

Recovery

- The greatest changes are early after the stroke.
- Recovery takes months to years.
- Recovery could look different over time.

If you have further questions, please ask your healthcare provider.

To find more information go to:

The Heart and Stroke Foundation of Canada

– What is Stroke?

heartandstroke.ca

After Stroke BC

strokerecoverybc.ca

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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Understanding Stroke



Types of stroke

- **Transient ischemic attack (TIA) or mini stroke**

A small blood clot briefly blocks a blood vessel. The effects only last a few minutes or hours. It can be a warning sign that a more serious stroke could occur.

- **Ischemic stroke**

A stroke caused by lack of blood to part of the brain.

- **thrombotic:** a blood clot that forms in a blood vessel going to the brain
- **embolic:** a blood clot that forms in a blood vessel somewhere else in the body and travels to the brain

- **Hemorrhagic stroke**

A stroke caused by bleeding in the brain.

- **intracerebral:** a weak blood vessel in the brain leaks
- **subarachnoid:** a weak blood vessel between the brain and the skull leaks

Risk factors for stroke and TIA

Things you can't change	Things you can change	
Age	Inactivity	Stress
Sex assigned at birth	Overweight	High blood pressure or cholesterol
Ethnicity	Smoking	Heart disease or atrial fibrillation
Family history	Drinking too much alcohol	Diabetes
Having a stroke or TIA in the past		

How the brain works – what each part does

Frontal Lobe Initiation Motor planning Planning/anticipating Personality Follow through Emotionality Impulsivity Speaking Judgement Integrating thought with emotion Reasoning Self-monitoring Abstract thinking Smell		Parietal Lobe Intellect Sense of touch Determining size, shape, and colour Spatial perception Visual perception Muscle tone, strength, and sensation	Brain Stem Breathing Heart rate Blood pressure Movement and sensation for head, neck, eyes, hearing Relays messages for other movements and sensations
Temporal Lobe Memory Understanding language Hearing		Occipital Lobe Vision	Cerebellum Balance Coordination

