

TIA

EDUCATION



TABLE OF CONTENTS

What is a TIA? // 1

- 1/** What is a stroke, and what types of strokes are there?
- 2/** How is a TIA related to a stroke?
- 2/** What are the signs and symptoms of TIA and stroke?
- 3/** How can I recognize if someone is having a TIA or a stroke?
- 4/** What if I am unsure if this is a stroke, a TIA, or something else, like a migraine?
- 4/** What if my symptoms get better before I call 911?
- 4/** I think I am having a TIA or a stroke. Should I get a ride to the Emergency Department or call 911?
- 4/** What information will the emergency service personnel need?
- 5/** What are the most common causes of TIA and ischemic stroke?
- 6/** Who can have a stroke?

Risk Factors // 7

- 7/** What are risk factors?
- 8/** What are risk factors that I cannot control?
- 8/** What are risk factors that I can control?

Testing // 13

- 13/** What tests differentiate between a TIA and a stroke?
- 13/** Which tests determine the cause of my TIA?
- 14/** What tests should be done to evaluate my heart?

Medications // 15

- 15/** Types of Medications Prescribed

Workbook // 17

- 19/** My Doctors
 - 21/** Medications & Pharmacy
 - 23/** Future Appointments
 - 25/** Blood Pressure Log
 - 27/** Smoking Cessation
 - 29/** Family Tree
 - 31/** Cholesterol Record
 - 31/** Blood Sugar
 - 33/** Diet & Exercise
-

What is a TIA?

A *transient ischemic attack (TRAN-zee-uhnt iss-KEY-mik uh-tak)*, or TIA, is a temporary lack of blood flow to a part of the brain. The area affected by this lack of blood flow will be dysfunctional and produce symptoms similar to those seen with a stroke. However, these symptoms will usually resolve within an hour, but can last up to 24 hours. You will not experience long-term disability.

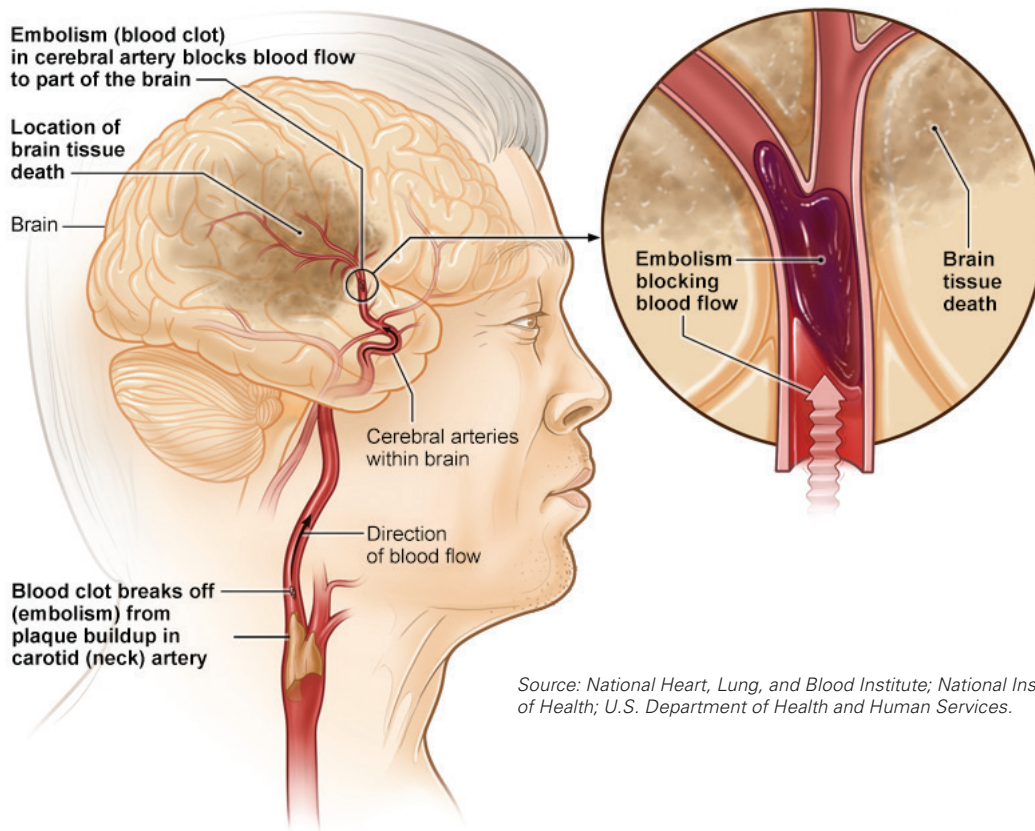
What is a stroke, and what types of strokes are there?

The most common type of stroke is called an *ischemic (iss-KEY-mik) stroke* and accounts for more than 80% of all strokes. This type of stroke occurs when blood flow to a part of the brain stops. Blood flow to the brain can either be blocked by a blood clot, by cholesterol build-up or by changes in the very small blood vessels in the brain.

When blood flow is blocked, your brain cells don't receive oxygen and nutrients that are necessary for their function. Consequently, the lack of oxygen causes the brain cells to die, causing the permanent symptoms of a stroke.

Within the brain, cells work together to coordinate all of the activities required for daily life. For example, certain brain cells work together to tell your muscles to move. Some brain cells interpret what your eyes see, and others control your ability to speak. The symptoms occurring from a stroke vary, depending on the area of the brain that loses blood flow and dies.

An ischemic stroke is not the only kind of stroke. Another type of stroke occurs when you have bleeding in the brain. This type is called a *hemorrhagic (hem-uh-RAA-jik) stroke*. Please ask your doctor if you have questions about other types of strokes.



Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

How is a TIA related to a stroke?

TIAs and strokes have similar causes. Both TIAs and strokes are medical emergencies. Please call 911 even if your TIA symptoms have resolved. Having a TIA puts you at immediate high risk for having a more severe stroke.

What are the signs and symptoms of TIA and stroke?

TIA and stroke share the same signs and symptoms, but TIA symptoms usually resolve quickly (within an hour). Because both of these disorders attack the proper functioning of your brain, it may be difficult to recognize the symptoms yourself. If you or someone around you identifies any of the following symptoms, call 911 immediately.

- + Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- + Sudden confusion, trouble speaking or difficulty understanding speech
- + Sudden double vision, blurry vision or loss of vision
- + Sudden difficulty walking, dizziness (such as room spinning), loss of balance or coordination
- + Sudden severe headache with no known cause