

STROKE



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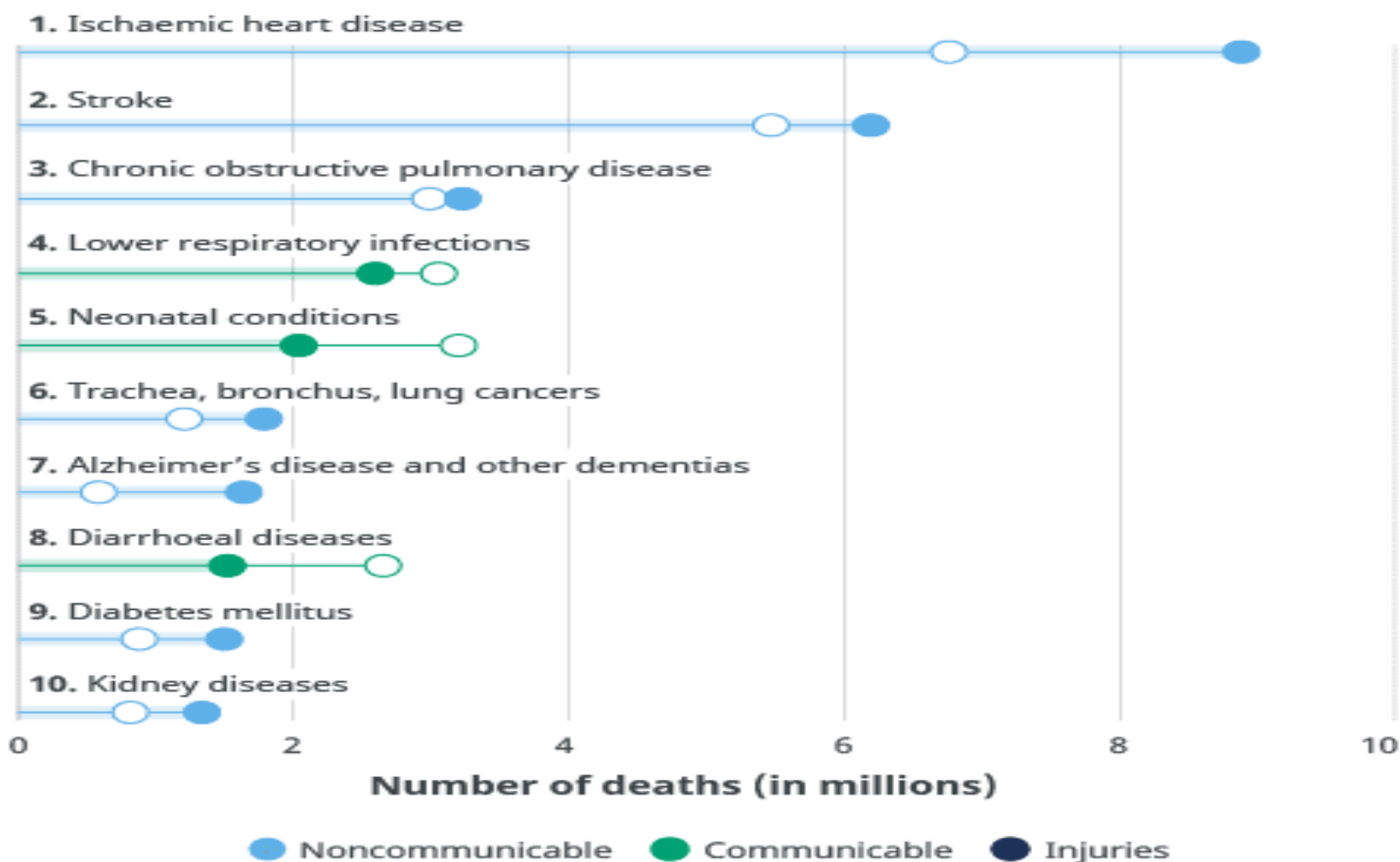
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Stroke



Leading causes of death globally

○ 2000 ● 2019



Source: WHO Global Health Estimates.

