

Stroke Prevention

Habits to Follow Before and After

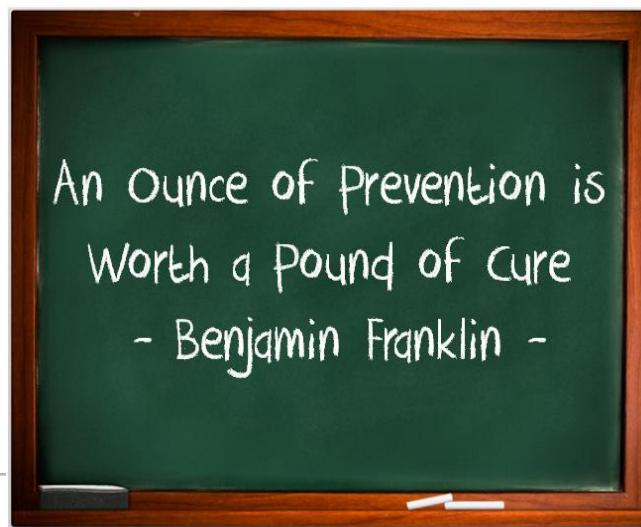
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*(National Stroke Association Video
are you street smart about stroke?)*

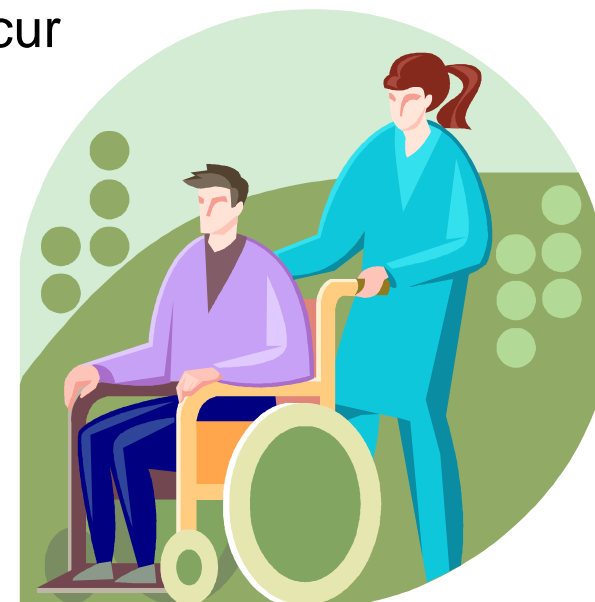
- <https://www.youtube.com/watch?v=nxwu9z1bhU0>

Stroke Facts

- **STROKE IS THE NEW “Heart Attack”**
- 5th leading cause of death per CDC (down from 4th last year)
- **795,000 Americans** have a stroke every year
- **133,000** of those die every year (that’s 16%)
- 30-50% have lifelong disability
- Race and Ethnicity are a factor
- Stroke risk increases with age **BUT**, a stroke can occur
- at any age (including pediatrics)
- Men are at increased risk over women
- Stroke costs US estimated **\$34,000,000,000**

**By the end of this talk roughly 60
Americans will have suffered a stroke**

CDC: Stroke Facts. Retrieved from <http://www.cdc.gov/stroke/facts.htm>



Has Stroke touched you?



- Have you had a Stroke or TIA?
 - Are you a caregiver for a Stroke Survivor?
 - Had a parent or family member who has had a Stroke?
 - Did your doctor say you were at risk for Stroke?
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- <https://www.facebook.com/KnowStroke/videos/10100464097152459/>

Stroke: What is it?

