



# **Introduction to Stroke**

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# What is a Stroke?

**Sudden, Focal  
Neurological Impairment  
Due to Interruption of  
Blood Supply to the  
Central Nervous System**



# TIA

## Spanish for Aunt?

- The same neurological symptoms as a Stroke, but in a TIA the symptoms resolve within 24 hours
- TIA indicates a high risk of stroke within the next days to weeks
- TIA and ischemic stroke have the same diagnostic evaluation

# Why Worry About Stroke?

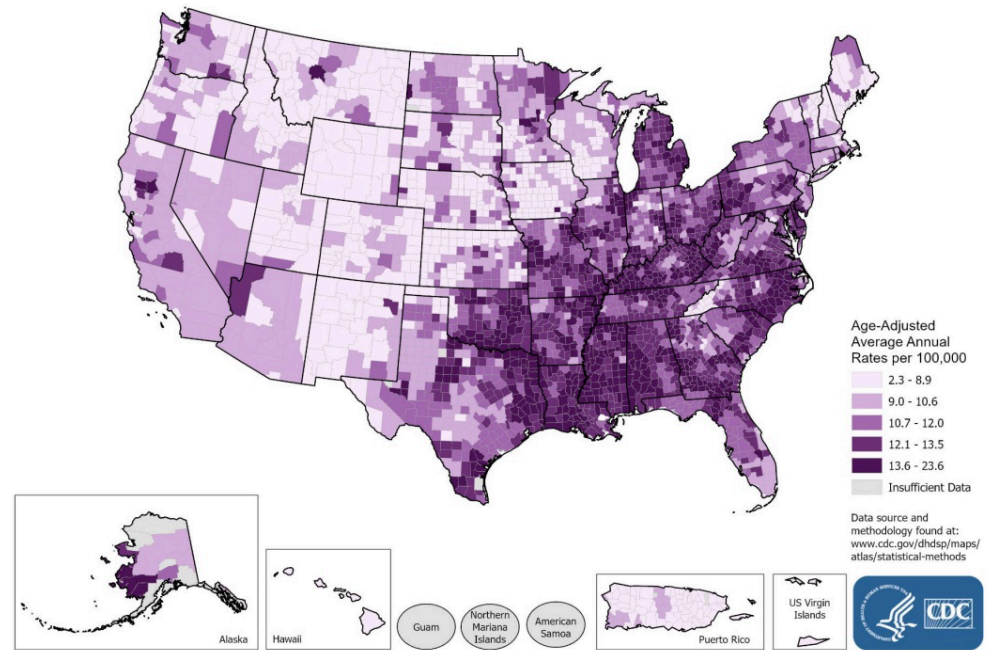
- ~900,000 Strokes per Year
- One Every 45 Seconds
- #5 Cause of Death
- #1 Cause Adult Disability



# Stroke by the numbers

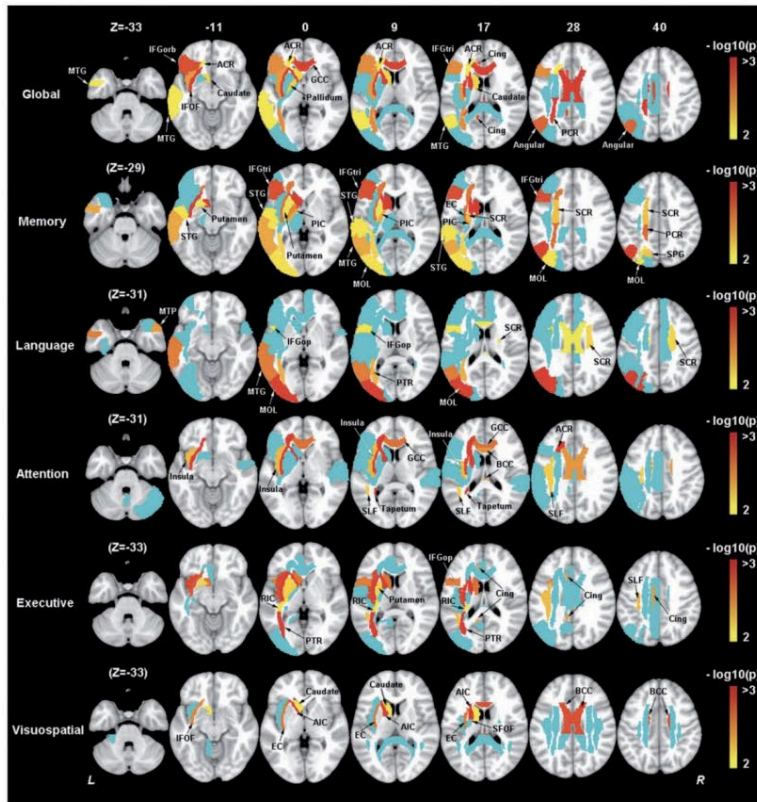
- **1 in 6 deaths** from cardiovascular disease was due to stroke.
- **795,000 new strokes per year** in the United States.
  - 610,000 of these are first or new strokes.
- **87%** of all strokes are ischemic
- **\$53 billion:** stroke-related costs in the United States between 2017 and 2018. (Cost of health care services, medicines to treat stroke, and missed days of work).
- **Number 1:** Stroke is a leading cause of serious long-term disability.

