

Know Your Brain

BASIC BRAIN ANATOMY AND WHAT COMMON THINGS THAT HAPPEN WITH STROKES TO THESE AREAS

JOIN US TO LEARN MORE ABOUT YOUR BRAIN DURING STROKE AWARENESS MONTH!



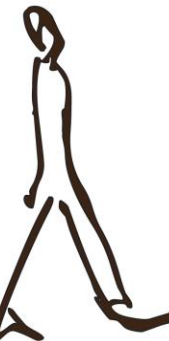
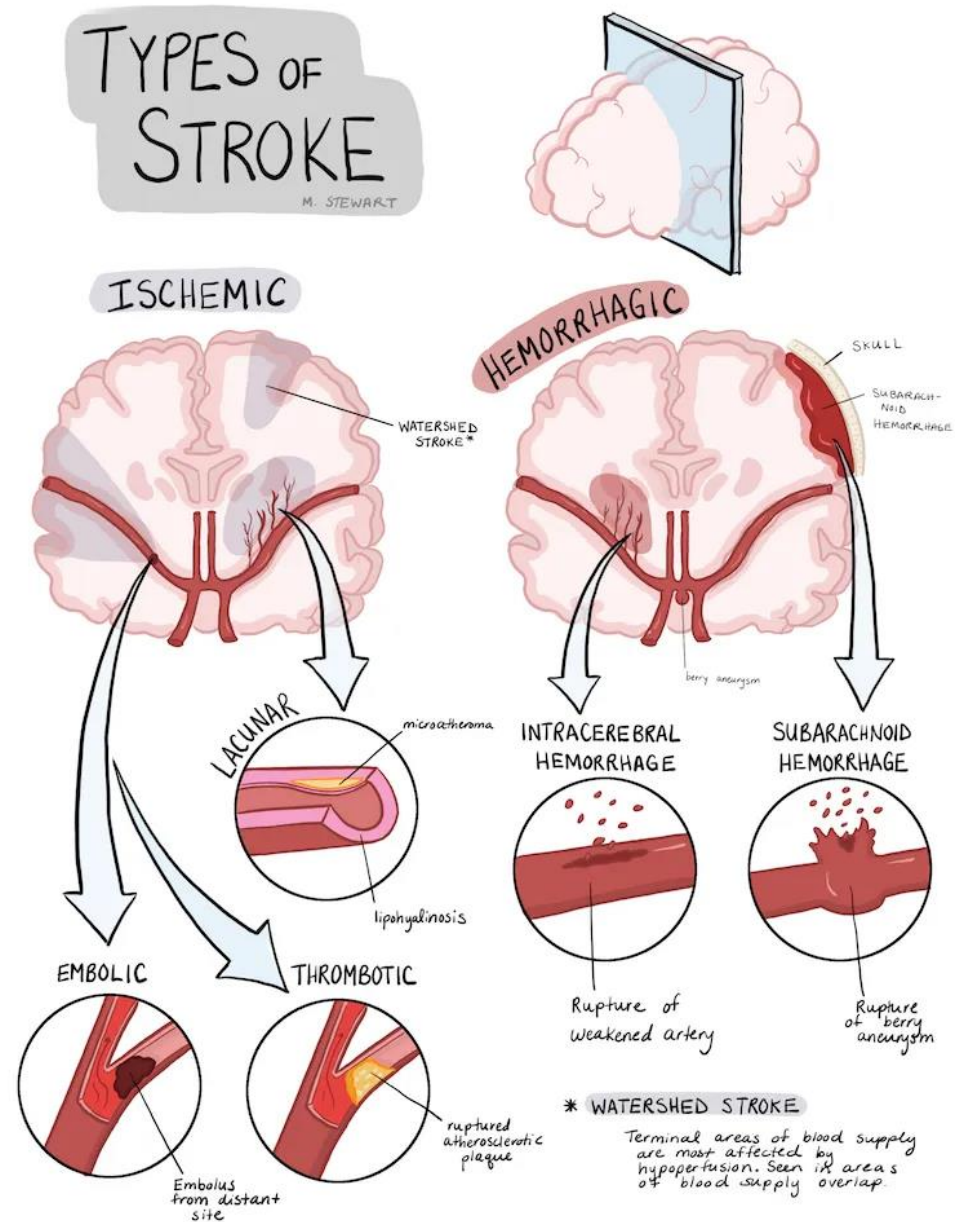
Types of Strokes

ISCHEMIC

- blockage of blood flow to a part of the Brain causing damage.

HEMORRHAGIC

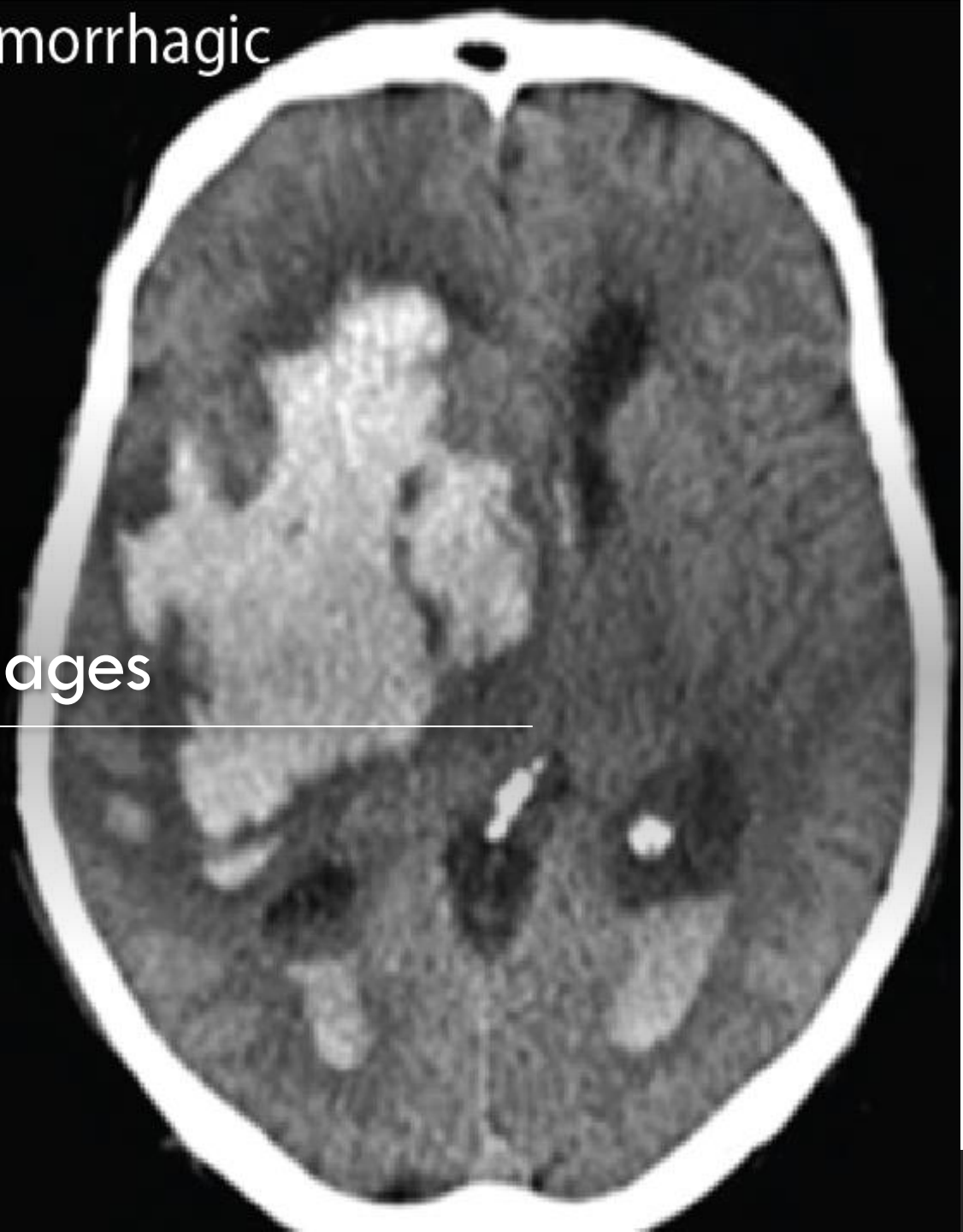
- blood leaking into the brain, pressure causing damage to the brain.