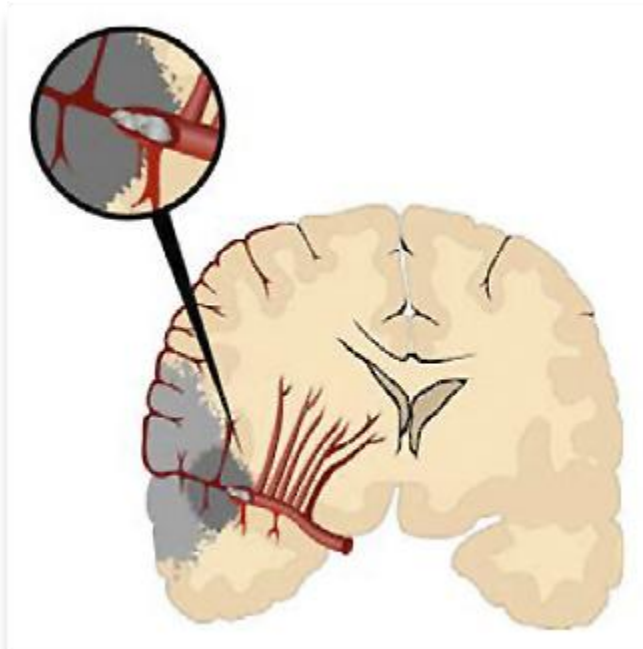
- Stroke is referred to as “**brain attack.**”
- Stroke is a sudden neurological deficit caused by interruption of blood flow to the brain.
- Manifestations of the stroke depend on **which region** or extent of brain affected
- Brain has blood vessels. Like a tree, big branches and small ones which carry nutrients. If larger blood vessels are blocked more of the brain can be damaged.



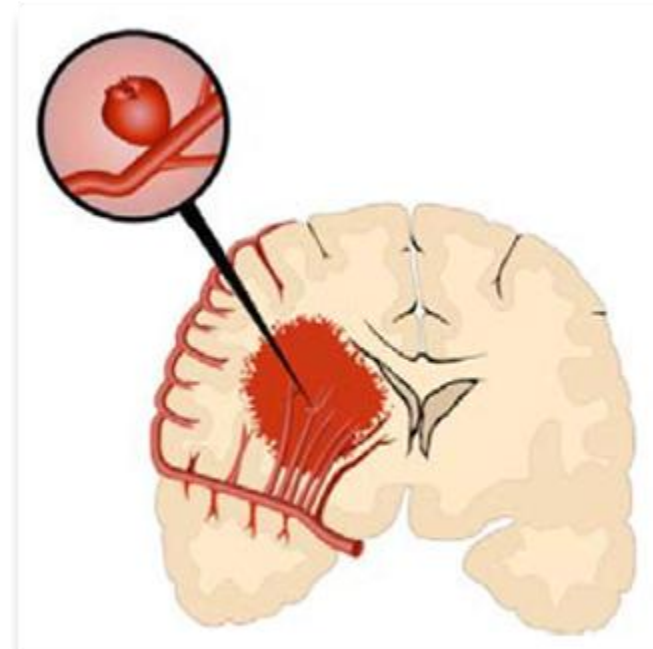
Stroke Types

An interruption of blood flow to the brain which leads to brain injury.

