

# Cardiac Stroke: Causes, Types, Symptoms and Prevention

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## Introduction

When blood flow to a portion of the heart is interrupted, generally by a blood clot, a heart attack develops. The heart muscle begins to perish without oxygenated blood. A stroke is a type of brain attack in which critical blood flow and oxygen are cut off to the brain. When a blood vessel feeding the brain becomes clogged or bursts, it causes a stroke. Stroke is frequently caused by high blood pressure. It happens when the blood pressure in the arteries is too high.

## Causes

Strokes are caused by ischemia (a lack of blood supply to the brain) or haemorrhage (bleeding). Those who have high blood pressure, high cholesterol, diabetes, or who smoke are all at risk for stroke. People with abnormal heart rhythms, particularly atrial fibrillation, are also at risk. Heart disease and stroke are caused by excessive blood pressure, high LDL (bad) cholesterol, diabetes, and smoking. Overweight and obesity, prediabetes, a poor diet, and a lack of physical activity are all risk factors.

## Types of Strokes

The types of strokes include:

- Ischemic stroke (part of the brain loses blood flow)
- Hemorrhagic stroke (bleeding occurs within the brain)

## Symptoms

• Chest discomfort.: The most common symptom of a heart attack is pain in the centre of the chest that lasts more than a few minutes - or that goes away and comes back.

- Discomfort in other areas of the upper body
- Shortness of breath
- Face drooping on one side, like a lopsided smile
- Trouble walking
- Numbness or weakness in one arm or leg, especially on one side of the body
- Confusion, like you can't think clearly or do something you can normally do
- Slurred speech
- Tongue doesn't work on one side
- Severe, sudden headache

## Prevention

Eating a balanced diet, exercising regularly, and avoiding smoking and excessive alcohol consumption are the greatest ways to help prevent a stroke. These lifestyle changes can help you avoid problems like fatty material clogging of your arteries (atherosclerosis) blood pressure that is too high.

- Lose weight
- Exercise more
- Treat atrial fibrillation
- Treat diabetes
- Quit smoking

Your doctor can assess your stroke risk and assist you in managing your risk factors. Before a stroke, some people may experience warning signals.

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