

DON'T HAVE A STROKE



Has your heart ever missed a beat? If your heart beats too quickly, too slowly, or with an irregular pattern, you may have an arrhythmia. Most people have felt their heart race or skip a beat either with exercise or strong emotion. That type of arrhythmia is usual not cause of alarm. However, arrhythmia's that occur often or accompany other heart problems may be more serious and should be discussed with your healthcare provider.



Stroke is classified as a brain disease that affects the arteries leading to and within the brain. It occurs when a blood vessel carrying oxygen and nutrients to the brain is blocked by a clot, or bursts. When this occurs, part of the brain cannot get the blood and/or oxygen necessary and begins to die.

TWO TYPES OF STROKE:

- An ischemic stroke forms a clot which obstructs the flow of blood to the brain
- A hemorrhagic stroke causes a rupture of a blood vessel that prevents the blood flow to the brain

WARNING SIGNS:

- Sudden numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

TREATMENT:

- Generally there are three treatment stages for stroke: prevention, therapy immediately after the stroke, and post-stroke rehabilitation
- Medication or drug therapy is the most common treatment for stroke

Symptoms of Arrhythmia

With some types of arrhythmia, you may not experience symptoms. If you do have symptoms, they will depend on the type and severity of your arrhythmia. The most common symptoms include:

- Palpitations
- Dizziness
- Fainting or collapsing
- Shortness of breath
- Chest pain
- Fatigue
- Confusion
- Pulmonary edema

Atrial Fibrillation

The most common arrhythmia, Atrial fibrillation, creates a disorganized electrical signal that causes a disturbance in the upper and lower chambers of the heart, preventing them from working together. A-Fib can damage the heart's electrical system leading to increased risk for stroke, heart attack, or heart failure.

Diagnosis

Since A-Fib can be symptom-less, often it is discovered during a routine physical exam. Talk to your healthcare provider about your risk for A-Fib. Be sure to share any symptoms you may be experiencing and discuss your risk factors.

If A-Fib is detected, there are treatment options including medicines, medical procedures, and lifestyle changes. Partner with your doctor to discuss the best option for you.

Risk Factors

Reduce your risk of developing an arrhythmia or slowing its progression.

Do

- Drink plenty of water
- Eat a heart-healthy diet
- Eliminate unnecessary stress
- Exercise regularly
- Maintain a healthy weight
- See your doctor regularly

Don't

- Smoke or expose yourself to second-hand smoke
- Drink excessive amounts of alcohol, caffeine, or sugary drinks
- Ignore your symptoms, which may signal heart problems