Ischemic= “blockage”: 85%



Hemorrhagic=“bleeding”: 15%



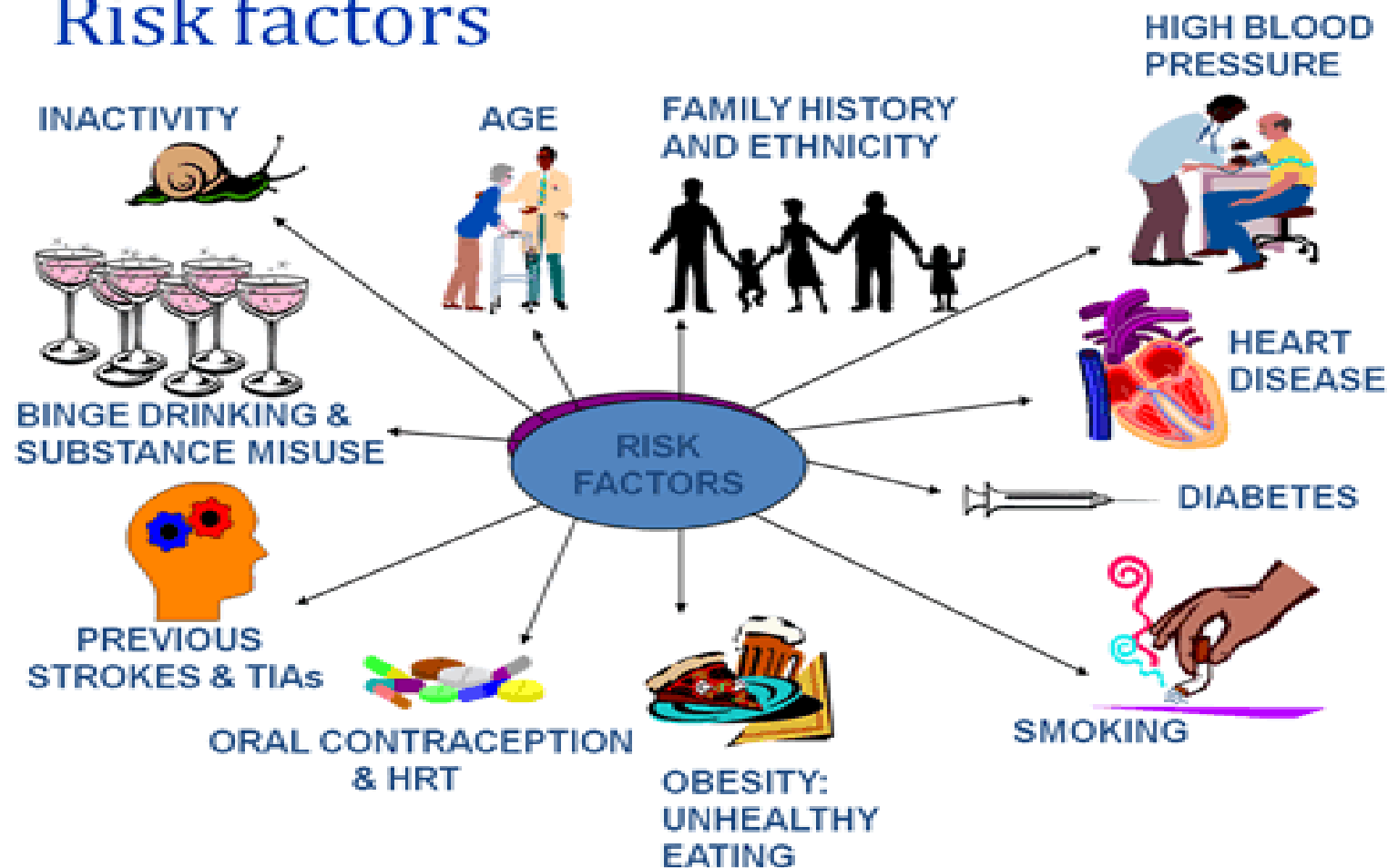
“Mini-stroke”? Or TIA

- aka “Transient ischemic attack” (TIA)
- Warning sign of a future stroke – **up to 40% of TIA patients will have a future stroke**
- Symptoms of TIAs are the same as stroke
- TIA symptoms can resolve within minutes or hours
- TIA is a medical emergency!!!!



What puts me at risk?

Risk factors



Stroke Risk Factors

Non Modifiable – Know About

- Age
- Ethnicity
- Race
- Family History
- Previous Stroke/TIA

Modifiable- CAN Make a Difference



Smoking



Alcohol and Drug
Misuse



Obesity and Unhealthy
Eating



High Blood Pressure



Heart Disease

Women: Unique Stroke Risk



- ✓ High Blood Pressure- more likely
- ✓ Pregnancy
- ✓ Oral Contraceptive Use
- ✓ Post Menopausal Hormones
- ✓ Migraines
- ✓ Depression and Stress



Stroke is Preventable! Think Lucky “7”

Control, Treat and Improve

- **Lifestyle:**

1. Eat Stroke/Heart Healthy **Diet** – watch cholesterol
2. **Exercise**/Lose Weight
3. Drink **Alcohol** in moderation
4. Quit **Smoking**