Stroke - Nepal



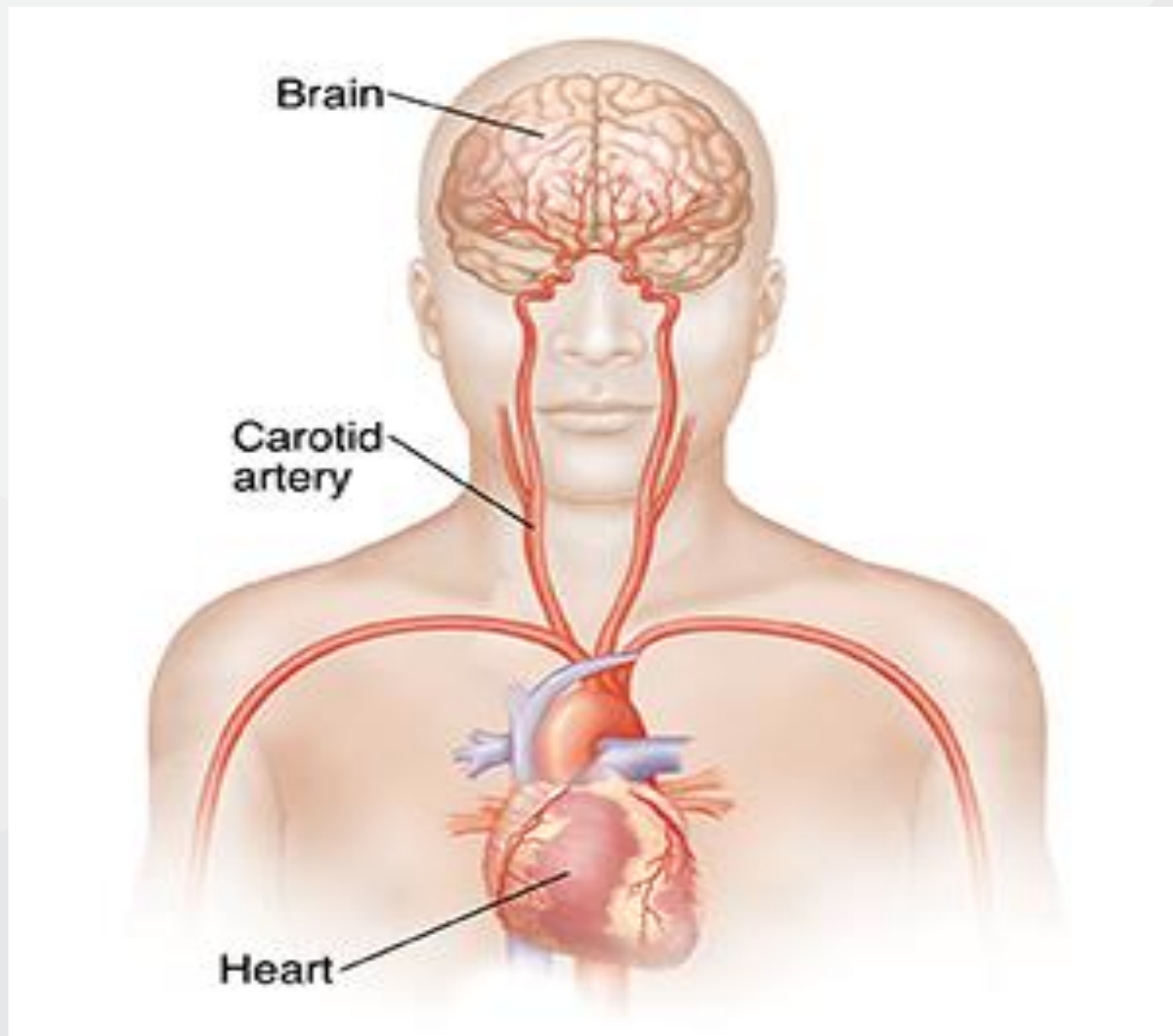
TOP 20 CAUSES OF DEATH IN NEPAL





5 Ps IN STROKE

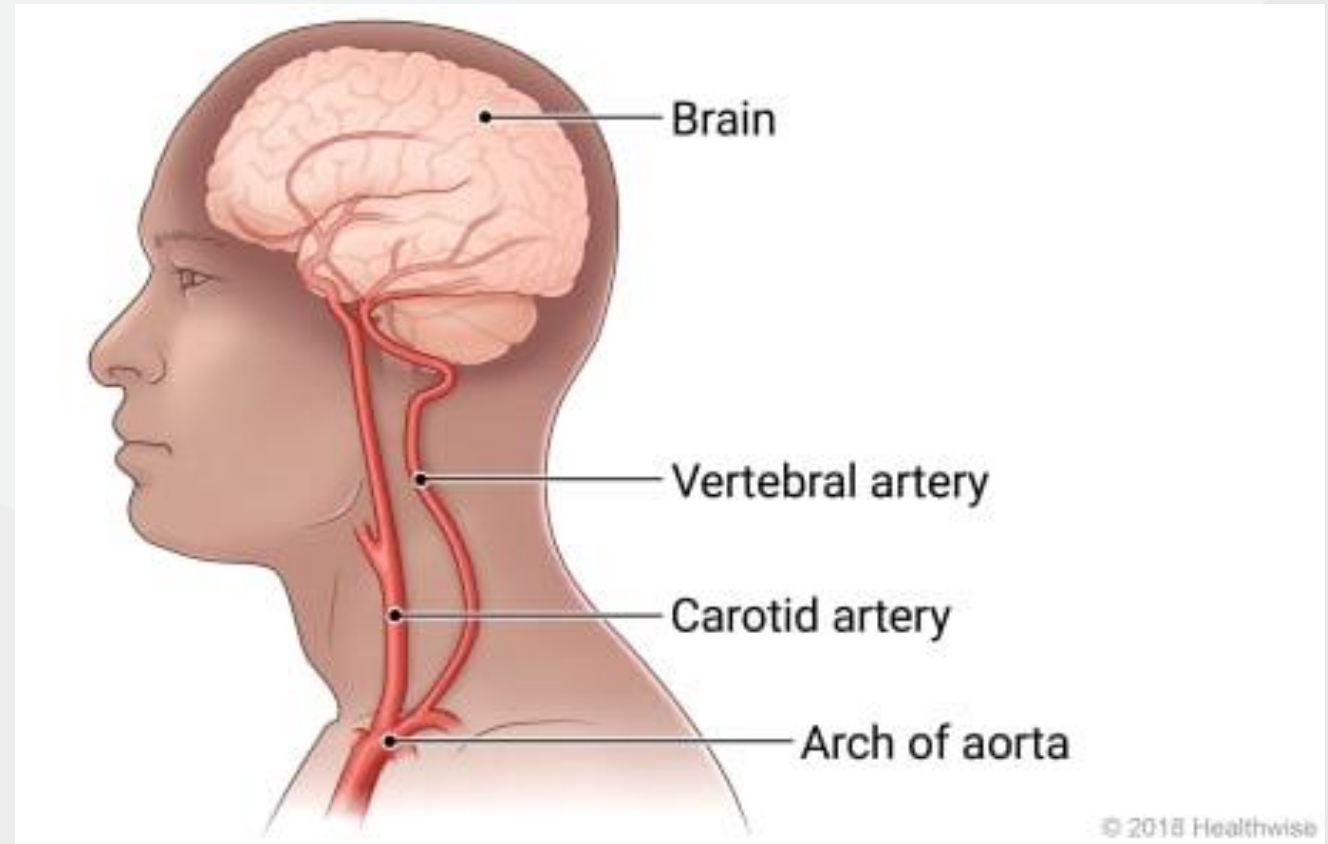
- Pumps
- Pipes
- Penumbra
- Perfusion
- Parenchyma

