



Know the Warning Signs of a Stroke

Strokes usually occur suddenly, but research has shown that there is a 90 minute window in which treatment can be most effective. That means that sudden symptoms need sudden action!

Every forty seconds someone in the United States has a stroke. Every three minutes one of those people dies. Don't let yourself or someone you love be one of them. Knowing your risk factors and the warning signs of a stroke is the best protection available.

Some risk factors can't be controlled, such as age, gender and ethnicity. However, those suffering from high blood pressure, heart disease, high cholesterol and/or diabetes are at higher risk of having a stroke. Controlling these conditions and maintaining a healthy weight, diet and exercise regime are the best medicine when it comes to preventing an attack.

Be Prepared to Act!

If you or a love one experiences sudden:

NUMBNESS -- you feel numb or experience weakness on one side of the body, face, arms or legs

Trouble **SEEING** -- your vision becomes blurred in one or both eyes

Difficulty **SPEAKING** -- your speech becomes slurred or you have difficulty forming words

Develop a **SEVERE HEADACHE** -- that comes out of the blue, with no obvious cause

Become **CONFUSED** -- if you don't remember where you are, what you were doing or talking about

Three Types of Stroke

There are three distinct types of stroke, with each being treated differently. Only your doctor can determine which type of stroke you or a loved one have experienced.

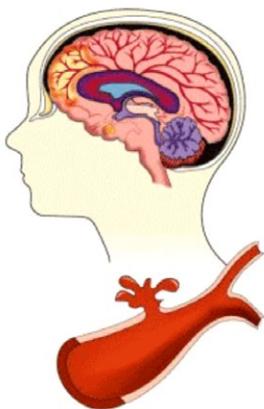
Ischemic -- 85% of all strokes are ischemic, occurring when a blood clot or plaque builds up and blocks a blood vessel or artery.

Hemorrhagic -- this type of stroke occurs when a blood vessel in the brain bursts.

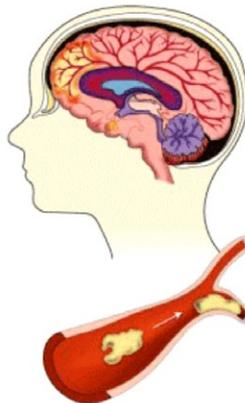
Transient Ischemic Attack (TIA) -- also known as a "mini-stroke," usually do not result in any lasting injury, but if not treated can lead to a full-blown attack.

Don't hesitate! Call 9-1-1 immediately!

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A hemorrhagic stroke occurs when a blood vessel bursts within the brain.



An ischemic stroke occurs when a blood clot blocks the blood flow in an artery within the brain.

Hemorrhagic & Ischemic Stroke Examples.

Stroke Treatment

When it comes to treating a stroke, it is important to remember that **“time is brain.”** In other words, the sooner a patient receives treatment the better the chance of survival and rehabilitation, especially if it is a stroke caused by a clot or plaque buildup.

Ischemic strokes are typically treated with thrombolytics, a drug which dissolves the blockage that is causing the attack. However, the only way that these life and brain saving drugs can be administered is if treatment takes place within three hours of the onset of symptoms.

Hemorrhagic strokes are usually treated with surgery to repair the vessel and stop the bleeding.

Rehabilitation is commonly used for physical and occupational therapy. This treatment will help restore as much mobility and activity as possible after an attack.

Covenant Home Care provides superior physical, speech and occupational therapy in the comfort of your own home. To learn more, please call 1-800-726-8761 or logon to www.covenanthc.org.



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