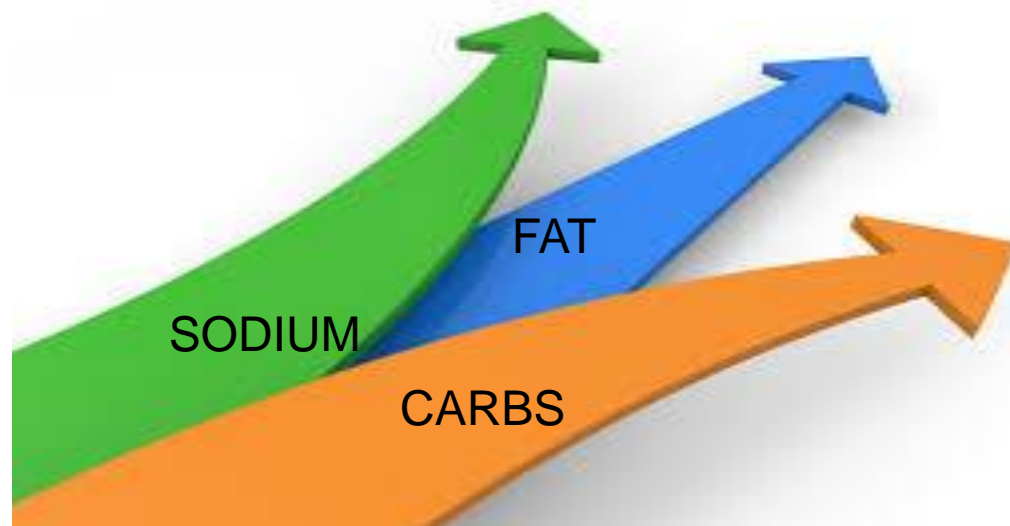
- **Medical:**

5. Lower **Blood Pressure**
6. Follow MD instructions for **Atrial Fibrillation**
7. Manage **Diabetes**

- www.strokeassociation.org



Healthy Diet: 3 Prong Attack



- Low Sodium
- Low Saturated Fat and Cholesterol
- Carbohydrate Moderation

Diet: Monitoring Sodium

- Ditch the salt shaker!
 - Use herbs and spices when cooking
- Watch out for processed foods
 - Breads/crackers are a big source of hidden sodium
- Opt for fresh or frozen vegetables
 - Rinse off canned options



Diet: Cutting the Fat!

- Plant-based meals
 - Load up on the fruits and veggies!
- Cook with vegetable oils
- Low or non-fat dairy
- Choose lean protein
 - Poultry
 - Limit red meat intake (beef, pork)
 - Select lean cuts
 - Go for the fish!
 - Goal for twice a week
- RUN from Trans Fats!!!!

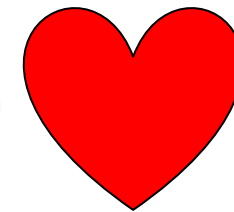


Diet: Carbohydrates in Moderation

- Chose whole grain options
 - High in fiber
- Reduce processed carbohydrates
 - Stay away from white bread, pasta, and rice
- Cut back or cut out added sugars
 - NO SODA!
- Limit the sweets!



Exercise- AHA Recommendations



- 150 minutes **Moderate** exercise each week
5 – 30 minute sessions (walking dog, washing car, raking leaves dancing for x min)
- 75 minutes **Vigorous** exercise each week
- 3--- 25 minute sessions (running, race walking, swimming,



Exercise: What Counts?

Does not have to be ALL or NOTHING.....

- Walk the Dog or Walk to a Destination
- Walk your child/grandchild: spice it up! scavenger hunt, new parks, Mall walk – Club
- Join a team
- Combine with TV time: Jog in place, or use treadmill for a 30 min during your favorite show
- Take the stairs
- Dance/Zumba/Ballroom
- Water Aerobics
- Music while doing chores (Weed, dust, sweep, vacuum)
- Seasonal activities: ice skating in winter, biking in summer
- Walk during lunch breaks at work, Desk exercises



Exercise: Tips for Success

- Do it when you are most energetic
- Schedule it like an appointment or meeting
- Ask a partner to go with you
- Keep a gym bag packed or lay out clothes night before
- Start Triggers – reminders—a time of day, place, or cue—that kick off an automatic reaction (sneakers by the bed)
- Try a mindfulness approach – pay attention to your body
- Keep a log



Alcohol: How Much?

- Alcohol use has been linked to stroke in many studies. Drinking too much alcohol can increase blood pressure and the risk of stroke. Aim to drink in moderation – no more than two drinks a day for men and one drink a day for women.
- www.stroke.org
- Consult your MD or provider

One drink is equal to:
12 ounces of beer
5 ounces of wine (1 glass)
1 ¼ to 1 ½ ounces of liquor

Tobacco Use and Smoking

- **Smoking doubles the risk of stroke when compared to a nonsmoker. Smoking increases clot formation, thickens blood, and increases the amount of plaque buildup in the arteries.**
- If you smoke, try as hard as possible to stop. Ask your doctor about quit-smoking aids like nicotine patches, counseling, and programs that are available to you. Quitting smoking can be difficult, so don't give up if you are not successful the first time you try.
- www.nysmokefree.com 1-866-NY Quits : Online Community "QuiNitY" Sign up for Messaging, Calls, On line Journal, Medication discounts and assistance, Local Support Groups in each County.
- **Upstate's** HealthLink Quit and Stay Quit Cessation Program
<http://www.upstate.edu/hospital/healthlink/smokefree/>



www.stroke.org

Stroke and High Blood Pressure

- **LEADING CAUSE** of all Strokes
- **“Silent Killer”** no symptoms
- **High Impact Condition:** all over the body
- **3 of 4 1st time Strokes** have high BP
- **Biggest Bang for your Stroke Buck !!!!!**