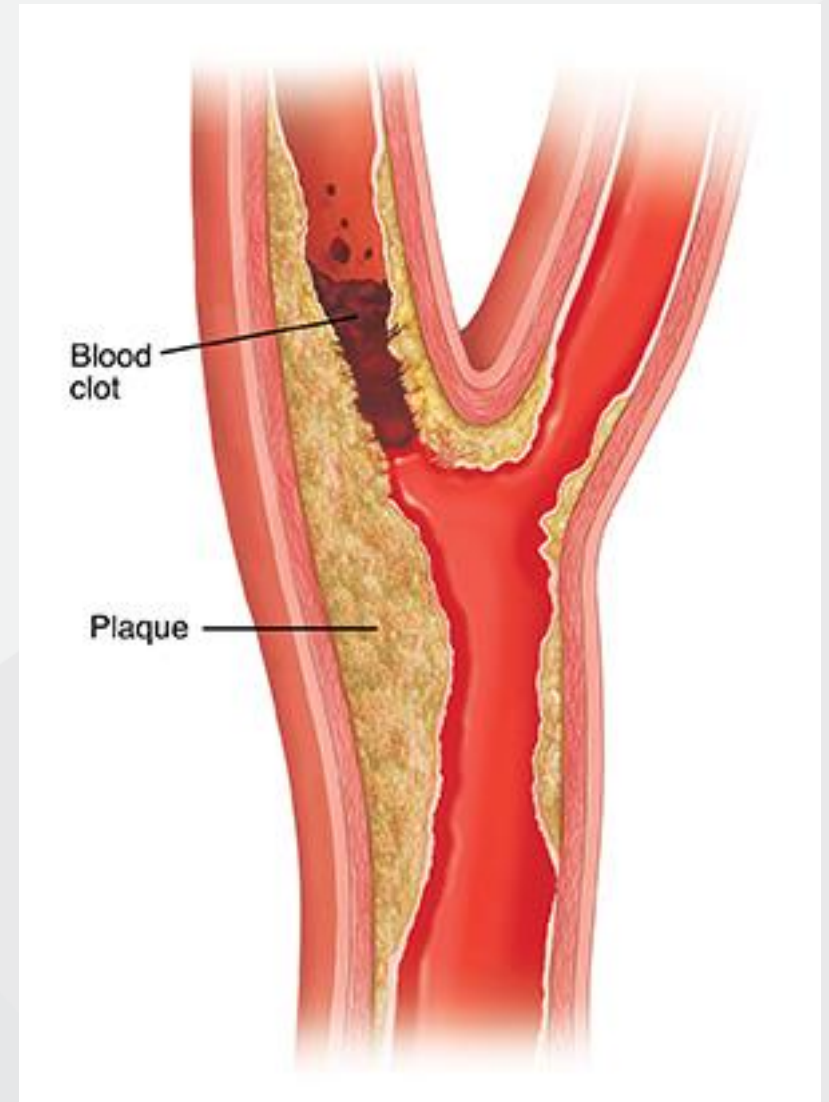
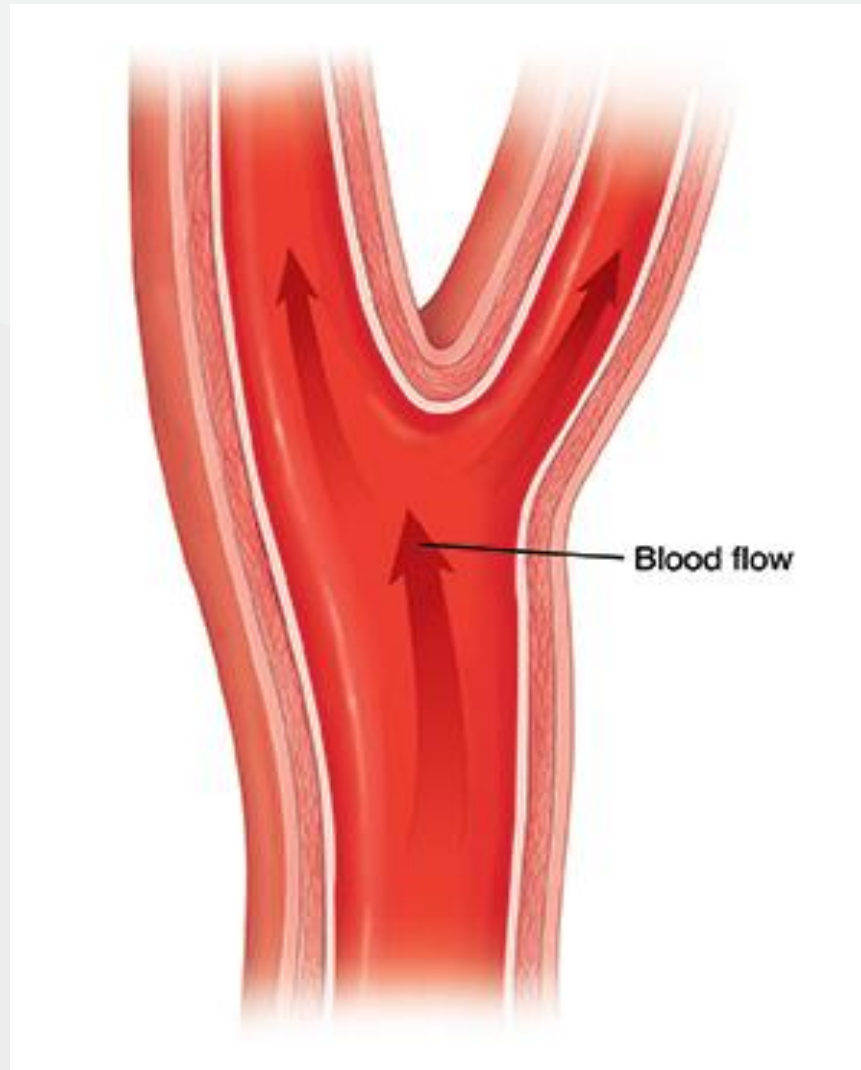