Stroke Hospitalization Rates, 2018 - 2020  
All Medicare Beneficiaries, Ages 65+, by County



# Factors associated with post-stroke cognitive impairment

- ▶ Stroke volume
- ▶ Strategic location
  - Right corticospinal tract, left anteromedial thalamus, left arcuate fasciculus, left middle frontal gyrus, left postero-inferior cerebellum, left angular gyrus
- ▶ Total brain volume
- ▶ Medial temporal lobe atrophy
- ▶ White matter disease
- ▶ Presence of microbleeds



Stroke. 2018;49:2666- 2673.

Journal of Cerebral Blood Flow & Metabolism 2018. Vol. 38(8) 1299–1311



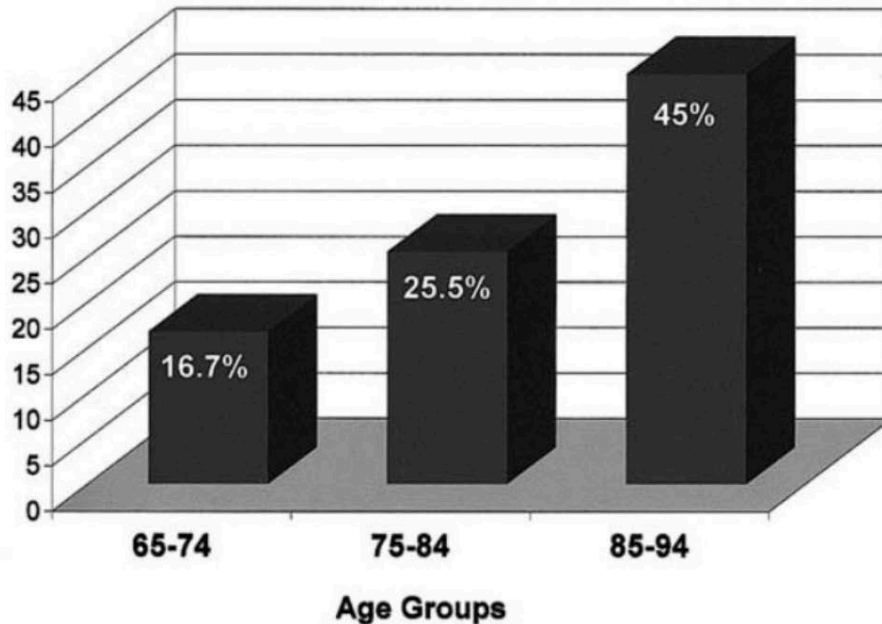


## Framingham Heart Study

Three Generations of Dedication

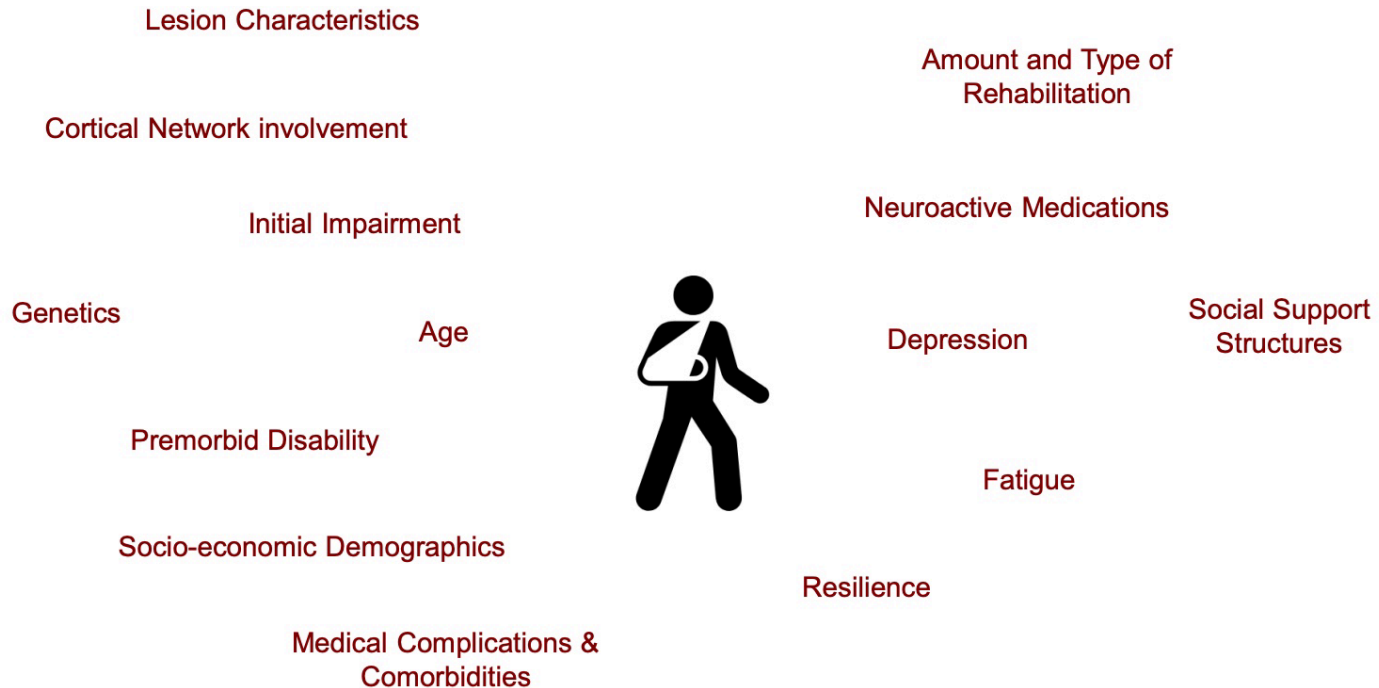
# Influence of Age on Disability After Stroke

Percent with BI < 60



- Severe disability in activities of daily living ((ADL) function following stroke
- Defined as Barthel Index < 60
