FACT SHEET ABOUT
CEREBRAL VASCULAR ACCIDENT (CVA/STROKE)

Q. What is a stroke?
A. Sudden loss of consciousness, sensation and voluntary motion caused by a rupture or obstruction of blood vessels in the brain. A transient ischemic attack (TIA) is a mini stroke and can be a warning sign of a stroke.

Q. What are some risk factors for having a stroke?
A. These include:
   ~Age (Increases with age)  ~Hypertension  ~Heart arrhythmia
   ~Smoking  ~Heredity  ~History of stroke/TIA
   ~Diabetes  ~Obesity  ~Oral contraceptive use
   ~Migraines with aura  ~Sleep apnea  ~Recreational drug use
   ~First seizure after age 60  ~Periodontal disease
   ~Use of over the counter meds containing Ephedra or Pseudoephedrine

Q. What are some common signs and symptoms (Including nonverbal)?
A. These include:
   ~Sudden numbness, weakness or paralysis of face, arm or leg (usually one-sided)
   ~Loss of speech or trouble talking/understanding what is said
   ~Sudden blurred, double or decreased vision
   ~Dizziness, Loss of balance/coordination
   ~Headache (can be accompanied by vomiting or facial pain)
   ~Difficulty swallowing  ~Seizure  ~Memory impairment
   ~Crying  ~Refusing to move
   ~Falling/Grabbing onto an item for support
   ~Holding head  ~Choking

Q. How can the risk for having a stroke be lowered?
A. Some things that can be done are:
   ~Control blood pressure  ~Control diabetes  ~Decrease cholesterol/fat intake
   ~Healthy eating habits  ~Quit smoking  ~Exercise (check with doctor first)
   ~Avoid recreational drug use
   ~Read labels on over the counter meds

Q. What should be done next?
A. Call emergency medical personnel.

Follow agency policy.
Source: HCQU PowerPoint Presentation – “Stroke”

For more information on this or any other physical or behavioral health topic, please call the HCQU office at 888-321-5861 or visit our website at www.hcqu.apshealthcare.com.

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