ischemic



hemorrhagic



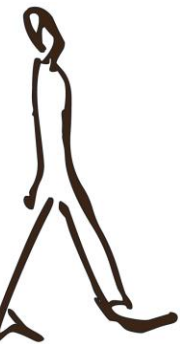
Images



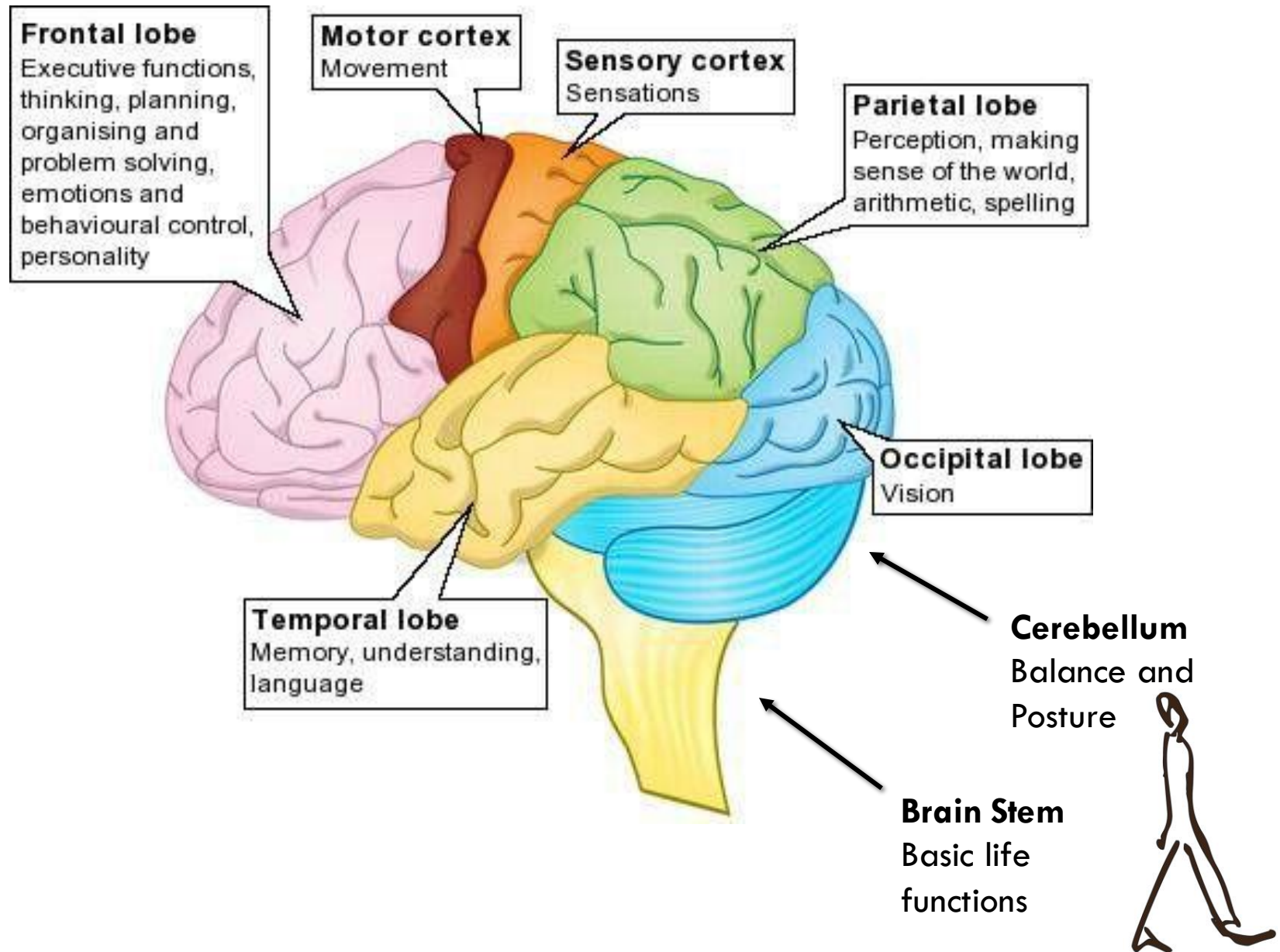
Every stroke is different!



**There is no
time limit to
recovery!!!!**



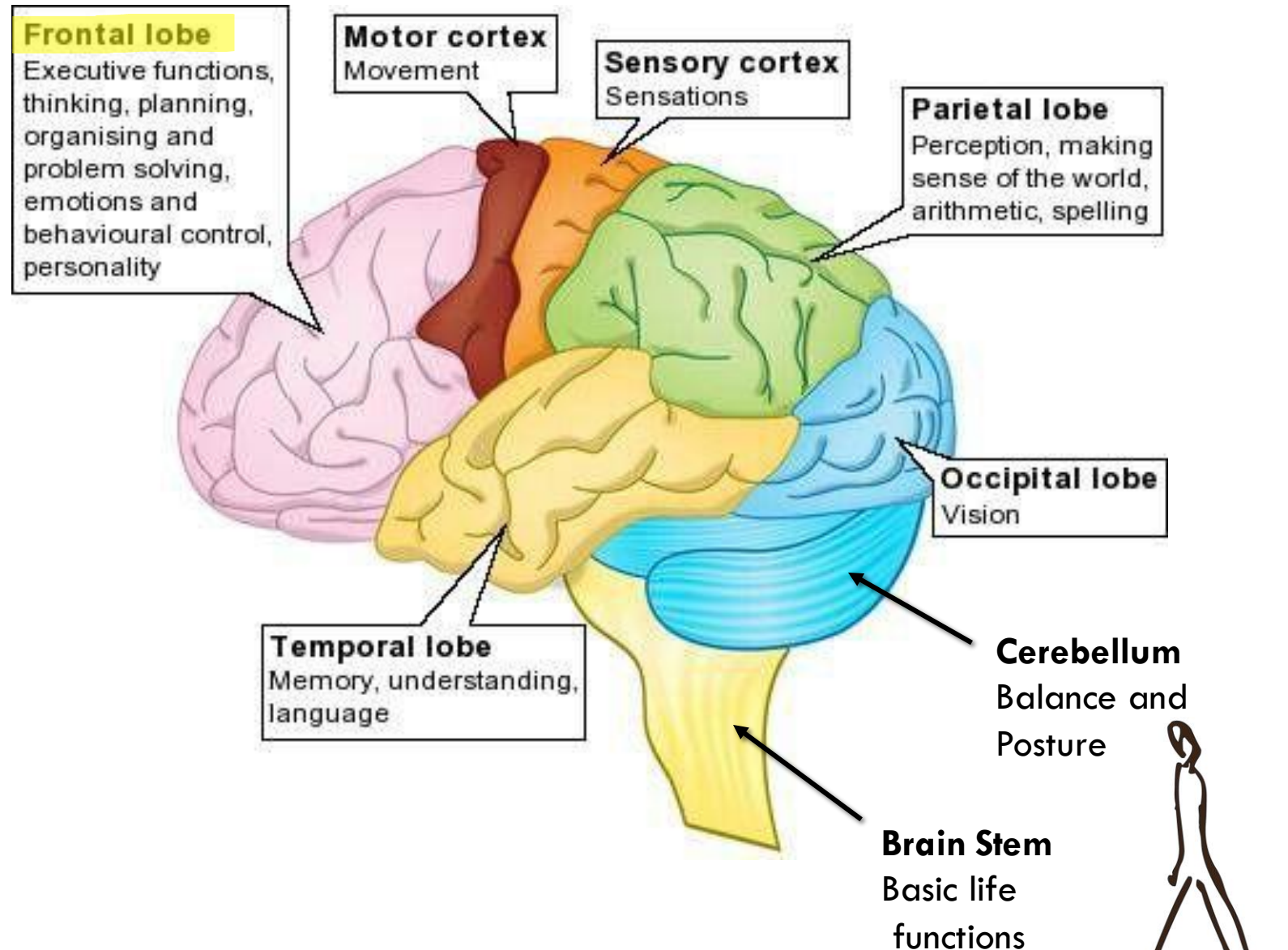
The Brain and its parts!