- As age increased, the percent of severely disabled survivors also increased

# Stroke Recovery is multidimensional







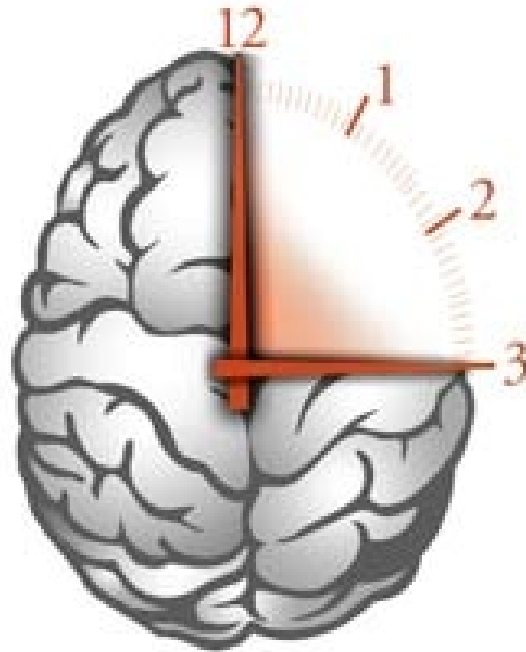
## 6-month outcomes in stroke survivors greater than 65 years old

- Hemiparesis (50%)
- Cognitive deficits (46%)
- Depressive symptoms (35%)
- Unable to walk unassisted (31%)
- Social disability (30%)
- **Poor subjective health (40%)**

	Women (n = 63)	Men (n = 45)	Total (n = 108)
Neurological deficits (%)			
Hemiparesis	57.4	40.0	50.0
Cognitive deficits	49.2	42.2	46.2
Hemianopsia	17.7	22.2	19.6
Aphasia	23.8	11.6	18.9
Sensory deficits	21.7	6.8	15.4
Disability measures (%)			
ADL: Barthel <60	33.9	15.6	26.2
Unable to walk unassisted	40.3	17.8	30.8
Bladder incontinence	28.6	13.3	22.2
Depression symptoms	31.9	39.5	35.3
Social disability	36.8	23.1	29.9
Institutionalization	34.9	13.3	25.9
Poor subjective health	40.7	38.1	39.6

# Time is Brain!

With a stroke...