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or	Higher than 110

www.heart.org

Stroke and High Blood Pressure

- Symptoms: dizziness, facial flushing, nervousness, sweating, difficulty sleeping. Headaches only when BP is very high or hypertensive crisis



- Get checked!
- Medications for $>140/90$
- Take your meds

Atrial Fibrillation (Afib)

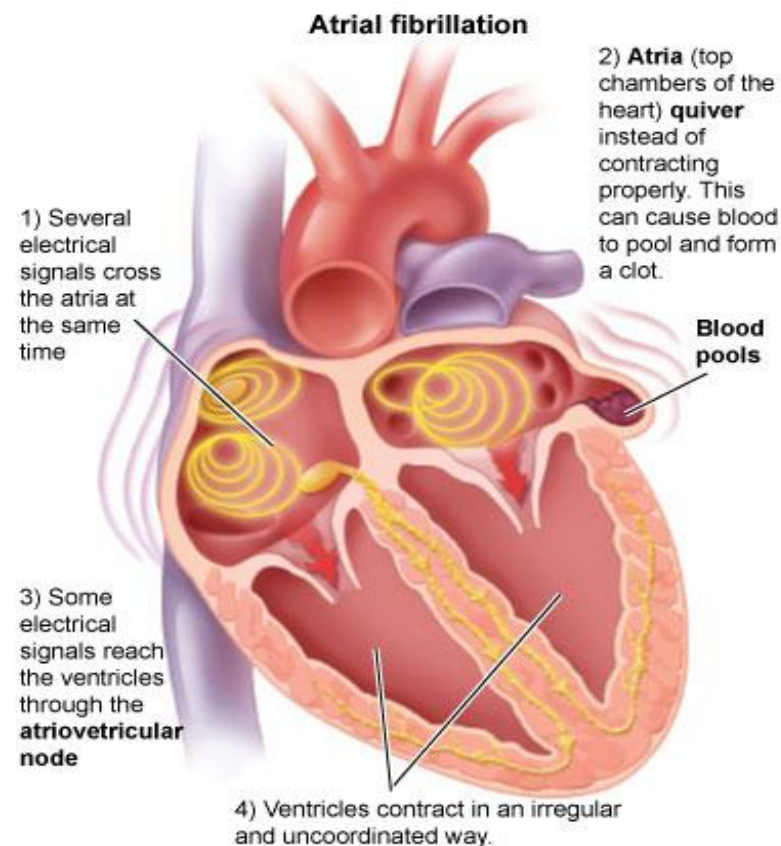
Special risk

- Atrial fibrillation is a type of heart rhythm disorder called an 'arrhythmia'
- Atrial fibrillation is a condition that occurs when there is a fault in the electric activity in the heart muscle, causing the heart to beat irregularly and in an uncoordinated way.

Afib Quadruples Stroke Risk and is more common in women than men after age 75. Women over 75 should be screened for Afib

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When the rate of the electrical signals is very high, the atria quiver instead of contracting properly. They fail to pump all the blood out of the atria. The blood can pool and may form a clot. If a blood clot leaves the atria it can block an artery in the body, causing severe complications, such as **stroke**.

Atrial Fibrillation (Afib)

Special risk

- **Symptoms** of Afib: Fluttering in the chest, fatigue, rapid heartbeat, dizziness and short of breath
- **Types:** Persistent (7 days) or Intermittant Paroxysmal
- **Treatment** is : Restoring your rhythm, rate control and preventing clots
- **Medications and Procedures**

Diabetes and Stroke

- High Blood Sugar –Insulin resistance
- “Longer you have diabetes higher your risk for stroke- per AHA. 2012 study showed 3% increase in stroke risk each year you have diabetes
- Often related to diabetes ability to damage the blood vessels over time
- Get screened!!!!!! 90-130 before meals
- A1C test– average glucose last 3 months <7%