Brain and Blood supply

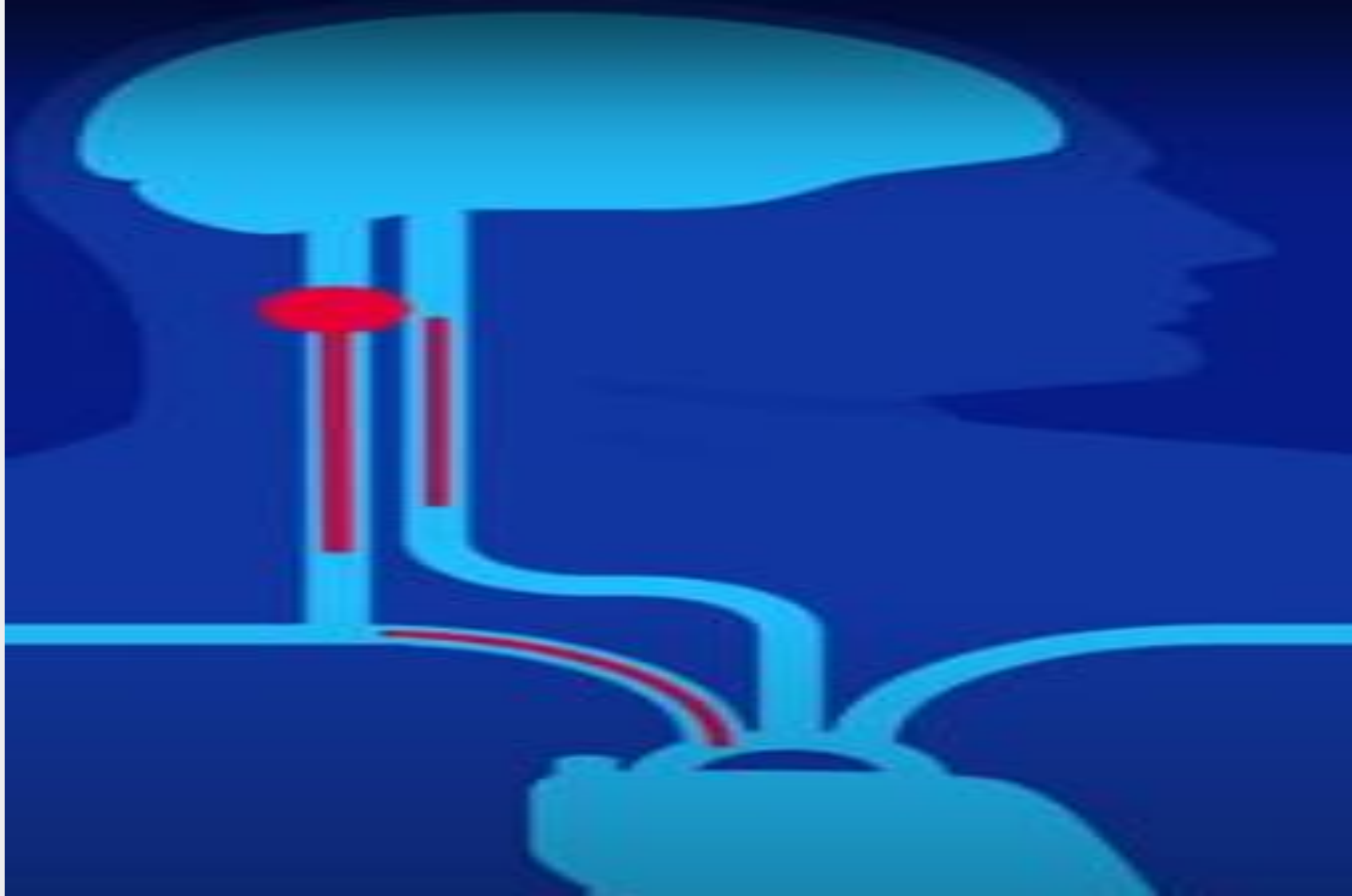


50-100ml/100gm/min



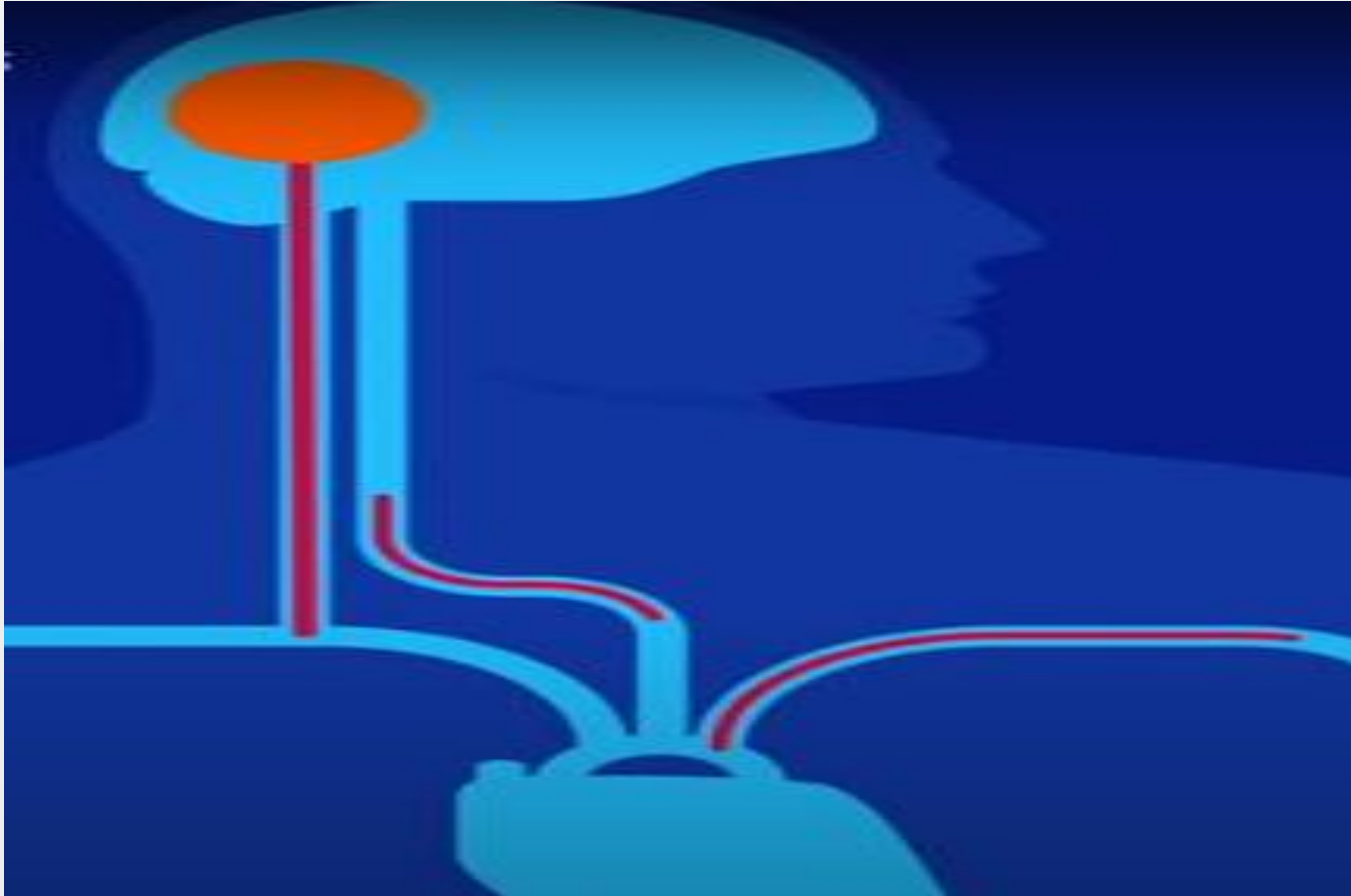


75 – 85% Stroke cases - Ischemic