**time matters.**

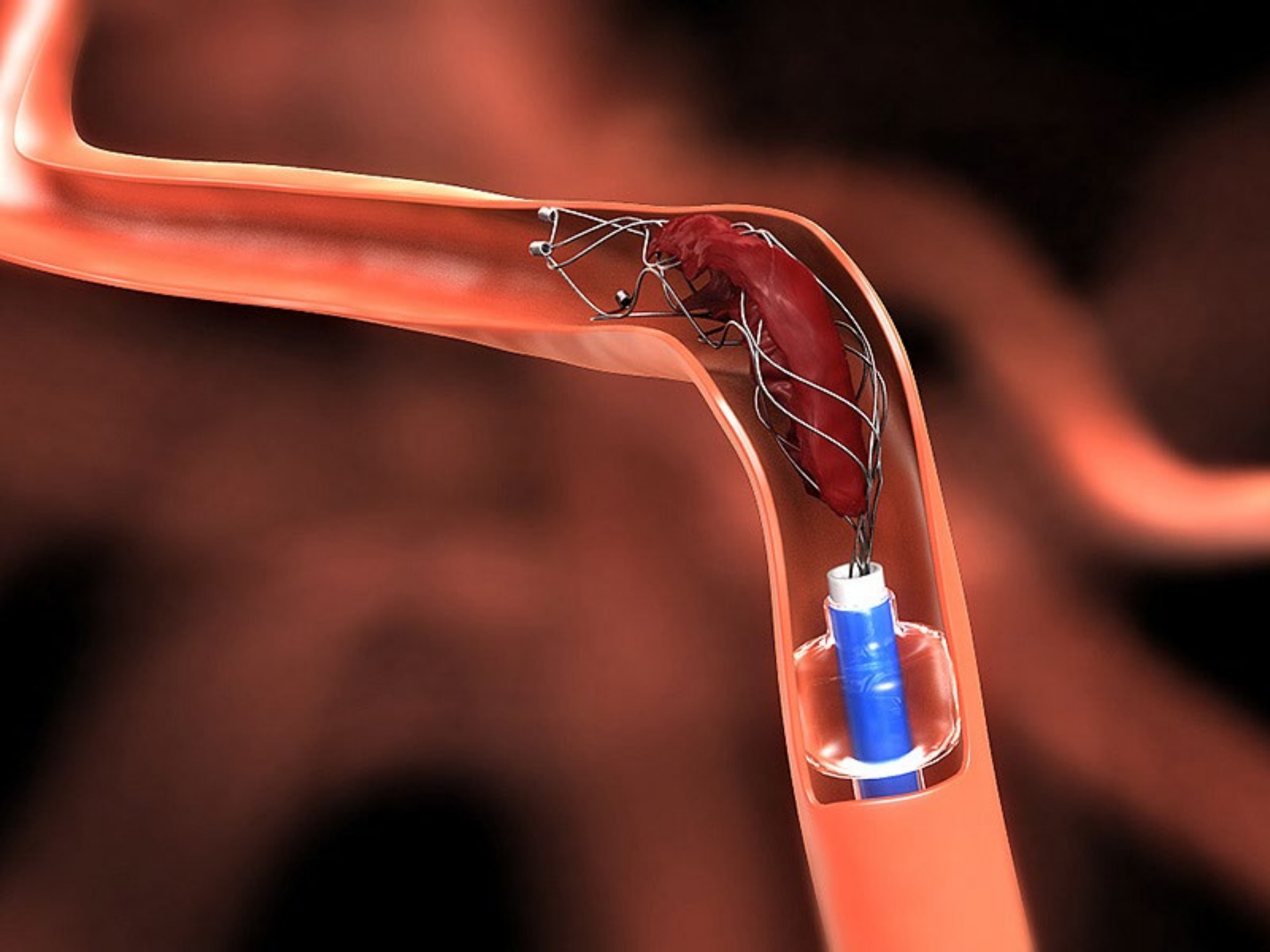
**Call 911!**



# Clot Busters

## TPA (Tissue Plasminogen Activator) and Tenecteplase

- Promotes Lysis of Blood Clot
- Must be Given Within 4.5 Hours - *The Sooner the Better!!*
- *\*FDA Approved for 3.0 Hours*
- 2 Million Brain Cells Lost Every Minute



# Stroke Risk Factors

## Modifiable:

- Hypertension
- Diabetes
- Hyperlipidemia
- Smoking
- Obesity
- Heart Disease
- Excessive Alcohol
- Sleep Apnea
- Sedentary Lifestyle

