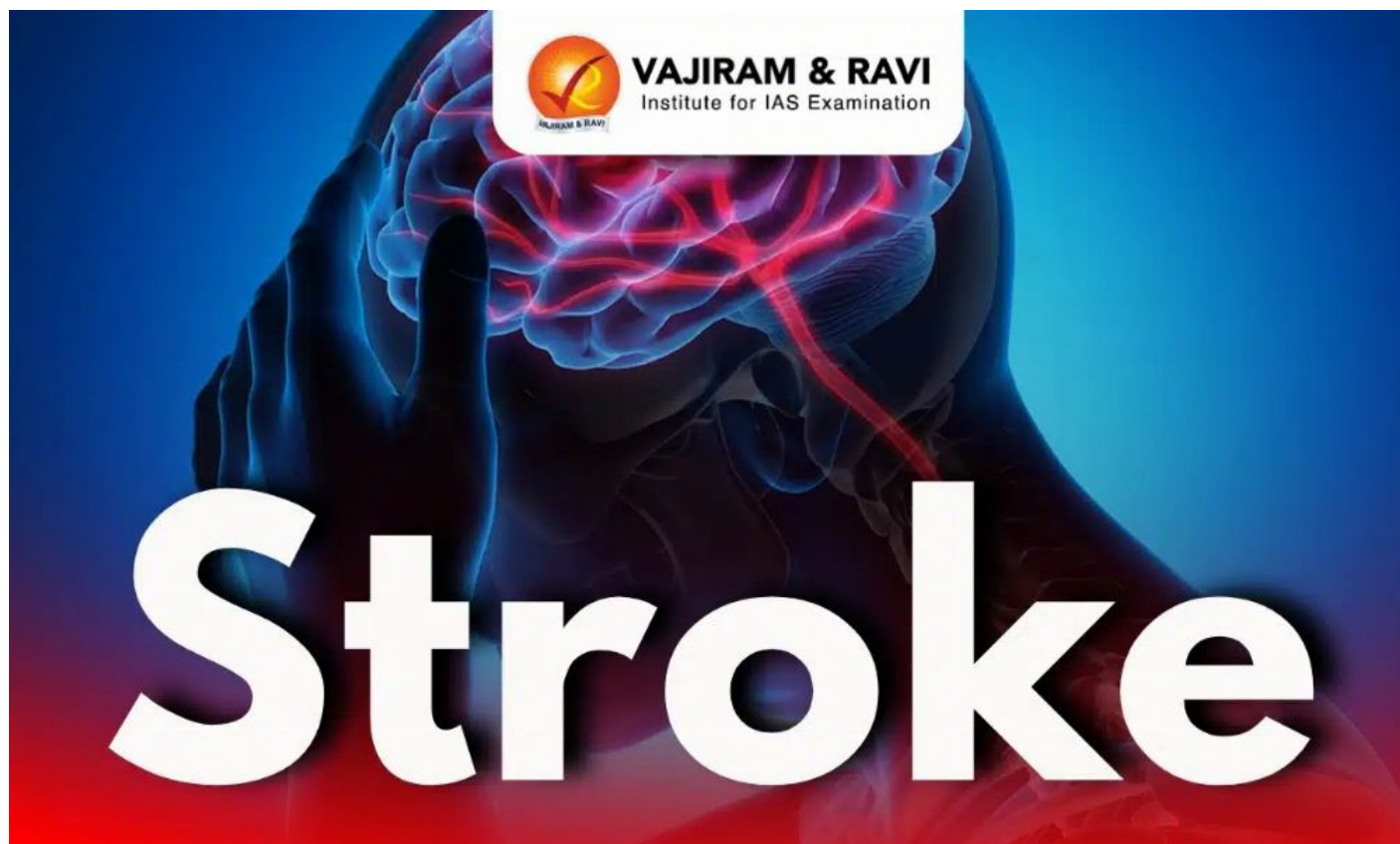


Stroke

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Stroke Latest News

The World Health Assembly (WHA) recently passed the first-ever resolution on strokes, urging member states to recognise the medical condition as a public health priority.

About Stroke

- It is a **medical emergency** that occurs **when blood flow to the brain is interrupted**, either **due to a blockage or bleeding**.
- This lack of blood flow can **lead to brain cell death** and serious complications.
- A stroke can cause **lasting brain damage, long-term disability, or even death**.
- **The types of strokes are:**
 - **Ischaemic stroke:** A **blood clot blocks a blood vessel** in your brain, leading to loss of blood flow.
 - **Haemorrhagic stroke:** Intracerebral haemorrhage (ICH) by **rupture of a blood vessel** in the brain leading to bleeding.

- **Transient ischaemic attack (TIA):** A **short period of symptoms** similar to those of a stroke, caused by a **brief blockage of blood flow to the brain**. A TIA **usually lasts only a few minutes** and doesn't cause long-term damage.
- Most of the stroke burden is attributable to **10 modifiable risk factors**, including **high blood pressure, air pollution, smoking, high LDL cholesterol, diet high in sodium, high fasting blood glucose, kidney dysfunction, excess body weight, physical inactivity**, and harmful use of **alcohol**.
- **Non-modifiable risk factors are:**
 - **Age**
 - **A prior stroke**
 - **Pre-existing cardiac conditions** (e.g., atrial fibrillation and heart failure) and chronic kidney disease.
- The **symptoms** of a stroke often happen quickly. They include:
 - **Sudden numbness** or weakness of the **face, arm, or leg** (especially on one side of the body).
 - **Sudden confusion, trouble speaking**, or understanding speech.
 - Sudden **trouble seeing in one or both eyes**.
 - **Sudden difficulty walking, dizziness**, loss of balance, or coordination.
 - Sudden **severe headache** with no known cause.
- **Treatment:**
 - Treatments for stroke include **medicines, surgery, and rehabilitation**.
 - Prevention of another stroke is also important, since having a stroke increases the risk of getting another one.
 - **Prevention** may include **heart-healthy lifestyle changes and medicines**.

Source: **TH**

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