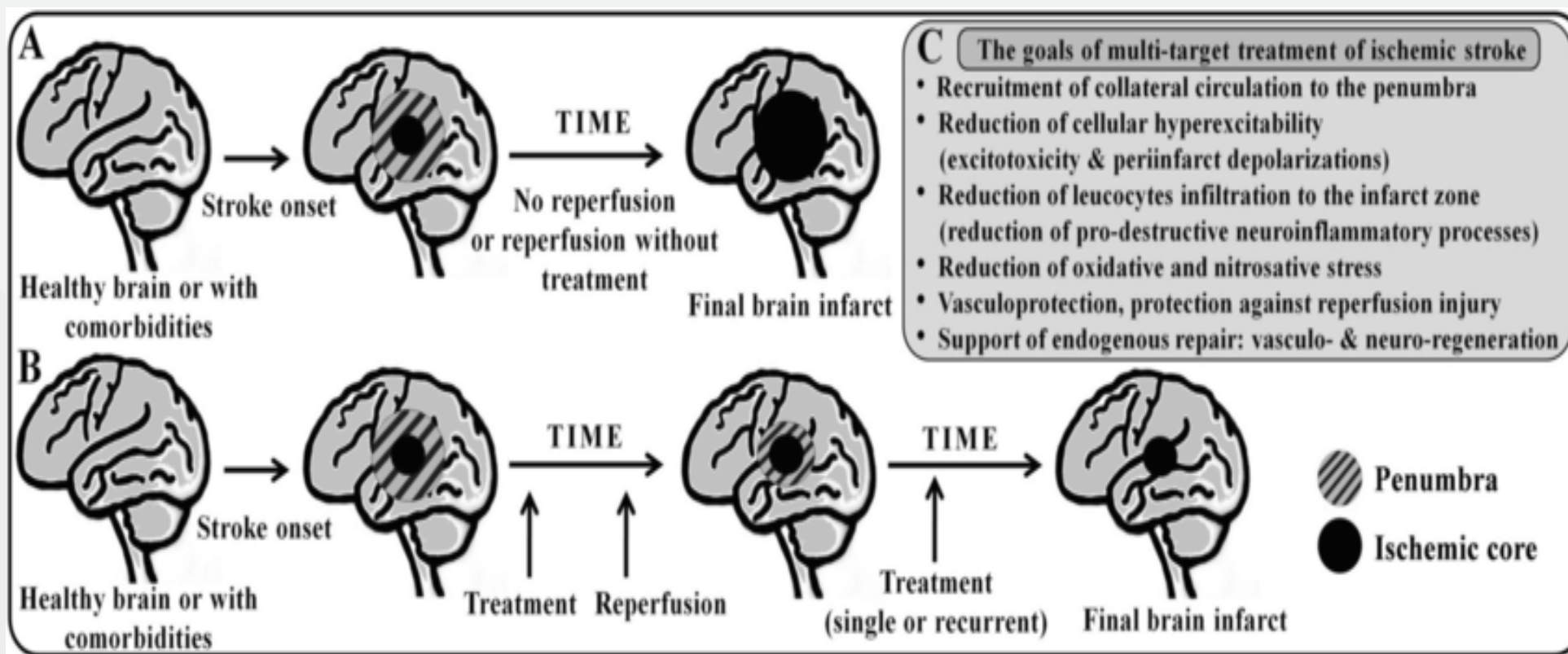


15% of stroke cases.-hemorrhagic





Remember time is brain

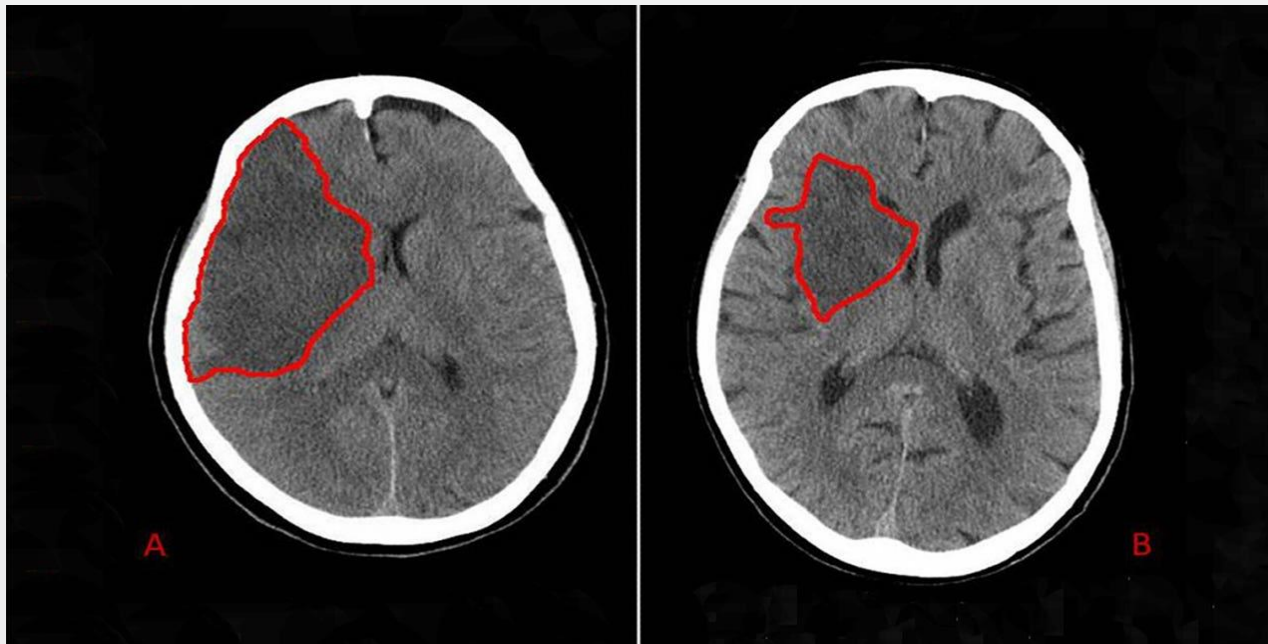




