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## Strokes Overview And First Aid

Life of every person is unique, and every person wants a long and healthy life. However, each person needs to know how to provide first aid and identify type of emergency. The first aid provider is a person, who knows how to give first aid, and identify disease by symptoms. Moreover, first aid provider can save other person life and prevent from the death. Stroke, internal bleeding, and bites and stings topics are special and interesting. These medical, environmental, and injuries emergencies may happen with everyone, and each person should be educate about them. Stroke is a very important topic to learn because stroke sometimes puts person between life and death. Stroke is when blood flow to brain blocked or stopped. Statistics says that, "Approximately 795, 000 new strokes occur in the United States each year. Stroke is one of the most common causes of death (after heart disease and cancer). Strokes occur more frequently in older people but can occur in persons of all ages, including children". Therefore, stroke is a leader of a death in the United States, and it influences all ages and even kids.

There are many symptoms of stroke, such as numbness or weakness of face arm or legs, trouble walking, trouble seeing, sudden confusion, headaches and other. In addition, word fast is associated with symptoms, such as Facial drooping, Arm weakness, Speech difficulties and Time to call emergency services. If these symptoms appear, immediately call for emergency care to minimize brain damage and complications.

Most typical types of stroke are ischemic strokes, hemorrhagic stroke and transient ischemic attack. Ischemic stroke is blocked blood vessel, and not enough blood supply of oxygen to the brain. Hemorrhagic strokes is blood vessel wall weakens, and blood leaks out into the brain. Transient ischemic attack or a ministroke is slow blood supply to brain for a few minutes. "A transient ischemic attack (also known as a TIA or mini-stroke) is similar to a stroke except that with a TIA, the symptoms go away completely within 24 hours. People who have a TIA are very likely to have a stroke in the near future". These types of stroke are dangerous for health and need good treatment and care. Stroke is mainly recognize by symptoms, but it can be diagnosed by physical exam, medical history of patient, computerized tomography scan and other technology.

First aid for stroke is to call 911 or emergency care immediately. Person should be in comfortable position and preferable lay down. If person unconscious check for breathing, and perform CPR if needed. Also, record time of stoke and calm person. In addition, keep person warm and look carefully for changes with a person. However, decrease high cholesterol, regular check blood pressure, control diabetes, maintaining health weight, no smoking, alcohol drinking can prevent stroke. Treatment of stroke is dependent on types of strokes. In general, stroke treatment are drugs, surgery, fluids through an IV, oxygen breathing. Ischemic stroke is treated with clot releasing drugs given to the vein or directly to the brain. Hemorrhagic stroke can be treated by anti-platelet drugs, surgery of blood vessels repair, and drugs for lower blood level.