Low Sodium: 35 mg or less per serving
- Low Sodium: 140 mg or less per serving

-
- Light in Sodium: 50% less sodium than a comparable food
 - Reduced or Less Sodium: at least 25% less than a similar food



Carbs... “Good” vs. “Bad”

Make healthier choices



CHOOSE LESS OFTEN

- Simple sugars
- Sweets and desserts
- Fruit juices
- Sodas
- Refined carbohydrates such as white rice, bread, pasta
- Starchy vegetables such as potatoes, corn, peas
- Tropical fruits

CHOOSE MORE OFTEN

- Complex carbohydrates such as bread cereal and pasta made with whole grains
- Bran, oats, bulgar, whole wheat, brown rice
- Vegetables – broccoli, carrots, green beans, bell peppers
- Most fruit – blueberries, strawberries
- Beans and legumes

Is All Dietary Fat “Bad”?



CHOOSE LESS OFTEN

Animal Fat

- Saturated fat, solid fat

Trans Fat

- Hydrogenated or partially hydrogenated vegetable oil

Tropical Fruit Oils

- Coconut oil, palm oil

CHOOSE MORE OFTEN

Fish Oil -Omega 3's

- Salmon, mackerel, herring

Mono/polyunsaturated Fat

- Olive oil, canola oil, soybean oil

Nuts

- Almonds, walnuts

Physical Activity – Get FITT!



- **F** – frequency: most days of the week
- **I** – intensity: moderate is best
 - Do the talk test or use target heart rate
- **T** – time: 30 – 60 minutes
- **T** – type: aerobic, strengthening, flexibility

*Some is
better than none!
More is better
than some!*



They can reduce their chances of having a heart attack or stroke by:

Lifestyle changes

- smoking cessation
- healthy eating
- physical activity
- weight management

4 important medications

- Antiplatelet
- Statin
- ACE inhibitor
- Beta blocker

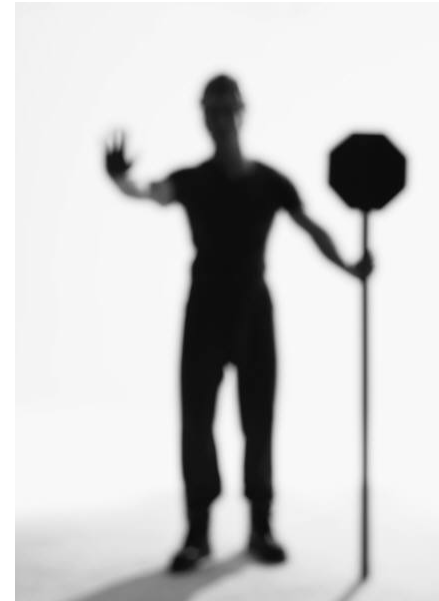
Other medications

To control...

- blood pressure
- lipids
- blood sugar

What Are Possible Signs And Symptoms Of Stroke?

- ***Sudden*** weakness or numbness especially on *one side* of the body
- ***Sudden*** trouble with speech
- ***Sudden*** trouble with vision
- ***Sudden*** trouble walking, loss of balance or coordination
- ***Sudden severe*** headache with no known cause



F - *face*

A - *arm*

S - *speech*

T - *time*

What Do You Do If You Think You Are Having A Stroke?