- **Trouble in walking , loss of balance ,visual loss , Hand weakness facial deviation .**
- **----- Balance , Eyes , Face ,Arm , Speech ,Time**



- **Diagnosis – Symptoms , Sign and CT/ MRI**





- **Treatment - Acute treatment for Ischemic stroke**

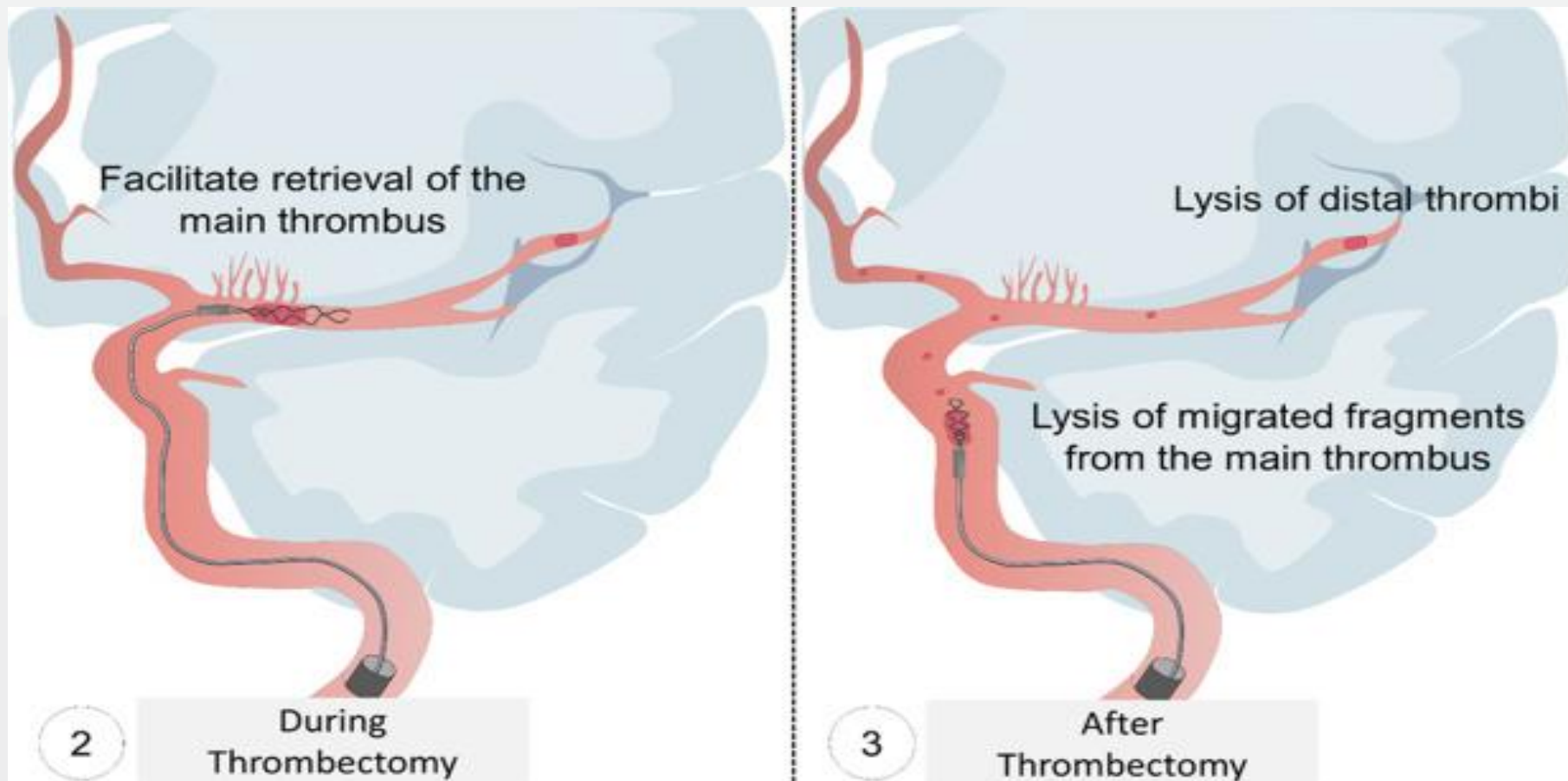
Within time frame ----- Thrombolysis 80 90%