The Frontal Lobe

You may have difficulty with:

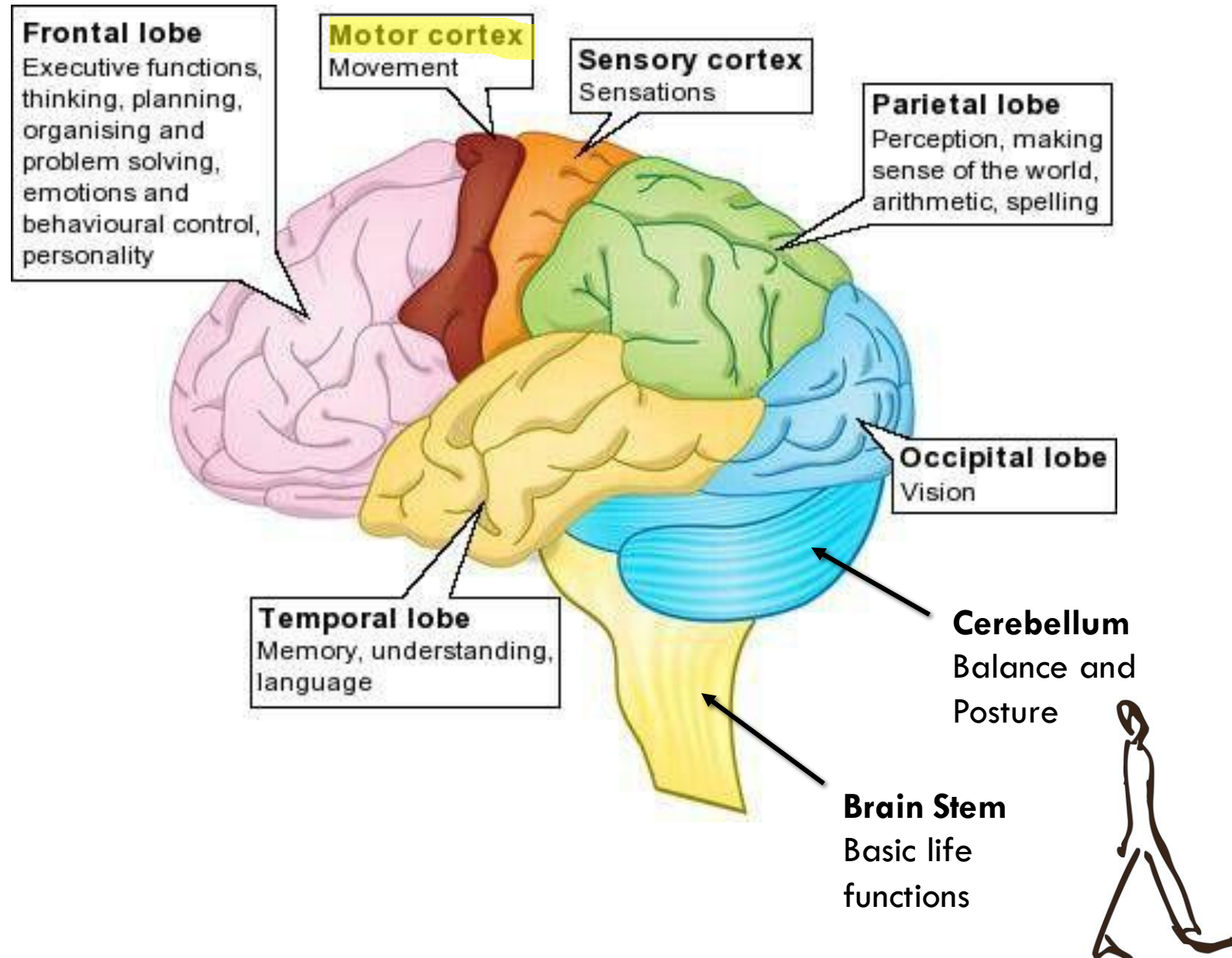
- taking other persons perspective
- problem solving, or planning your day
- time management
- emotions
- impulse control



Motor Cortex – Part of the Frontal Lobe

You may have
difficulty with:

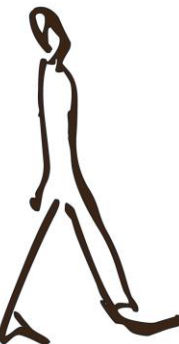
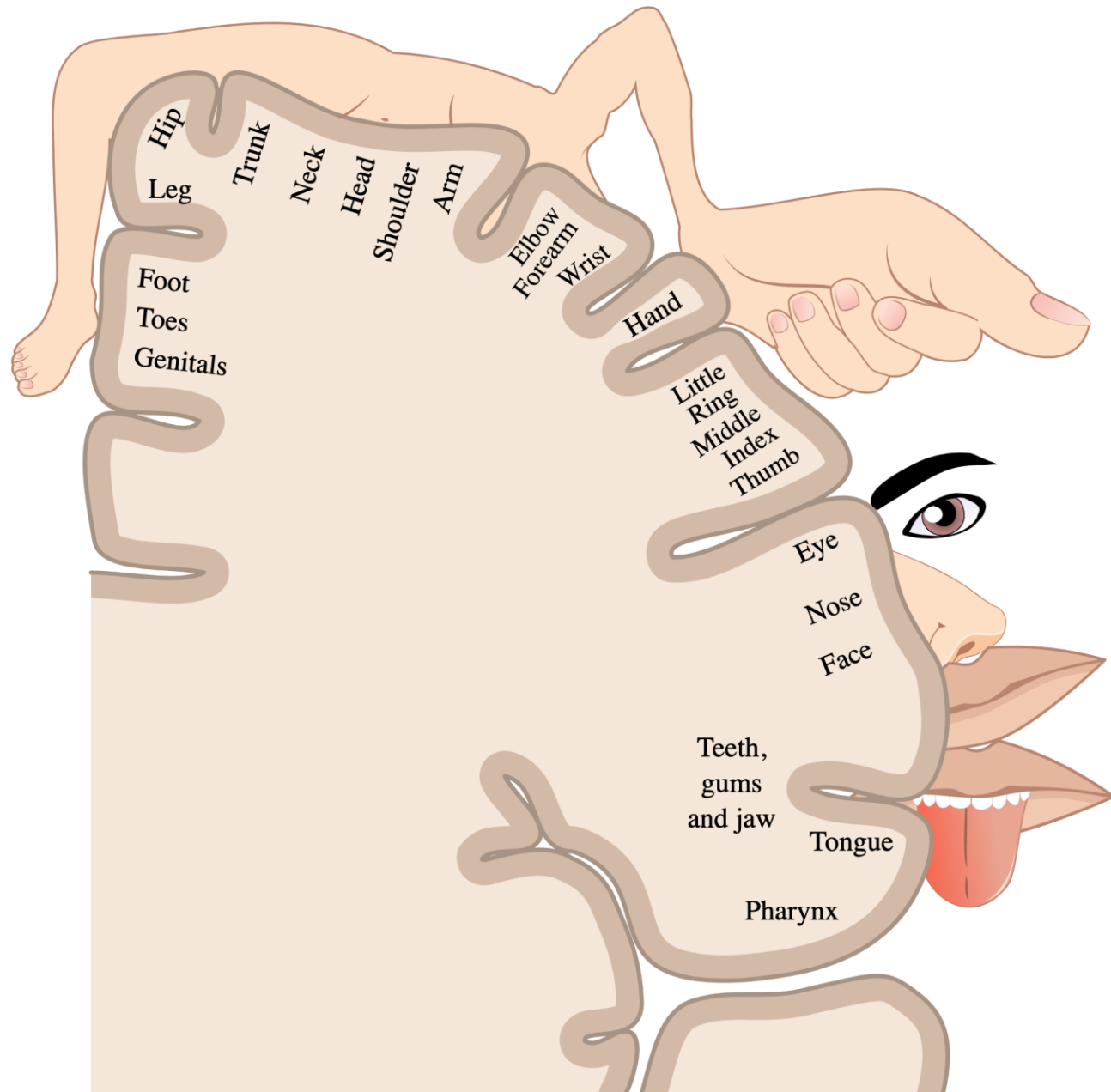
- moving parts of your
body
- spasticity



Motor Cortex – Part of the Frontal Lobe

Homunculus

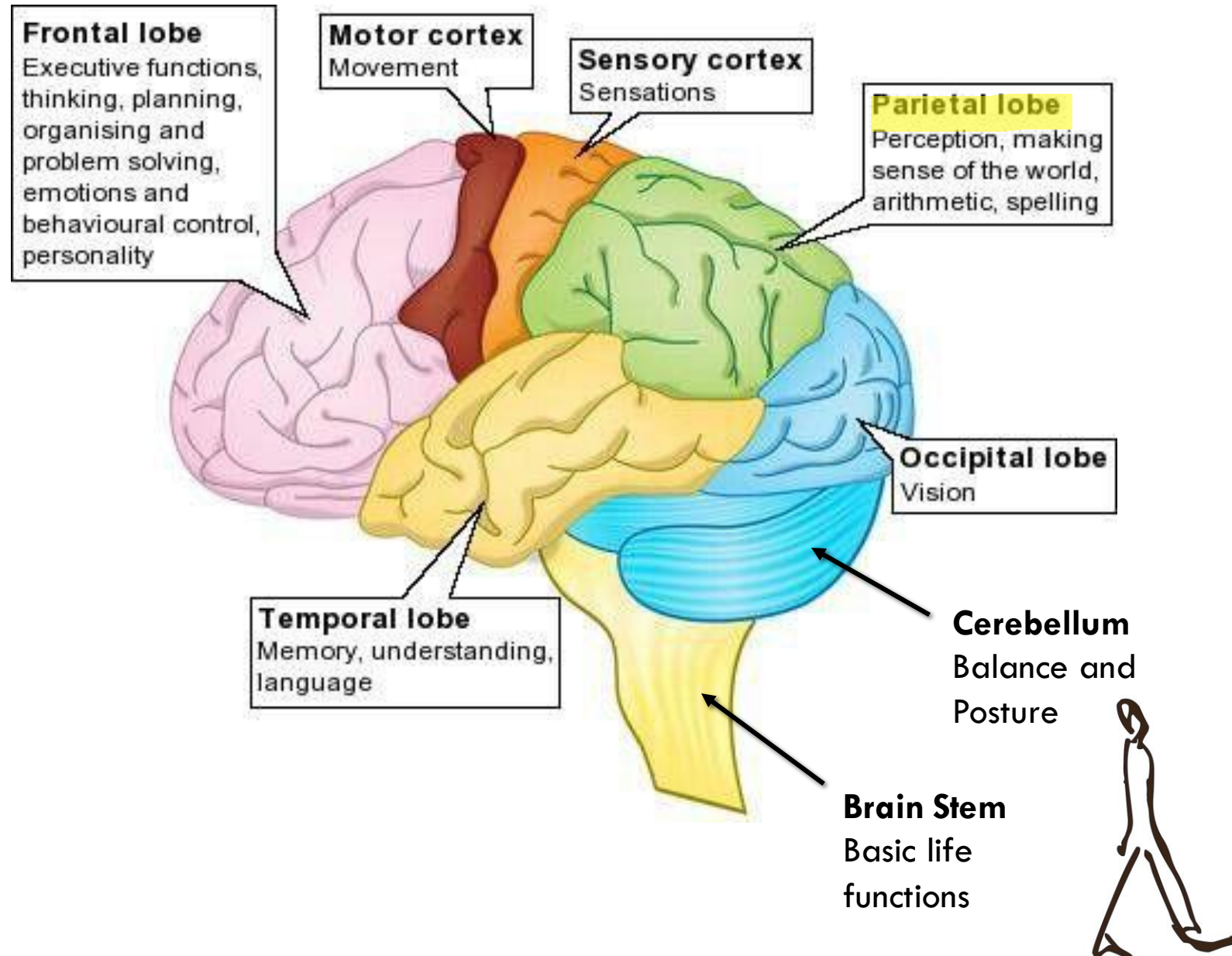
- What part of the body is affected most?



