STROKE EDUCATION

SPEECH THERAPY
ACCESSING EMERGENCY INFORMATION

• What would you do in case of a fire?
• Who are family, friends, neighbors that could assist you?
• Are you prepared?
  – Do you have a smoke/fire alarm?
  – Do you have a fire extinguisher? Do you know how to use it?
• How would you get out of your home quickly?
• Cooking-
  – Turn off the stove, set a timer as a reminder
ACCESSING EMERGENCY INFORMATION

• **Electrical Safety**
  – Limit use of extension cord
  – Use caution with portable heaters

• **What would you do in case of a power outage?**
  – Do you have flashlights?

• **Do you have a cordless phone?**
  – Why is this important?
ACCESSING EMERGENCY INFORMATION: HOME SAFETY AND PREVENTION

- If you live in a building with an elevator- can you get out?
- Is there someone who will be checking on you?
  - Do they have a key to your home?
EXPLAINING STROKE: TYPES OF STROKE

• **Ischemic Stroke:** There are 2 types of ischemic strokes: embolic and thrombotic
  
  – **Embolic:** A blood clot or plague fragment forms somewhere in the body (usually the heart or in the large arteries leading to the brain). If it reaches the brain, the clot blocks a blood vessel and results in stroke.
  
  – **Thrombotic:** A blood clot that does not travel, but forms inside an artery which supplies blood to the brain.
EXPLAINING STROKE:
TYPES OF STROKE

- **Hemorrhagic Stroke**: Strokes caused by bursting blood vessels. Blood spills into brain.
  - **Intracerebral hemorrhage**: a burst blood vessel bleeds into the brain. High blood pressure (hypertension) is the most common cause of this type of stroke.
  - **Aneurysm**: An aneurysm is a weak spot on the wall of an artery that may balloon out. May become bigger and weaker, then burst.
EXPLAINING STROKE: TYPES OF STROKE

- **Subarachnoid Hemorrhage:** In a subarachnoid hemorrhage, a blood vessel bursts near the surface of the brain and blood pours into the area around the outside of the brain. This bleeding may increase pressure in the brain, injuring brain cells. This type of stroke has many possible causes, but it is usually the result of a burst aneurysm.
EXPLAINING STROKE: TYPES OF STROKE

- Transient Ischemic Attack (TIA)
  - An artery may become blocked for a short period of time and the blood flow to an area of the brain slows or stops.
  - Lack of blood flow and oxygen causes a Transient Ischemic Attack (TIA) or “mini-stroke”
EXPLAINING STROKE: TYPES OF STROKE

• **Transient Ischemic Attack (TIA)**
  - Symptoms include numbness, trouble speaking, and loss of balance of coordination....it is common for these symptoms to last for a short period of time and then disappear
  - TIA’s cause no permanent brain damage, but are a serious warning sign of stroke and should NOT be ignored.
COMMUNICATION: APHASIA

- Aphasia is the loss of ability to communicate normally resulting from damage to the left side of the brain, the center of communication.
- A person’s ability to express oneself through spoken language, understanding what others say, the ability to read, or deal with numbers may be effected
COMMUNICATION:
APHASIA

- Intelligence is not lowered, although the inability to communicate may leave the impression that the person with aphasia is less intelligent than he or she actually is.
- No two people with aphasia are affected in exactly the same way. The extent and range of deficits depend on the location and severity of the brain injury.
COMMUNICATION:
APHASIA

• Different Types of Aphasia:
• Depending on what parts of the brain are impacted by the stroke aphasia may be different. Aphasia may be classified as “fluent” or “nonfluent.” A speech-language pathologist or a neurologist can help determine the type of aphasia.
  – **Nonfluent Aphasia:** Speech is slow and difficult to produce. May consist of only single words or short sentences with missing words. In the attempt to communicate, the person with aphasia often uses hand and face gestures.
COMMUNICATION: APHASIA

- Global Aphasia or Broca’s aphasia (Expressive aphasia)

- **Fluent Aphasia**: Speech may be normal or rapid, incorrect words or sounds are substituted. Someone may say “dog” instead of “horse,” or “may” rather “hey.” One may not realize these errors even after the words are spoken.

- Wernicke’s Aphasia (Receptive Aphasia), Anomic Aphasia or Conduction Aphasia
COMMUNICATION: APHASIA

• For More Information:
  – National Aphasia Association 350 7th Avenue, Suite 902 New York, NY 10001 (800) 922-4622
  – American Speech-Language, Hearing Association (ASHA) 2200 Research Blvd. Rockville, MD 20850-3289 (800) 638-8255
Cognition – or thinking, paying attention, remembering, planning or problem solving may be effected. There are ways to work on these skills and to find ways to compensate.
SWALLOWING

- Swallowing and the ability to safely eat certain types of foods may be affected. Speech therapy may help you determine the best types and textures of food.