



A Detail Study on Complications of Stroke

Maria Jose*

Department of Neurology, University of Montreal, Canada

INTRODUCTION

A stroke is a cerebrovascular condition in which there is an interrupted blood flow or supply to the brain and resulting in brain damage. When there is an insufficient supply of blood to the brain then there would be insufficient oxygen and nutrients to the brain cell and will lead to the death of brain cells.

ABOUT THE DISEASE

There are two types of strokes they are ischemic stroke, hemorrhagic stroke and transient ischemic stroke. Stroke can be further sub classified as embolic stroke, subarachnoid stroke, thrombotic stroke and intracerebral stroke. Ischemic stroke occurs when there is a reduced or stoppage of blood flow to the brain which leads to an insufficient oxygen to the brain cells which leads to the death. Hemorrhagic stroke occurs when there is a leakage in the brain artery. The leakage in the artery may cause pressure in the brain which leads to the damage of brain cells. Transient ischemic stroke is also called as mini stroke as there would be blockage of blood supply only for a short period of time usually not more than 5 minutes. The symptoms of stroke are of sudden and they are as follows paralysis, nausea or vomiting, numbness or weakness in one side of the body, slurred speech, dizziness, sudden behavioral changes, trouble walking, loss of balance and vision problems. The risk factors of stroke includes high blood pressure. This is the primary risk factor for a stroke are as follows Heart diseases, A family history of stroke or TIA, Race and ethnicity, Age, Diabetes, alcohol and

smoking, high cholesterol, unhealthy diet, obesity, Elderly people are ore prone to risk for the stroke. Certain medical conditions are also related to stroke such as a previous stroke, heart valve defects, sickle cell disease, blood clotting disorder, patent foramen ovale (PFO), enlarged heart chambers and irregular heartbeats and coronary artery disease. Some of the complications of the stroke are seizures shoulder pain, bed sores, loss of bladder and bowel control, mood or emotional changes, depression, reduced mobility, range of motion, or ability to control certain muscle movements. These complications can be managed by providing physical therapy to the patients and also providing counseling to the patients. Diagnosis of stroke can be done by physical examination like muscle strength and reflexes. Certain blood tests are also done to detect any substances present in the blood and also the blood flow when there is a blockage. CT scan and MRI are done to create an image of the brain and to detect any tumors present in the brain. Cerebral angiogram and echocardiography are done.

CONCLUSION

Management of stroke can be done by the treatment by prescribing the anti-platelets and anti-coagulants. Consumption of alcohol must be avoided and smoke cessation should be done. Exercise regularly and daily consumption of fruits. Controlling of high blood pressure and diabetes is one of the major prevention for stroke and maintaining cholesterol levels by reducing the fat content foods. Physical therapy is needed to regain the strength and balance of the body.

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Corresponding author Maria Jose, Department of Neurology, University of Montreal, Canada, E-mail: mariose@gmail.com

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