# Stroke Risk Factors

## Nonmodifiable:

- Age
- Genetics
- Race
- Sex



# Stroke Prevention

- **Primary - Modify Risk Factors**
- **Secondary**
  - \* **Risk Factor Modification**
  - \* **Blood Thinners**
  - \* **Lipid Lowering**
  - \* **Lifestyle Modification**
  - \* **Surgery**
  - \* **Stents**

# **Stroke Prevention**

## **Primary - Modify Risk Factors**

- 1. Control Blood Pressure**
- 2. Stop Smoking**
- 3. Control Diabetes**
- 4. Control Lipids**
- 5. Exercise**
- 6. Weight Loss**
- 7. Avoid Excess Alcohol**
- 8. Treat Sleep Apnea**
- 9. Treat Heart Disease, Anticoagulation**

# **Stroke Prevention**

## **Secondary**

- 1. Surgery - Carotid Endarterectomy**
- 2. Devices to Occlude Left Atrial Appendage**

# Types of Stroke

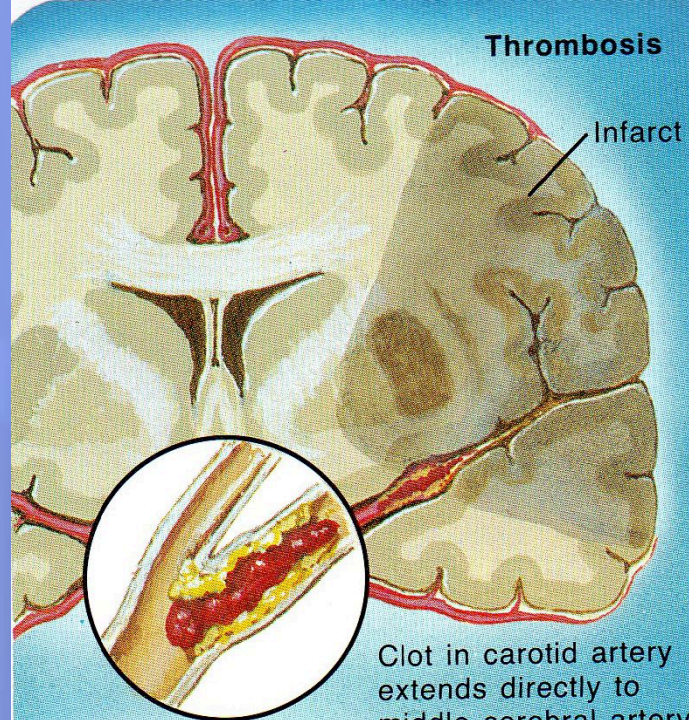
- **Ischemic (Blockage)**
- **Hemorrhagic (Bleeding)**



# Ischemic Stroke

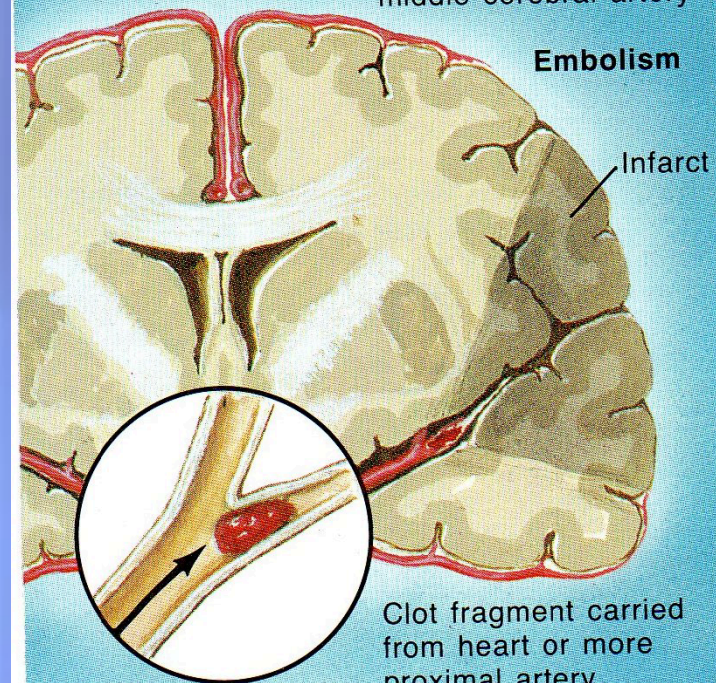
- **Thrombotic**
  1. Large vessel
  2. Small vessel (Lacunar)
- **Embolic**
- **Cryptogenic**