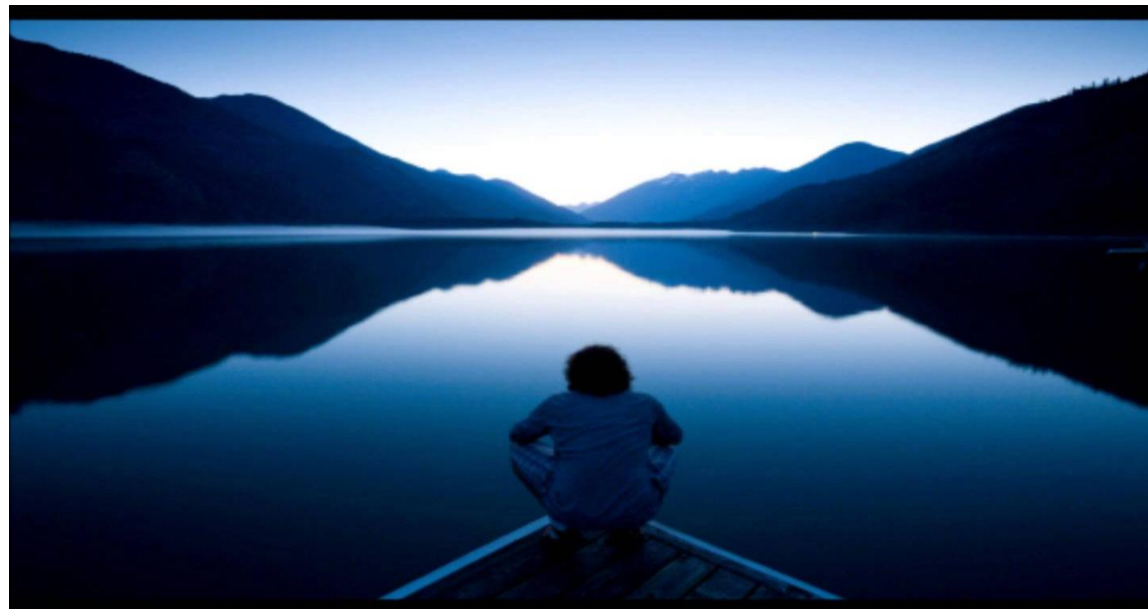
Diabetes and Stroke

- Weight management and Exercise
- Take diabetes meds or insulin as directed
- Regular blood work
- Keep A1C low
- Work with your provider



Stress: Lower it

Your best is good enough



Breathe
Laugh
Meditate
Avoid Stressful situations: say No
Do fun things/Hobbies
Get good sleep/rest