- Call **“911”**
- Stroke Alert



■ **Primary Stroke Center**

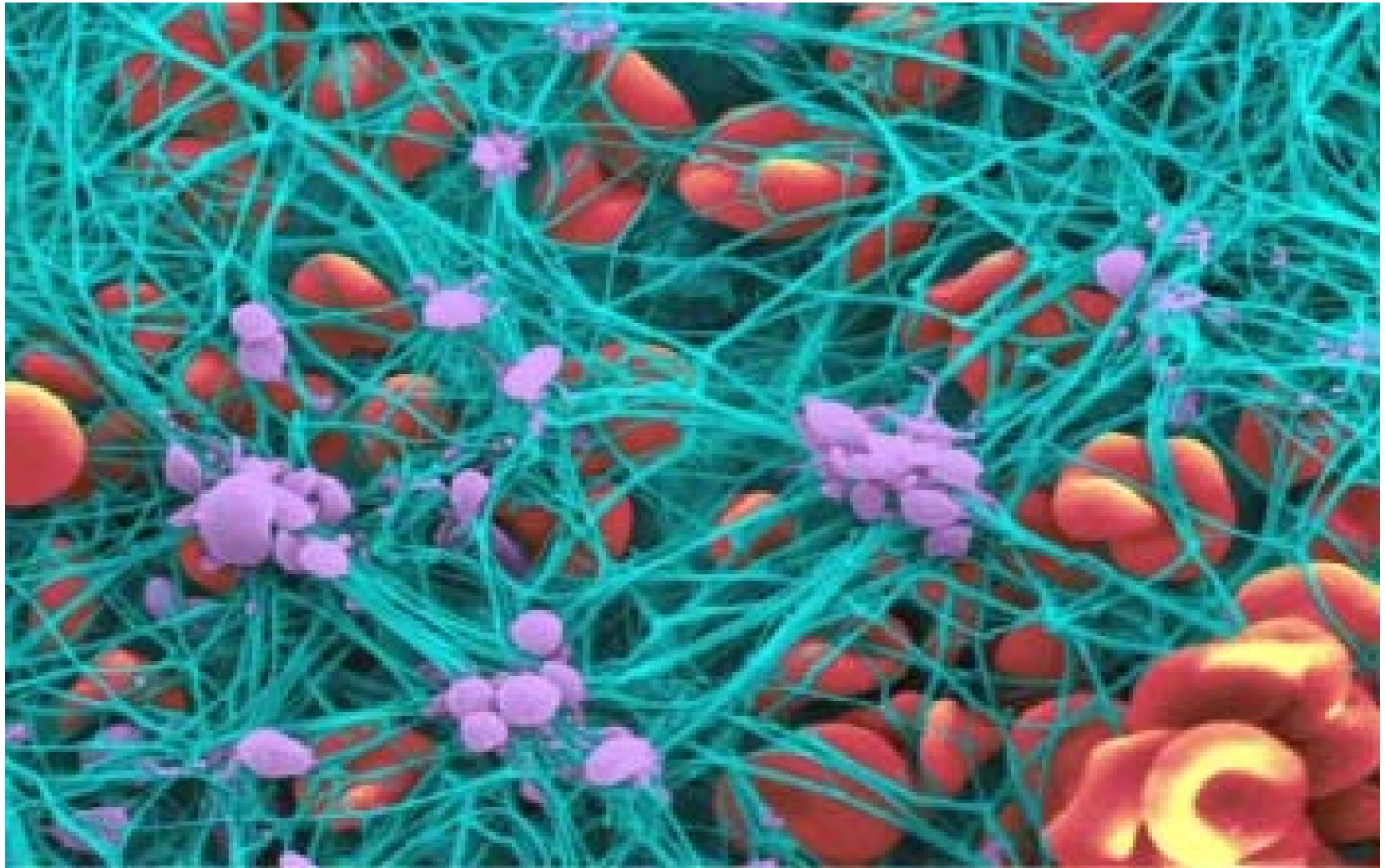
- Initially certified in November 2004
- We were the 5th hospital in the state of California to become certified
- Recertified in December 2006, 2008

■ **AHA GWTG GOLD Annual Performance Achievement Award**

- The only hospital in Santa Clara County to have received this level of award two years in a row
- Recognized in US World News and Report in 2007 and 2008

- tPA can be given to patients meeting certain criteria
- Benefits vs. Risks
- “Earlier the Better”
- Determine when your stroke began as accurately as possible
 - When you were last well?
 - When did you start to have problems?
- One key criteria is that tPA needs to be given within 3 hours from start of your stroke
- FDA may approve it up to 4.5 hours

Scanning EM Picture of Clot



- If you think you are having a stroke, call **“911”**
- Time lost - is brain lost.

Healthy Heart

Risk Assessment