

Stroke

A stroke occurs when the blood flow to the brain is decreased or stopped. The blood flow can be blocked from a blood clot, plaque or a leak in a blood vessel. Sometimes the blood flow to the brain is blocked for a brief time.

If you have signs of a stroke, but the signs go away in minutes to hours this is called a TIA or transient ischemic attack or “mini stroke”. This is a strong warning that there is a problem and a stroke could occur in the future.

When the blood flow to the brain is blocked causing permanent damage, it is called a stroke. Tests can be done to find the type, location and cause of the blockage to the blood flow of the brain.

Signs

The effects of a stroke depend on the location and amount of damage to the brain. Signs are sudden and may include:

- Numbness, tingling or weakness in the face, arm or leg, often only on one side of the body
- Confusion or trouble understanding
- Problems speaking
- Problems seeing out of one or both eyes
- Dizziness or trouble with balance, coordination or walking
- Sudden severe headache with no known cause

Your Care

Call 911 as soon as you have any signs of a stroke. The goal of care is to stop further damage to the brain. It is important to get to the hospital right away.

Moždani udar

Do moždanog udara dolazi kad se smanji ili zaustavi dotok krvi u mozak. Krvotok može biti blokiran ugruškom krvi, plakom ili izlivom krvi iz krvne žile. Ponekad prekid dotoka krvi u mozak ne traje dugo.

Ako imate simptome moždanog udara, a oni nestanu u roku od nekoliko minuta ili sati, to se zove **TIA ili tranzitorni ishemički napad, ili „mini udar“**. To je snažno upozorenje da postoji problem i da u budućnosti može doći do udara.

Kada je dotok krvi u mozak zaustavljen i time prouzrokovano trajno oštećenje, to se naziva udar. Za otkrivanje vrste, lokacije i uzroka blokiranja krvotoka u mozak mogu se uraditi ispitivanja.

Simptomi

Ishodi udara zavise od lokacije i veličine oštećenja mozga. Simptomi su iznenadni, a mogu uključiti:

- utrnulost, štipanje ili malaksalost u licu, ruci ili nozi, često na samo jednoj strani tijela
- zbunjenost i teškoće s razumijevanjem
- probleme s govorom
- probleme s vidom na jedno ili oba oka
- vrtoglavicu ili poteškoću s ravnotežom, koordinacijom pokreta ili hodanjem
- iznenadne jake glavobolje bez poznatog razloga

Vaša njega

Pozovite 911 (hitnu pomoć) čim osjetite bilo koji znak moždanog udara. Cilj njege je spriječiti dalje oštećenje mozga. Veoma je važno odmah doći u bolnicu.

Sometimes it takes a few days to see what type of damage has occurred. It is hard to predict how you will recover from a stroke. Care is planned based on your needs. It may include:

- Therapy for rehabilitation
- Exercise to strengthen your muscles
- Adapting your activity to use the strong side of your body
- Learning how to talk and communicate
- Learning ways to eat and drink safely

Risk Factors

You are at risk for a stroke if you:

- Have high blood pressure, diabetes, high blood cholesterol, heart disease or a prior stroke
- Are from a family where others have had a stroke
- Are overweight
- Are inactive or do not exercise
- Have a lot of stress
- Eat foods high in cholesterol and fat
- Smoke or use tobacco
- Drink too much alcohol
- Use street drugs
- Have a head injury or a bleeding disorder

If you have any of these risk factors, talk to your doctor or nurse about ways to manage them.

Ponekad treba par dana da se vidi do koje vrste oštećenja je došlo. Teško je predvidjeti kako ćete se oporaviti od udara. Njega se planira na osnovu Vaših potreba. Ona može uključiti:

- terapiju za rehabilitaciju
- vježbanje zbog ojačanja mišića
- prilagođavanje aktivnosti kako biste koristili jaču stranu tijela
- učenje govora i komuniciranja
- učenje načina za bezbjedno uzimanje hrane i pića

Faktori rizika

Vi ste pod rizikom od udara ako:

- imate visok krvni pritisak, dijabetes, visok nivo holesterola u krvi, oboljenje srca ili ste već imali udar
- potičete iz porodice gdje je neko imao udar
- imate prekomjernu težinu
- niste aktivni ili ne vježbate
- izloženi ste velikom stresu
- jedete hranu bogatu holesterolom i mastima
- pušite ili koristite duhan
- pijete previše alkohola
- koristite nezakonite narkotike
- imate povredu glave ili poremećaj krvarenja

Ako ste izloženi bilo kojem od ovih rizičnih faktora, posavjetujte se sa svojim ljekarom ili medicinskom sestrom o načinima njihove kontrole.

To Prevent a Stroke

- Treat high blood pressure, diabetes, high cholesterol and heart disease if present
- Quit smoking
- Exercise
- Eat a healthy diet and lose weight if you are overweight
- Limit alcohol to 1 to 2 drinks a day
- Avoid falls and injuries

Talk to your doctor or nurse if you have any questions or concerns.

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Da spriječite udar

- Liječite visok krvni pritisak, dijabetes, povišen kolesterol i srčano oboljenje ako ih imate
- Prestanite pušiti
- Vježbajte
- Hranite se zdravim namirnicama i smršajte ako ste prekomjerne težine
- Ograničite alkohol na 1 do 2 pića dnevno
- Izbjegavajte padove i povrede

Posavjetujte se sa svojim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili briga.

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Stroke. Bosnian.