

# An Overview of Ischemic Stroke

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## Editorial

One of three forms of stroke is ischemic stroke. It's also known as cerebral ischemia and brain ischemia. A blockage in an artery supplying blood to the brain causes this form of stroke. The blockage lowers blood flow and oxygen to the brain, causing brain cell damage or death. Brain injury might be irreversible if circulation is not restored soon. Ischemic stroke accounts for roughly 87 percent of all strokes. Haemorrhagic stroke is a form of massive stroke in which a blood artery in the brain ruptures, causing bleeding. The bleeding compresses brain tissue, causing it to be damaged or killed [1].

Transient Ischemic Attack (TIA), often known as a ministroke, is the third form of stroke. A brief blockage or decreased blood flow to the brain causes this form of stroke. Symptoms normally go away on their own after a while.

## Symptoms of ischemic stroke

The symptoms of an ischemic stroke vary depending on which part of the brain has been affected. The following symptoms are common in most ischemic strokes:

- Blindness in one eye or double vision are examples of visual issues.
- Limb weakness or paralysis on one or both sides, depending on which artery is damaged dizziness and vertigo
- Confusion
- Coordination problems
- Face sagging on one side

When symptoms first appear, it's critical to seek treatment as soon as possible. This reduces the likelihood of irreversible injury. If you suspect someone is experiencing a stroke, use the FAST method to assess them [2].

**Face:** Is one side of their face drooping and making it difficult for them to move?

**Arms:** Does one arm slip lower when they raise their arms, or do they have severe trouble elevating their arm?

**Speech:** Is their speech slurred or unusual in any other way?

**Time:** If you answered yes to any of these questions, contact your local emergency services.

## Causes of ischemic stroke

Ischemic stroke occurs when a blood clot or fatty deposit, known as plaque, blocks an artery that provides blood to the brain. This obstruction can occur in the neck or the skull. Clots are most commonly formed in the heart and migrate through the circulatory system. A clot can either break up or become stuck in an artery. When a brain artery is blocked, the brain does not receive enough blood or oxygen, and cells begin to die [3].

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Received 02 February, 2022, Manuscript No. ijn-22-58503; Editor assigned: 07 February, 2022, PreQC No. P-58503; QC No. Q-58503; Reviewed: 15 February, 2022, Revised: 21 February, 2022, Manuscript No. R-58503; Published: 28 February, 2022, DOI: 10.37421/2376-0281.22.9.450

When plaque breaks off from an artery and travels to the brain, it is known as an ischemic stroke. Plaque can build up in the arteries that carry blood to the brain, narrowing them to the point where an ischemic stroke occurs. When the supply of oxygen to the brain is severely decreased or totally interrupted, global ischemia occurs, which is a more severe type of ischemic stroke. A heart attack is the most common cause, but other disorders or events, such as carbon monoxide poisoning, can also cause it [4].

## Risk factors of ischemic stroke

Ischemic stroke is caused by a variety of factors, the most common of which are circulatory problems. This is because they put you at risk for blood clots and fatty deposits. These are some of the conditions:

- High blood pressure
- Atherosclerosis
- High cholesterol
- Atrial fibrillation
- Prior heart attack
- Sickle cell anemia
- Clotting disorders
- Congenital heart defects

## Other risk factors include:

- Diabetes
- Being overweight, especially if you have a lot of abdominal fat
- Heavy alcohol misuse
- Use of certain drugs, such as cocaine or methamphetamines

Ischemic stroke is also more likely in those who have had previous strokes or who have a family history of stroke. Ischemic stroke is more common in men than in women, and blacks have a higher risk than other races or ethnic groups. Risk rises with age as well [5].

## Conflict of Interest

None.

## References

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How to cite this article: Cappa, Stefano F. "An Overview of Ischemic Stroke." *Int J Neurorehabilitation Eng* 9 (2022): 450.