Editorial

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A Note on Different Types of Stroke and its Treatment

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Description

A stroke is a condition that occurs when blood flow to a part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Brain cells begin to die within minutes. A stroke is a medical emergency that has to be treated right away. Brain damage and other complications can be avoided with early intervention.

The three most common forms of stroke are as follows:

- Ischemic stroke
- Hemorrhagic stroke
- Transient ischemic attack (Mini-stroke)

Ischemic stroke

The majority of strokes are caused by ischemic heart disease (87 percent). When blood flow through the artery that transports oxygen-rich blood to the brain is interrupted, an ischemic stroke occurs. Ischemic strokes are caused by obstructions due to blood clots.

Treatment

Ischemic stroke develops when arteries are blocked or constricted. The focus of treatment is usually on restoring enough blood supply to the brain. Treatment helps to dissolve clots and prevent new ones from developing. Anti-coagulants such as aspirin or a Tissue Plasminogen Activator injection (TPA) are generally preferred as 1st line treatment.

TPA is an excellent clot-dissolving agent. The injection, however, must be taken within 4 to 5 hours of the development of stroke symptoms. In an emergency, TPA can be injected directly into a brain artery, or a catheter can be used to surgically remove the clot.

Haemorrhagic stroke

A hemorrhagic stroke occurs when a blood vessel in the brain ruptures (breaks open). The leaking blood exerts too much strain on the brain cells, causing them to break down. A hemorrhagic stroke can be associated with hypertension or aneurysms, which are balloon-like bulges in an artery that can expand and explode.

Hemorrhagic strokes are divided into two categories:

- The most prevalent kind of hemorrhagic stroke is intracerebral bleeding. It happens when a blood vessel in the brain bursts, flooding the surrounding tissue.
- Subarachnoid hemorrhage is a kind of hemorrhagic stroke that is less prevalent. It's a term for bleeding between the brain and the thin tissues that surround it.

Treatment

A hemorrhagic stroke is caused by the over lowing of blood in the brain. The goal of treatment is to stop the bleeding and relieve the pressure on the brain. The initial step in therapy is usually to take medications to reduce brain pressure as well as to regulate general blood pressure, and to avoid seizures or any acute blood vessel constriction.

Anticoagulants or antithrombotic medicines, such as warfarin or clopidogrel, can be used to counteract the effects of blood thinners. Surgeons can fix some of the blood vessel abnormalities that have caused or potentially cause hemorrhagic strokes.

Transient ischemic attack

A "Mini-stroke" is a term used to describe a Transient Ischemic Attack (TIA). It differs from other forms of stroke in that blood supply to the brain is interrupted for only a brief period usually less than 5 minutes.

A TIA, like a massive stroke, is a medical emergency. Blood clots, like ischemic strokes, are a common cause of TIAs.

Rehabilitation

Stroke is a potentially life-altering event that can have long-term physical and mental consequences.

Recovery following a stroke typically necessitates the use of certain therapies and support systems, such as:

Speech therapy

This improves with pronunciation and understanding. Communication may be simplified through practice, calmness, and a shift in communication style.

Physical therapy

This can assist a person in relearning mobility and coordination. It is critical to keep active, even if it is challenging at first.

Occupational therapy

This can assist a person in improving their ability to perform daily tasks such as bathing, cooking, dressing, eating, reading, and writing.