## Thrombosis



Clot in carotid artery extends directly to middle cerebral artery

## Embolism



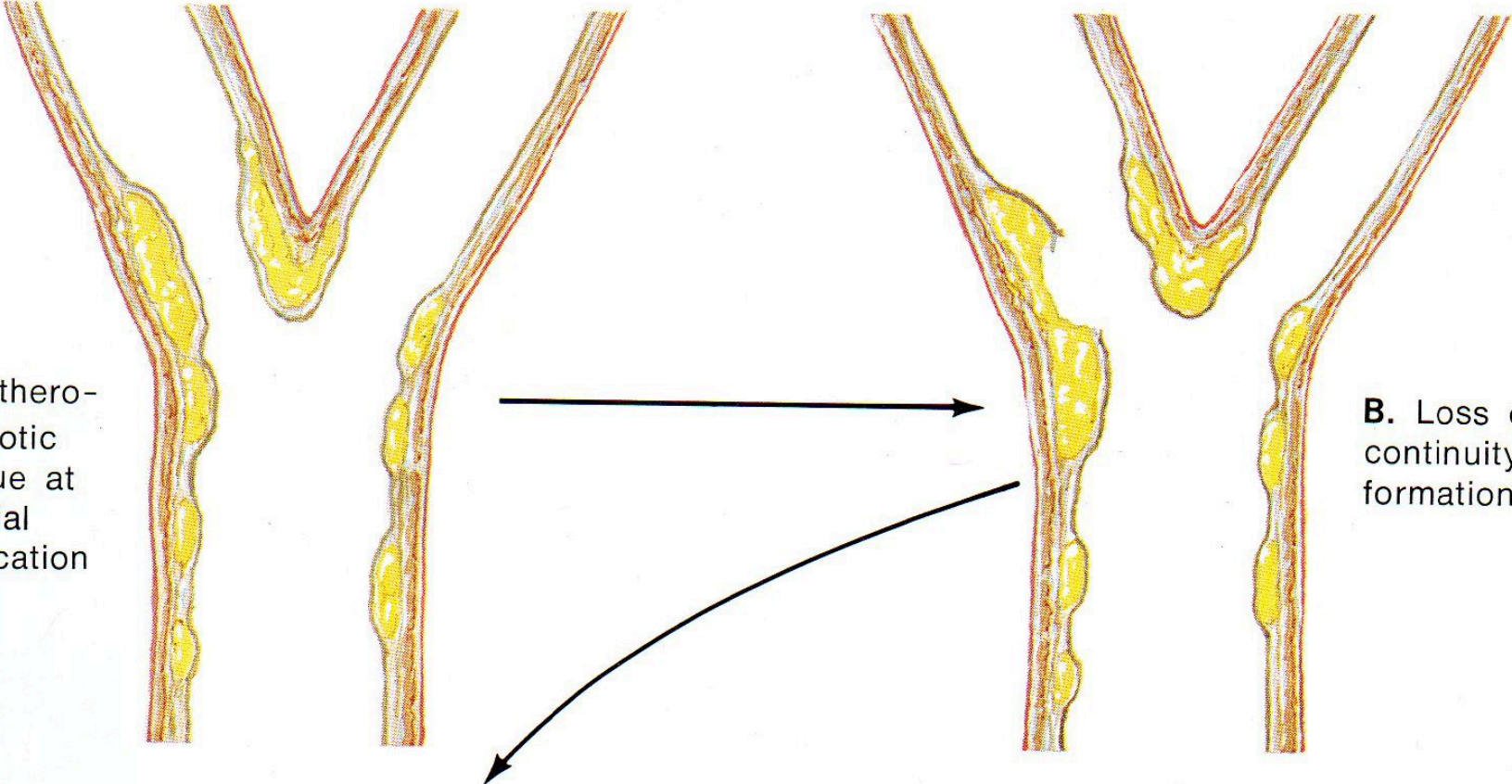
Clot fragment carried from heart or more proximal artery

