

Healthy **TIGERS**



Pharmacy Phacts - May 2024

In this issue PharmD candidates discuss National Stroke Awareness Month

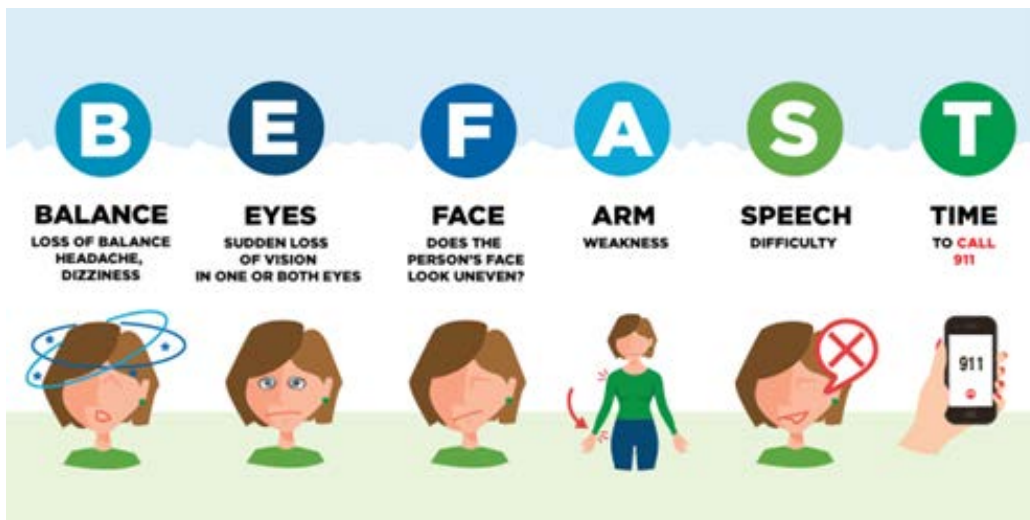
May is National Stroke Awareness Month

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What is a Stroke?

A stroke occurs when oxygen and blood supply stops reaching a portion of the brain due to a blockage or rupture. The two types of stroke include ischemic and hemorrhagic stroke. An ischemic stroke can be caused by a buildup of fat from high cholesterol on the blood vessels that narrows over time and causes a blockage, or by a blood clot formed in the heart resulting in a blocked blood vessel to the brain. This can happen from medical conditions like atrial fibrillation. Ischemic strokes are the most common type of strokes. A hemorrhagic stroke, on the other hand, can be caused by a ruptured vessel which causes the brain to bleed. Both types have similar symptoms but are treated differently.

What are the symptoms of a stroke?



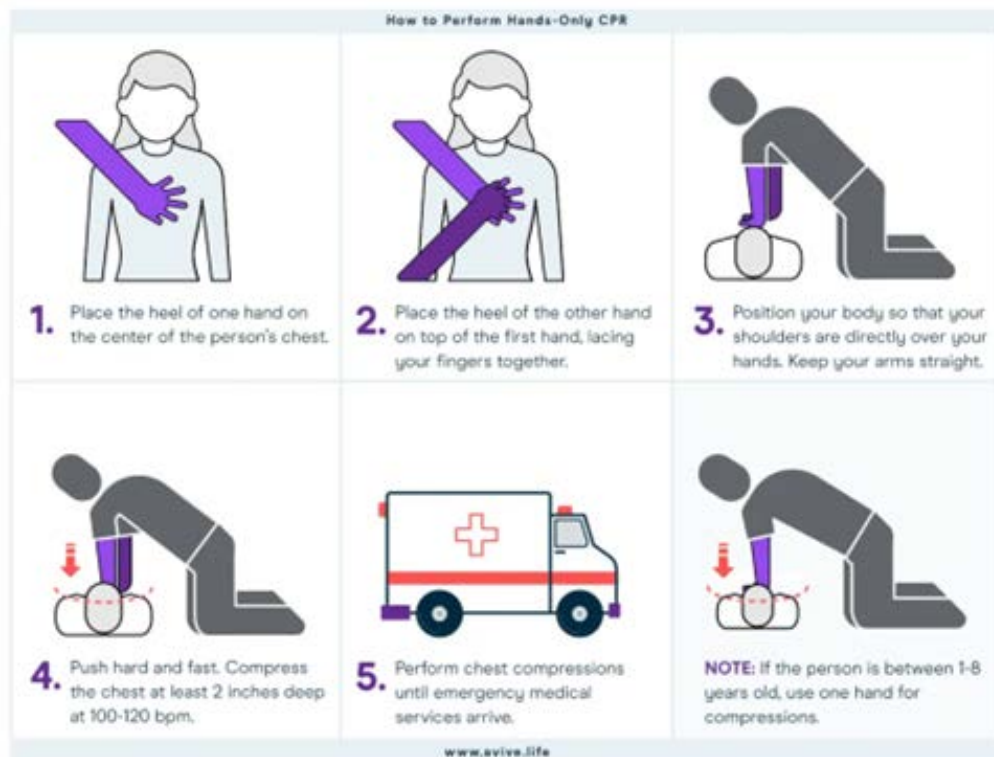
If you see any of these symptoms, BE FAST and CALL 911 immediately.

What do you do if I or someone around me is having a stroke?

- **Call 911 immediately.** The faster you reach the hospital the sooner you can receive life-saving medications and treatment to potentially reverse the effects of the stroke. The longer blood supply is stopped in the brain, the more damage it is causing and more likely to become permanent or lead to death.
- **Note the time when you first see symptoms.** This will be important to help your doctor choose the right treatment.
- **Do not let the person experiencing the stroke fall asleep.**
- **Do not give food, water, or medications to the person experiencing the stroke.** They are at an increased risk of choking, and certain drugs like aspirin could worsen their condition if they are having a hemorrhagic stroke.
- **Do not drive yourself or someone else if they are having a stroke to the ER.**

Do I need to perform CPR on someone who had a stroke?

Persons experiencing a stroke do not commonly require CPR. However, if you find that someone is unconscious and not breathing and/or does not have a pulse, perform CPR. If you are unable or unwilling to give mouth-to-mouth rescue breaths, you can start hands-only CPR after dialing 911.



You can give chest compressions to the heat of Staying Alive by the Bee Gees, Sweet Home Alabama by Lynyrd Skynyrd, or Crazy in Love by Beyonce (100-120 beats per minute) until the paramedics arrive.

What increases my risk of having a stroke?

- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Atrial Fibrillation/Other cardiac conditions
- Obesity
- Illicit drug use and heavy alcohol use
- Poor diet/Lack of exercise
- Pregnancy
- Preeclampsia
- Birth Control
- Hormone replacement therapy
- Migraines with auras and smoking

How can I prevent this from happening to me?

Receive yearly check-ups from your doctor. With conditions like atrial fibrillation, diabetes, and pregnancy, your doctor will help you with medications, setting goals, and monitor you closely to help reduce your risks. You may benefit from lifestyle interventions, like diet and exercise, or you may benefit from medications that can prevent the formation of blood clots or blockages if you have other medical conditions. For example, walking briskly for 150 minutes per week can help lower your blood pressure and cholesterol levels. Taking your medications as directed by your doctor and incorporating healthy choices into your daily routine will help to significantly lower your risk of having a stroke or heart attack.

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