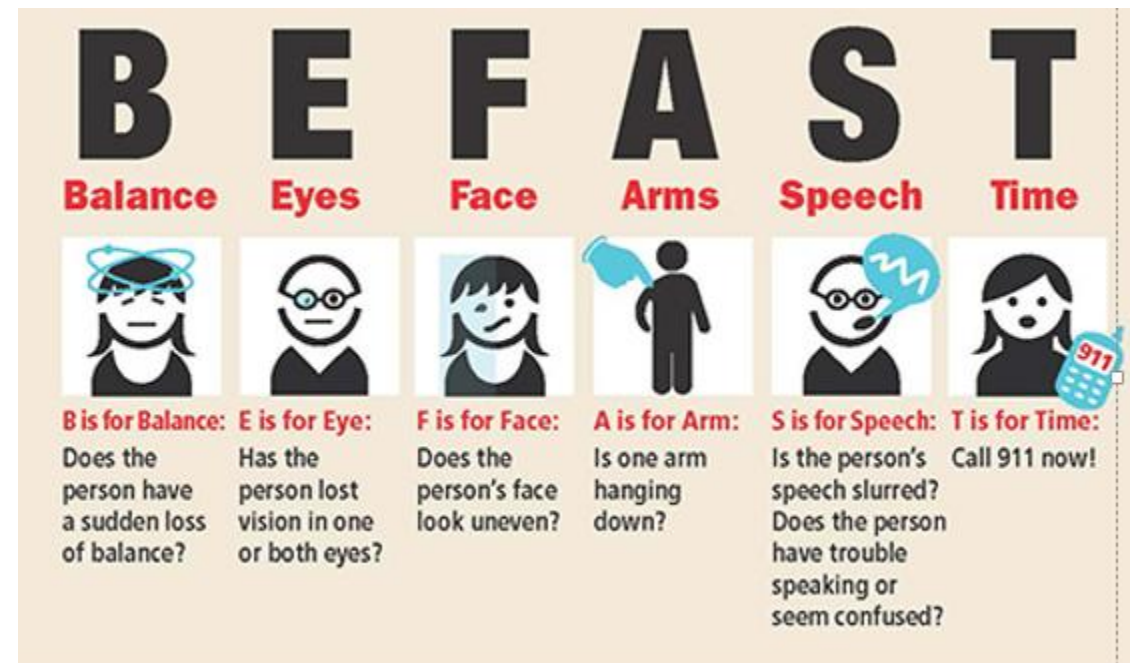
SPOT A STROKE



Stroke Warning Signs and Symptoms

Stroke Signs and Symptoms

- Sudden numbness or weakness, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- **Sudden, severe headache**



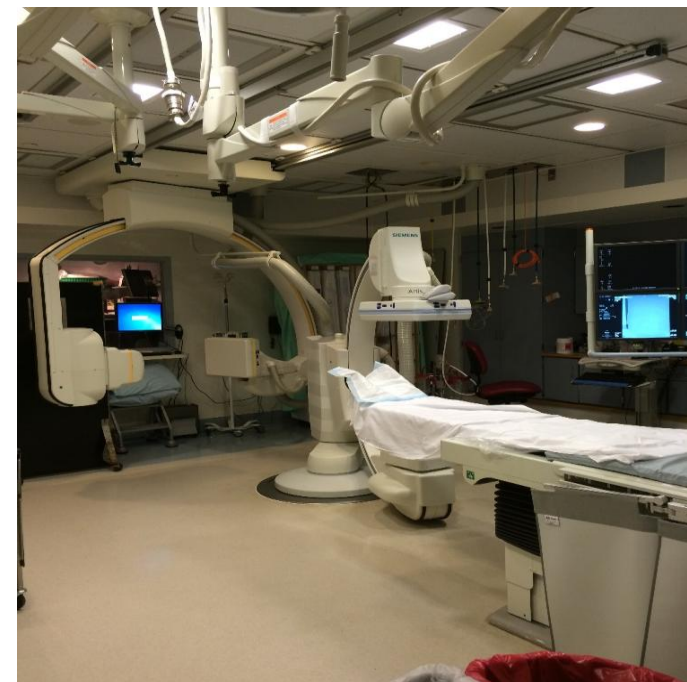
I See Stroke Symptoms: What Next? Panic?

- **NO!!! Call 911**
- Do NOT try to bring the person yourself
- EMS communicates with the hospital and can help if symptoms worsen
- Do not ignore the symptoms even if they go away!
- Think: when was **Last Known Well** or Normal ?



TIME: Why so important for Stroke?

- tPA or Alteplase only FDA approved treatment
- Approved within a **3** hour window
- tPA works better the faster you give it and this faster treatment leads to better outcomes.
- <http://www.massgeneral.org/about/newsarticle.aspx?id=5035>
- <http://www.strokeassociation.org/STROKEORG/AboutStroke/Treatment/Stroke-Treatments>
- Procedures such as Clot retrieval are also time sensitive



What does it mean that Upstate is a **Comprehensive Stroke Center**?

- Highest level of designation by accrediting agencies
- Cares for ALL types of stroke patients
- **24/7** access to catheter based therapy beyond the tPA window
- **24/7** on site Neurosurgical availability
- Three levels of specialized neuroscience care
 - Neuroscience ICU
 - Neuroscience Step-down
 - Neuroscience floor
- Nurses who have earned national certifications in Neuroscience and Stroke
- Immediate and integrated evaluations by Physical, Occupational and Speech therapists for all patients
- On-site Acute Rehabilitation center for after hospital care



Knowing changes everything.™

UPSTATE
UNIVERSITY HOSPITAL

Prevention is NOT Easy or Quick It is about changing HABITS.....

Tips for Success:

Start with 1 change only

Small changes add up

Steadiness is better than stop and start

Stick with what works for YOU

See the rewards- pat yourself on the back- give credit



CNY Stroke Support Group

- Meets monthly- third Monday of every month
- Upstate Healthlinks Suite—Rt 298 East Syracuse off Carrier Circle
- All Stroke Survivors and Caregivers welcome not just Upstate patients



Knowing changes everything.™