# Thrombotic Stroke

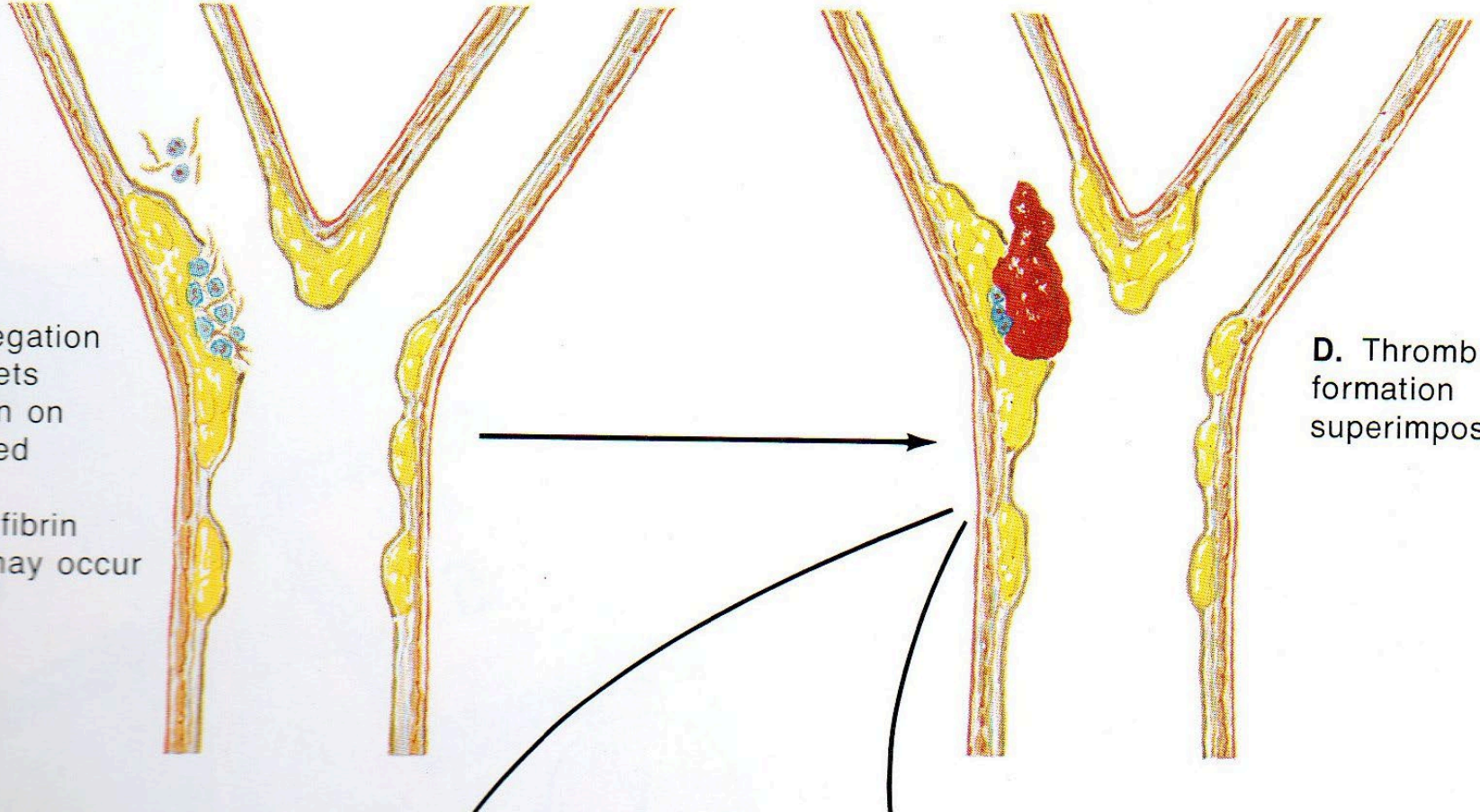
- **Atherosclerotic**
- **Dissection**
- **Inflammation**
- **Hypercoagulable (Excessive Clotting)**



