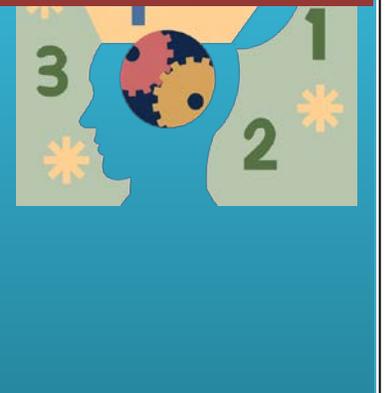




The Basics of a Stroke

2014

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Wellness by Nature

Are You Having A Stroke?

Seek Help!!!!



A [Stroke](#) is considered as Cerebral Vascular Event. **A Stroke happens when factors interrupt or dramatically reduce the blood going to the brain.** The cells inside the brain begin to die within minutes of the stroke. The Brain lacks oxygen and food necessary to function properly during a stroke. A hemorrhage can also cause a stroke. Today is a good day to learn about strokes – please share with others and always speak with your doctor about health. **If you are having a stroke seeks immediate help.** This is a 911 emergency.

Classification of [Strokes](#):

Ischemic Strokes

Hemorrhagic Strokes

Main Symptoms of a Stroke

These are the [most common symptoms of a stroke.](#)

- **Distress when walking.**
 - Abrupt dizziness
 - Lack of balance
 - Loss of coordination

- **Lack of ability to speaking and lack of comprehension**
 - Misperception
 - Slurring in speech pattern
 - Struggle understanding speech

- **Paralysis on certain parts of the body**
 - Sudden unresponsiveness of face, arms, legs
 - Paralysis of face
 - Paralysis of arm
 - Paralysis of leg

- **Trouble with vision**



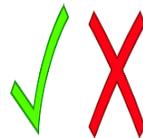
- Unable to see with one or both eyes
 - Blurred vision
 - Loss of vision and dizziness
- **Severe Headache**
 - Nausea and sickness
 - Lightheadedness
 - Different and a bit confused sense of consciousness

Be Mindful:

- 1- *If you tried to raise up your arms above you head at the same time and one arm tends to fall down does no matter how hard you try, this might be an indication of incoming stroke*
- 2- Notice when you try to smile one side of your mouth might droop.

Prognosis

For the most part, people who suffered a stroke will not recuperate fully. There are certain neurological limitations that cannot be totally overcome. The potency of the initial stroke determines the chances for recovery as well as the mental and physical health of the person at the time of the stroke.



Wellness and Stroke

As always, we consider this illness in light of [wellness](#). As you already know, **unhealthy lifestyle issues increase the risk of Stroke**. Among the life style factors are:

- 1- **Smoking**: the nicotine and carbon monoxide in cigarettes cause colossal stress to the cardiovascular system. This includes second hand cigarette smoke.

Know this: [contraceptives and smoking can cause a stroke](#)

- 2- **Drinking Alcohol**: drinking more than one glass of alcohol for females, and two glasses for males, and binge drinking causes blood pressure to rise up, positioning the heart to lose control, cardiovascular system go through havoc causing a stroke.

- 3- **Weight and Obesity:** allowing the body to carry more than the required weight stresses the circulatory system. Besides, with abnormal weight, there are other diseases which can affect a stroke, such as diabetes, high cholesterol, and cancer.
- 4- **Drug abuse:** it is well known that drugs carry an infinite number of risks. For example scientist link cocaine use to strokes and heart attacks.

Well we are stopping here.

Next week I will look at treatment and also natural options that can increase your wellness and help your body combat the opportunity for a stroke.

My Quote,

“Today consider what a Blessing it is to be alive and to be able to think, to feel, and to taste – taste some [good veggies](#) and help your body avoid a debilitating stroke...”

Be Well

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Serving God through the sharing of Knowledge