The Parietal Lobe

You may have difficulty with

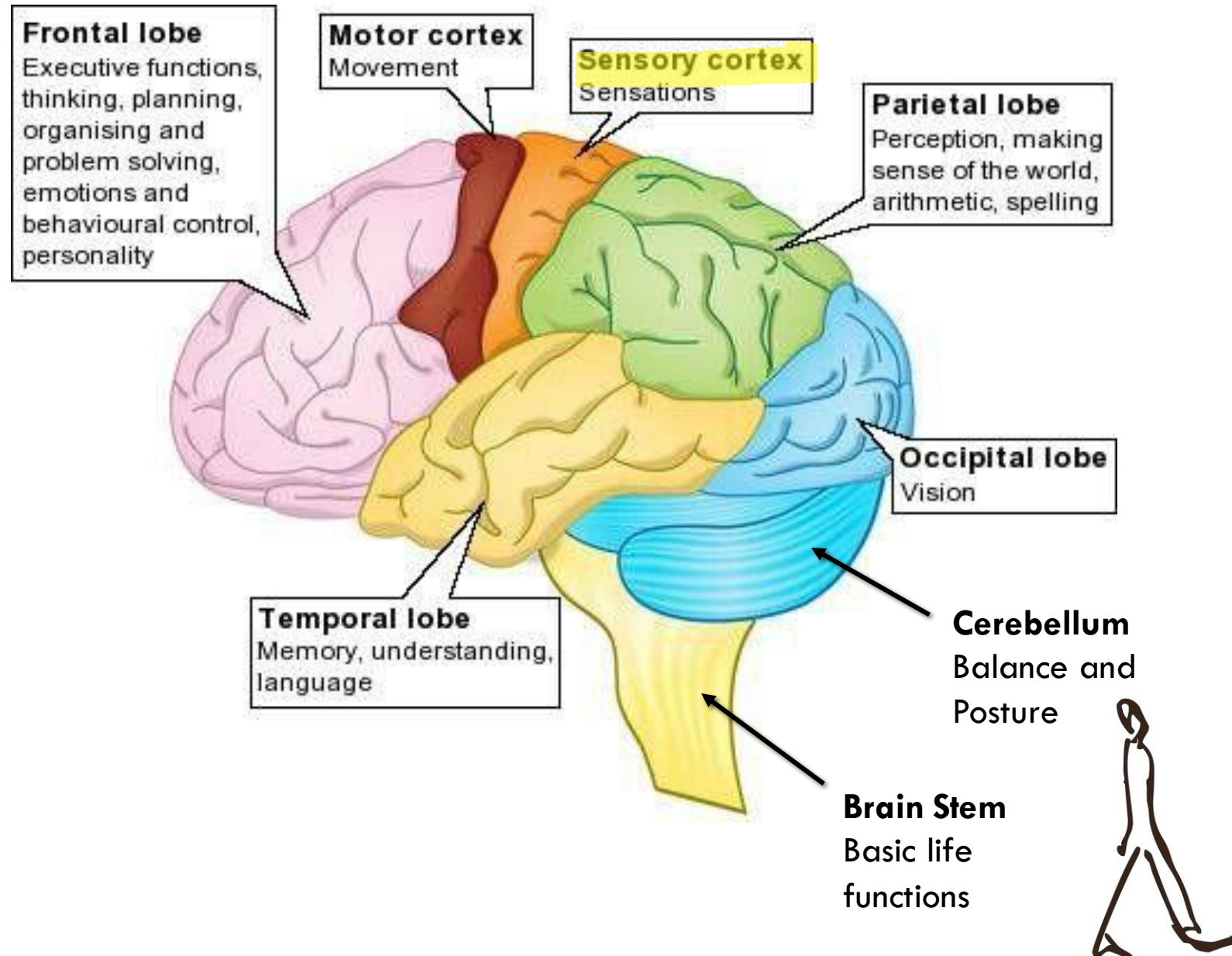
- insight into deficits
- maintaining attention
- awareness of space, or your body



The Sensory Cortex – Part of the Parietal Lobe

You may have difficulty with:

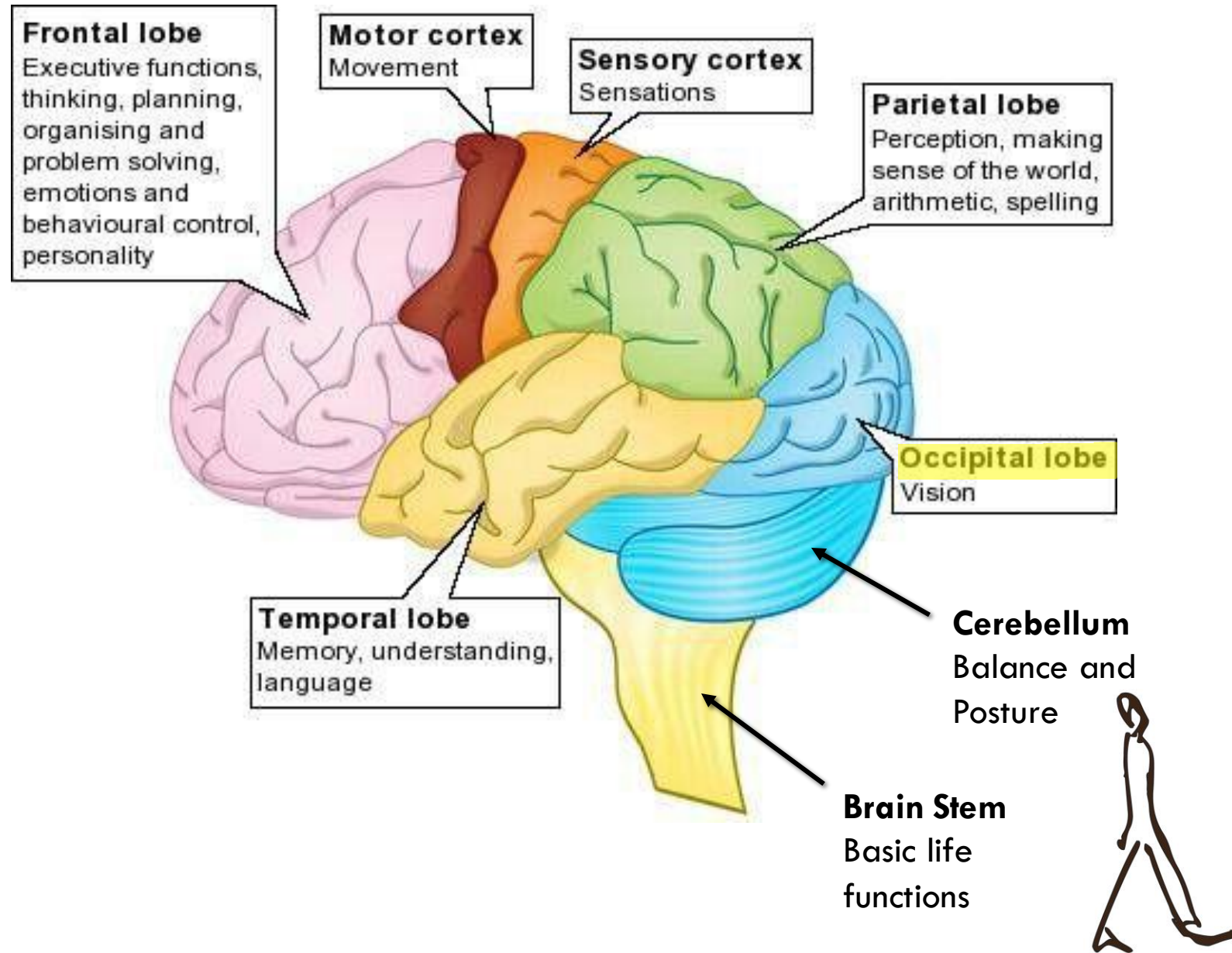
- feeling touch, hot, cold, pain, or other sensations in parts of your body



The Occipital Lobe

You may have difficulty with:

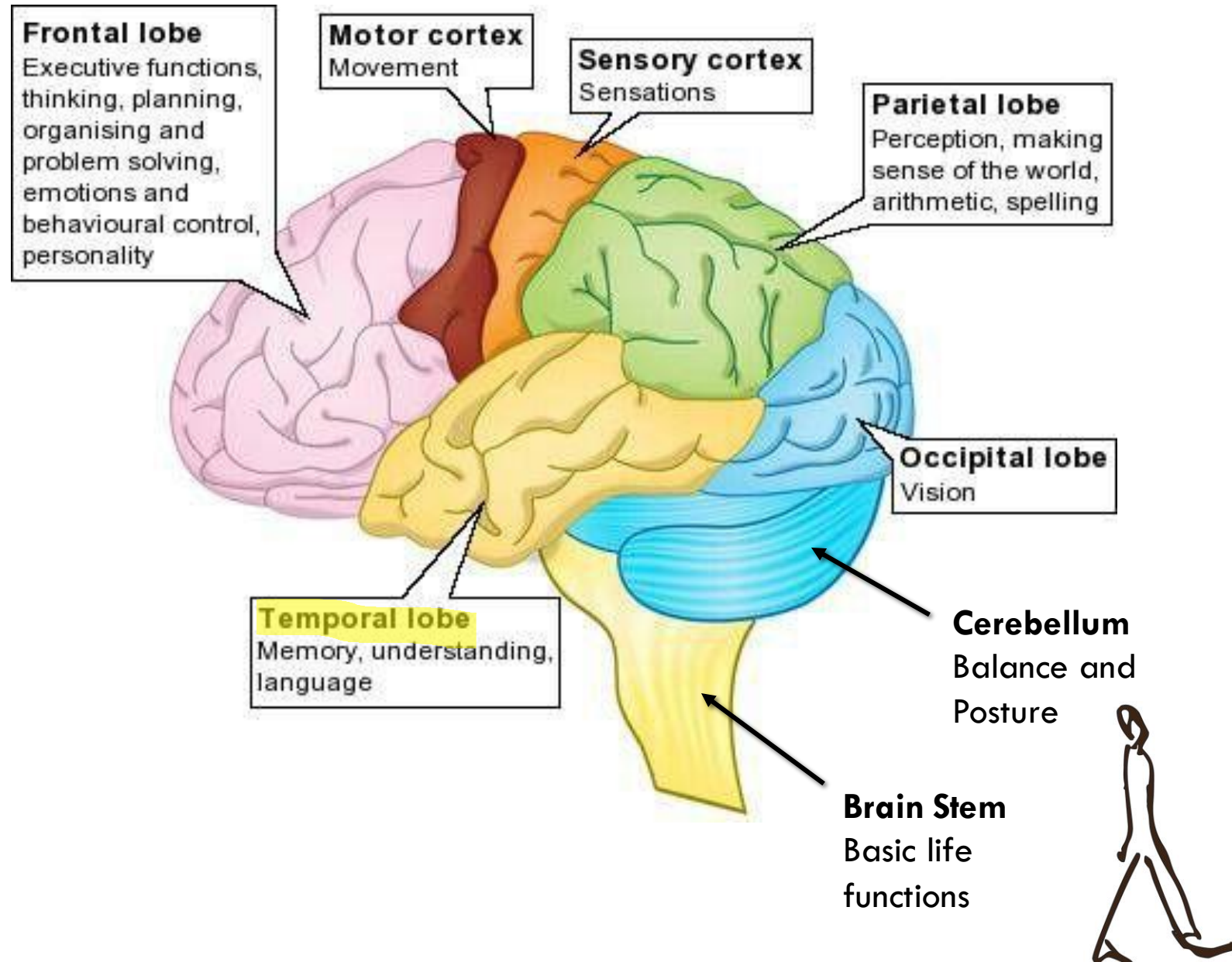
- Seeing out of one eye or part of your field of vision



The Temporal Lobe

You may have difficulty with:

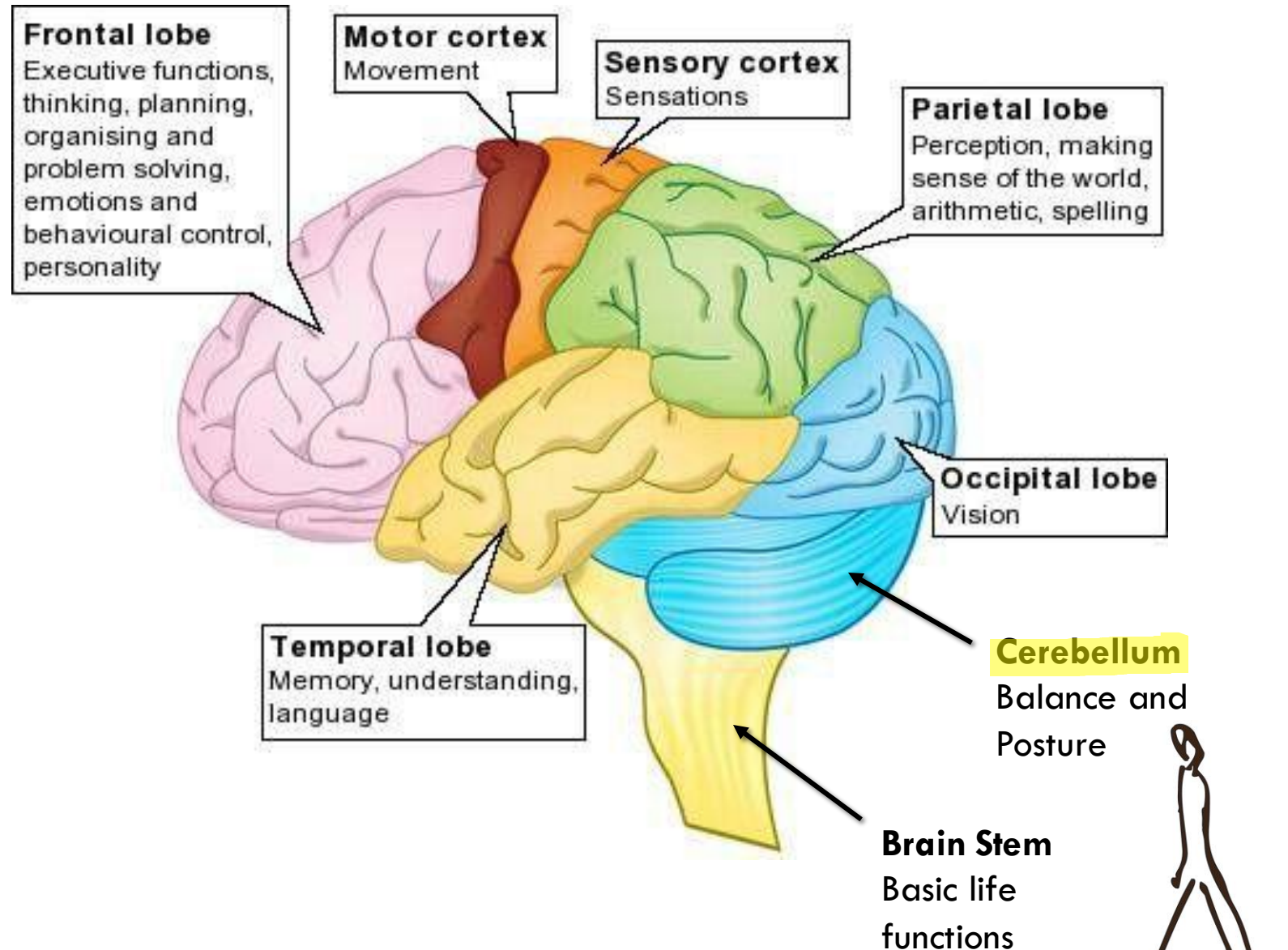
- Language
- Memory



The Cerebellum

You may have difficulty with:

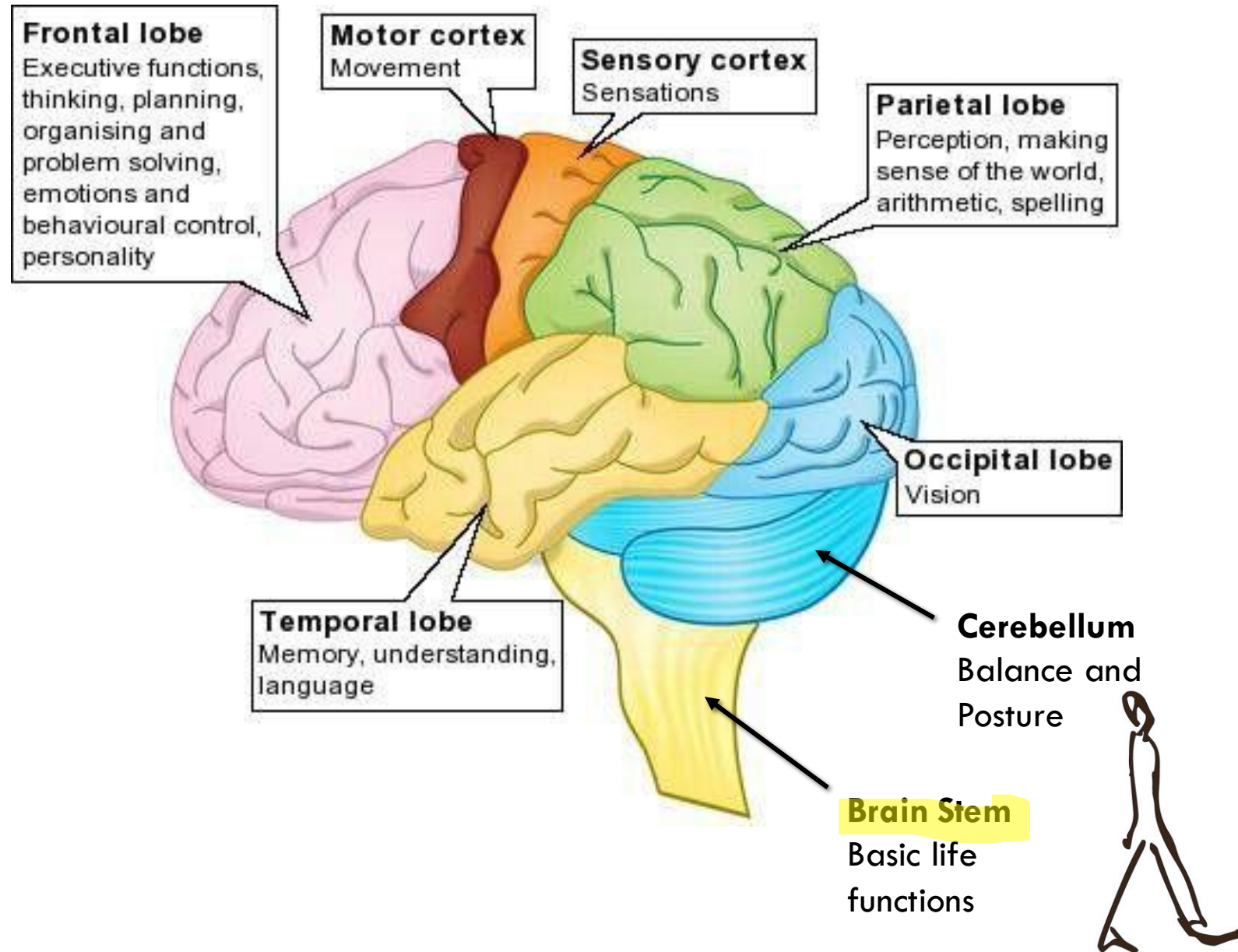
- balance in sitting or standing
- standing or sitting with eyes closed
- difficulty orienting to midline
- slurred speech



The Brain Stem

You may have difficulty with:

- Chewing/swallowing
- breathing
- balance (vestibular system/inner ear)
- uncoordinated movements (ataxia)
- will sometimes have Wallenberg syndrome