----- Thrombectomy 10-20%

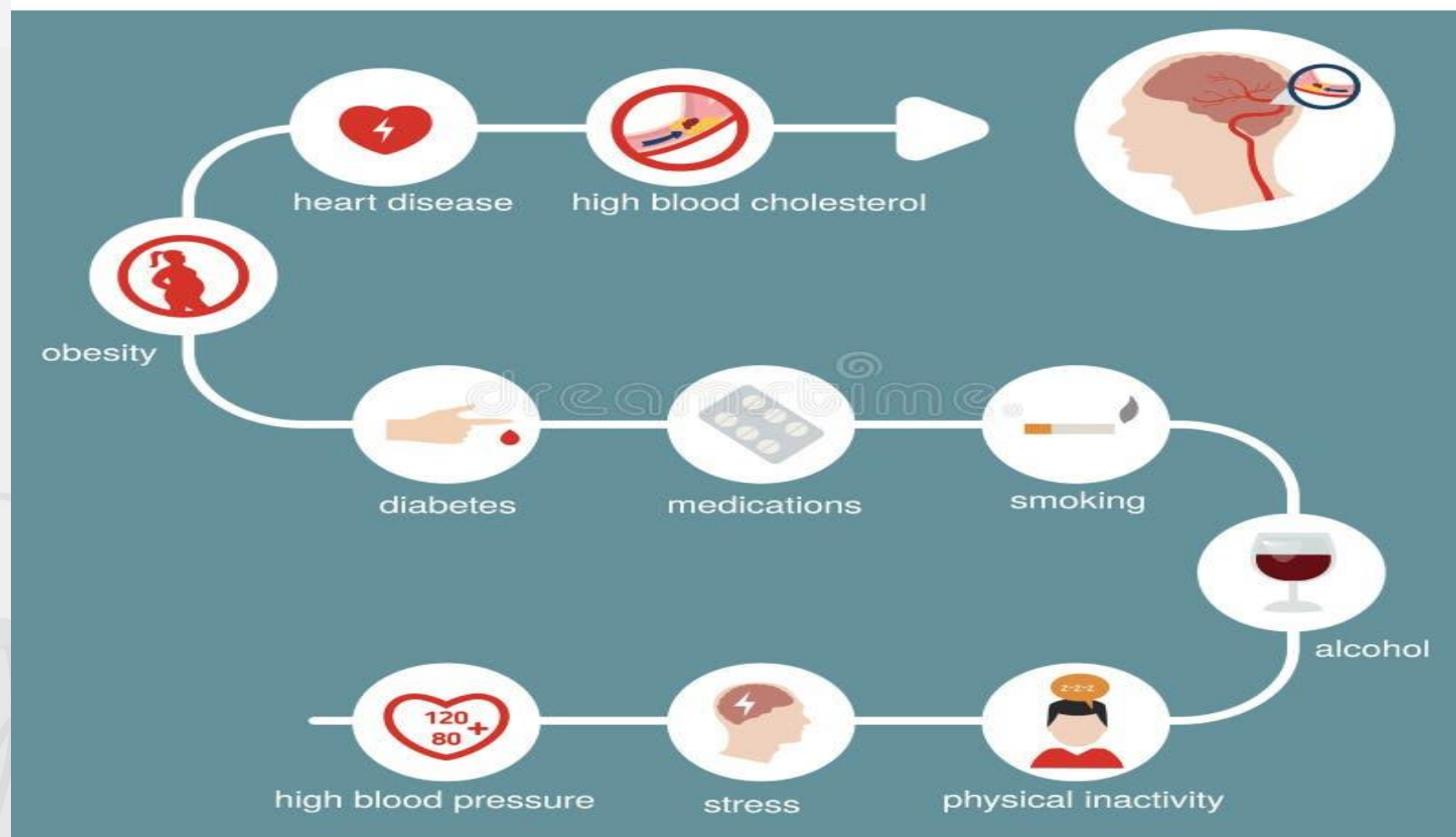


Patient with thrombolysis





Risk Factors for Stroke





- **Risk Factors ---**
- overweight , physical inactivity, smoking
- Hypertension, Diabetes , Lipid , carotid and cardiac diseases

To prevent re -stroke



- Hypertension,
- Diabetes ,
- Dyslipidemia ,
- Carotid and
- Cardiac disease – AF
- Smoking
- Physical activity –like walking

Take a challenge



- **TOGETHER WE CAN BE #Greater Than STROKE!**

World Stroke Association 2024



Get active every day in October to be #GreaterThan stroke

Walk, Bike, Run, Hike, Yoga... or whatever exercise you like! We're asking people to carry out 30 minutes a day or as much as possible in 30 days.

We've teamed up with Challenge Hound a virtual challenge platform to track your challenge progress. You'll be able to see your progress, challenge stats and the global leaderboard during October!