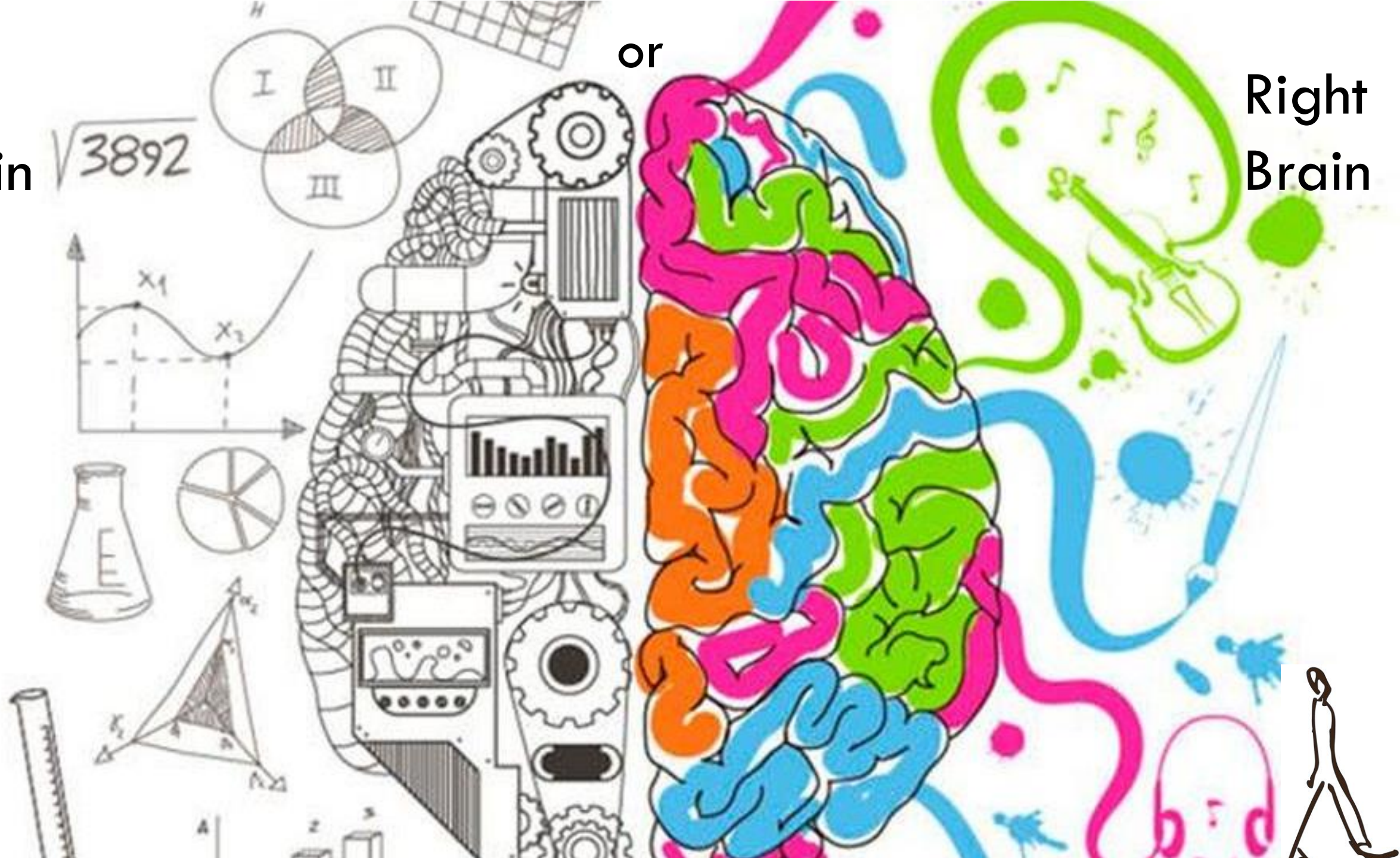




Left
Brain

or

Right
Brain



Left Brain Stroke



- Affects right side of body



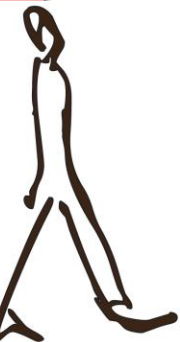
- Apraxia



- Slow, cautious, movements



- Language deficits – aphasia



Right Brain Stroke



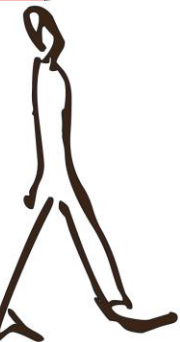
- Affects left side of body



- Impulsive, and impaired judgement

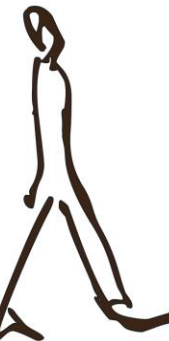
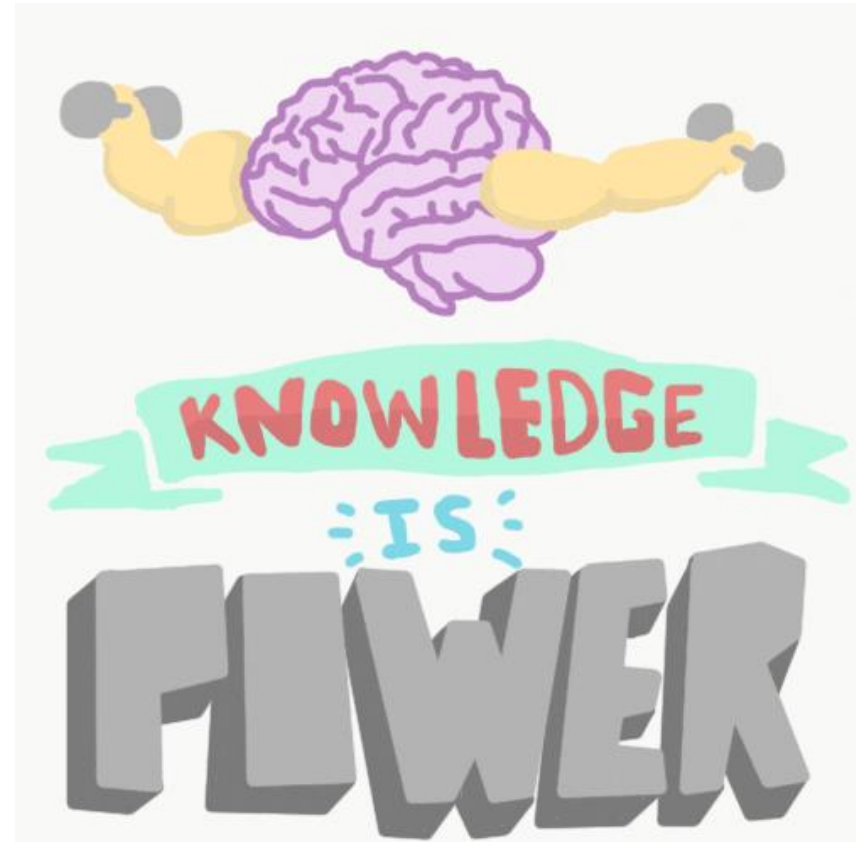


- Difficulty with spatial awareness
or attention to left side



How to make sense of it all...

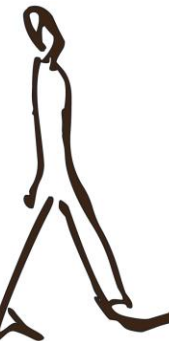
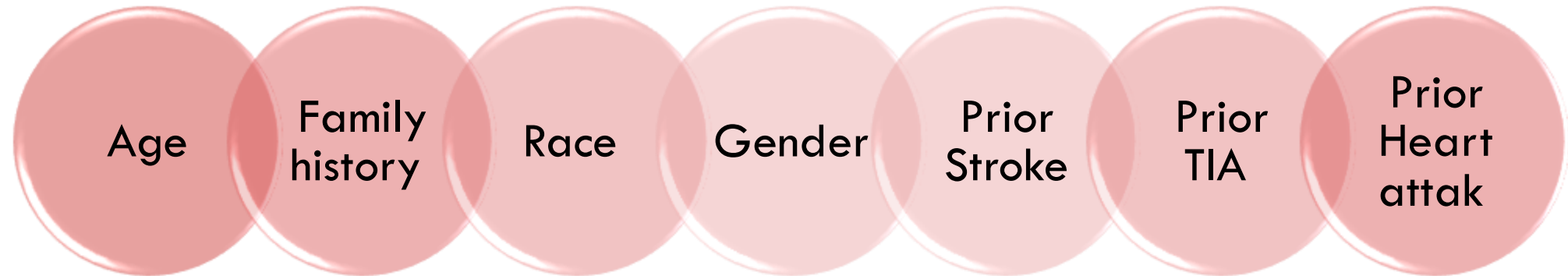
- Know your diagnosis! It's ok to ask!
- Take notice of what you find is difficult for you
- Take notice of what other people see is difficult for you



Stroke Risk Factors

There are some things that can increase your risk of having a stroke. It is important that you are aware of these and become an active participant in lowering your risk!

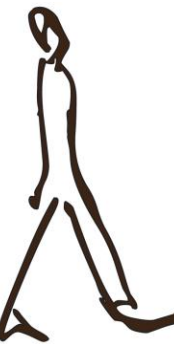
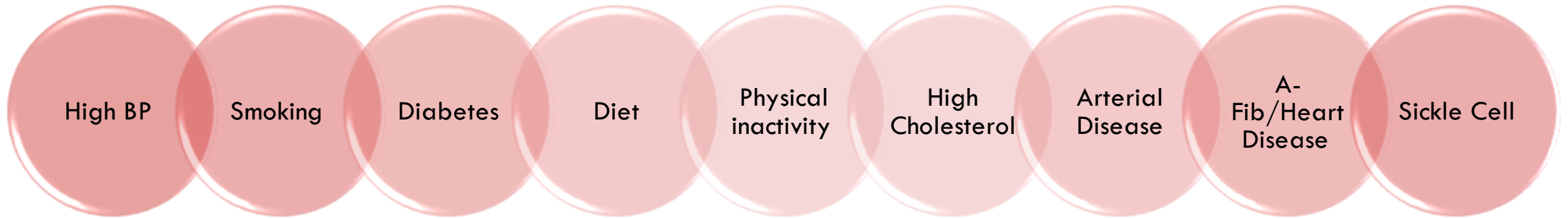
NON-MODIFIABLE



Stroke Risk Factors

There are some things that can increase your risk of having a stroke. It is important that you are aware of these and become an active participant in lowering your risk!

MODIFIABLE



What to do **instead** of having another **stroke**.

About one in four stroke survivors suffers a second one — but it doesn't have to be that way. Reduce your risk. Work with your doctor to create a secondary stroke prevention plan and stick with it.

PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Lose weight
- Stop smoking
- Discuss an aspirin regimen with my doctor



WHEN STROKE STRIKES, EVERY SECOND COUNTS.

A stroke is always a medical emergency. The longer it goes untreated the greater the chance of lasting damage. **Time lost is brain lost.** Learn to recognize the signs of stroke using the letters F-A-S-T.

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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stroke.org

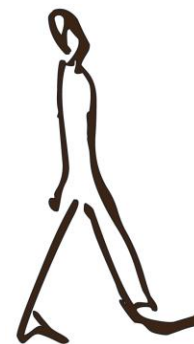
Know what to do

- It is important to remain aware of all your health conditions following a stroke!
- Make sure you and your support system are aware of the signs and what to do in case of the onset of another neurologic event.
- Stroke.org has a lot of great info!

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References

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