# Atherosclerosis, Thrombosis and Embolism

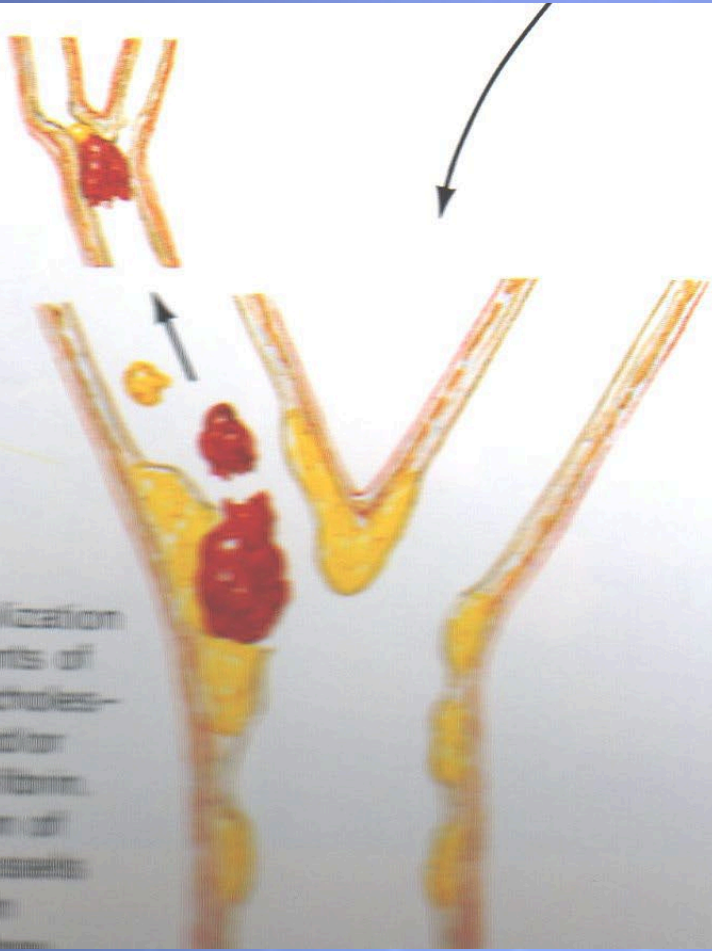




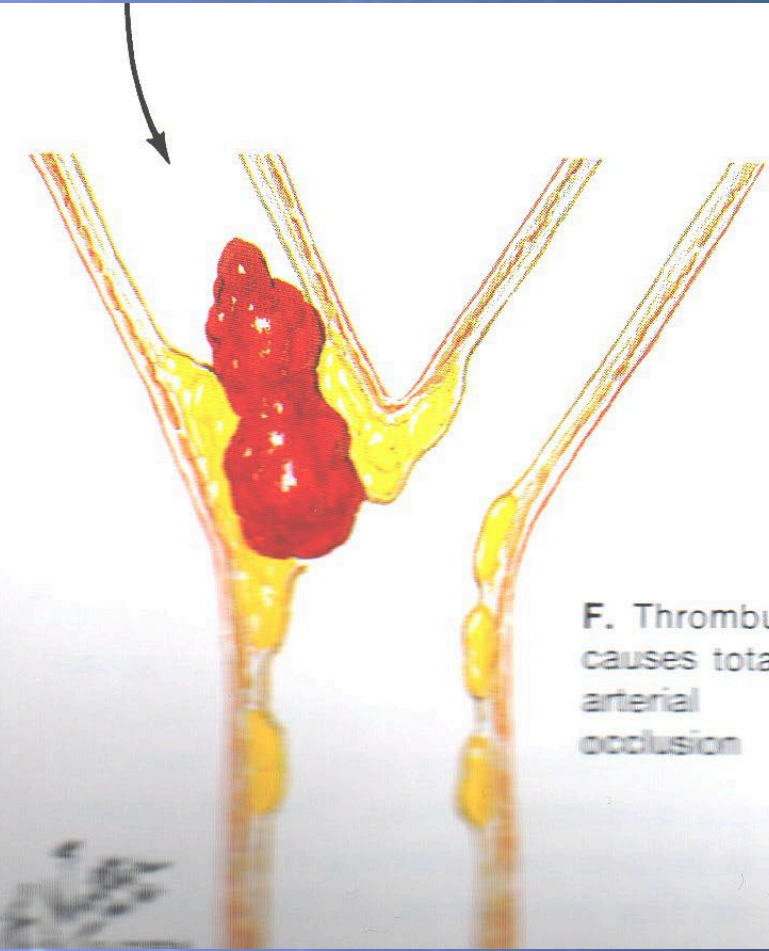


**C.** Aggregation of platelets and fibrin on roughened surface. Platelet-fibrin emboli may occur

**D.** Thrombus formation superimposed

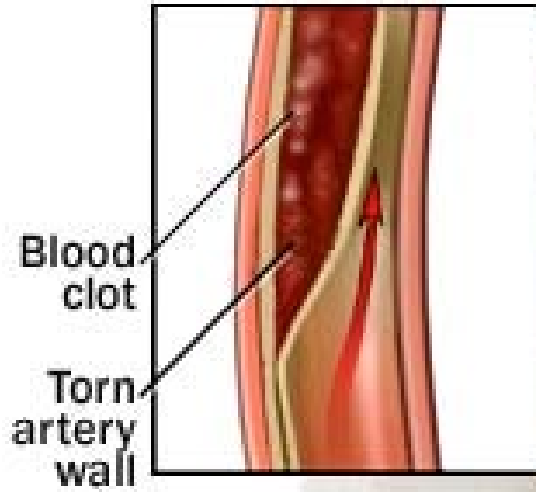


E. Embolization of contents of plaque (cholesterol) and/or platelets from. Occlusion of distal vessels usually in

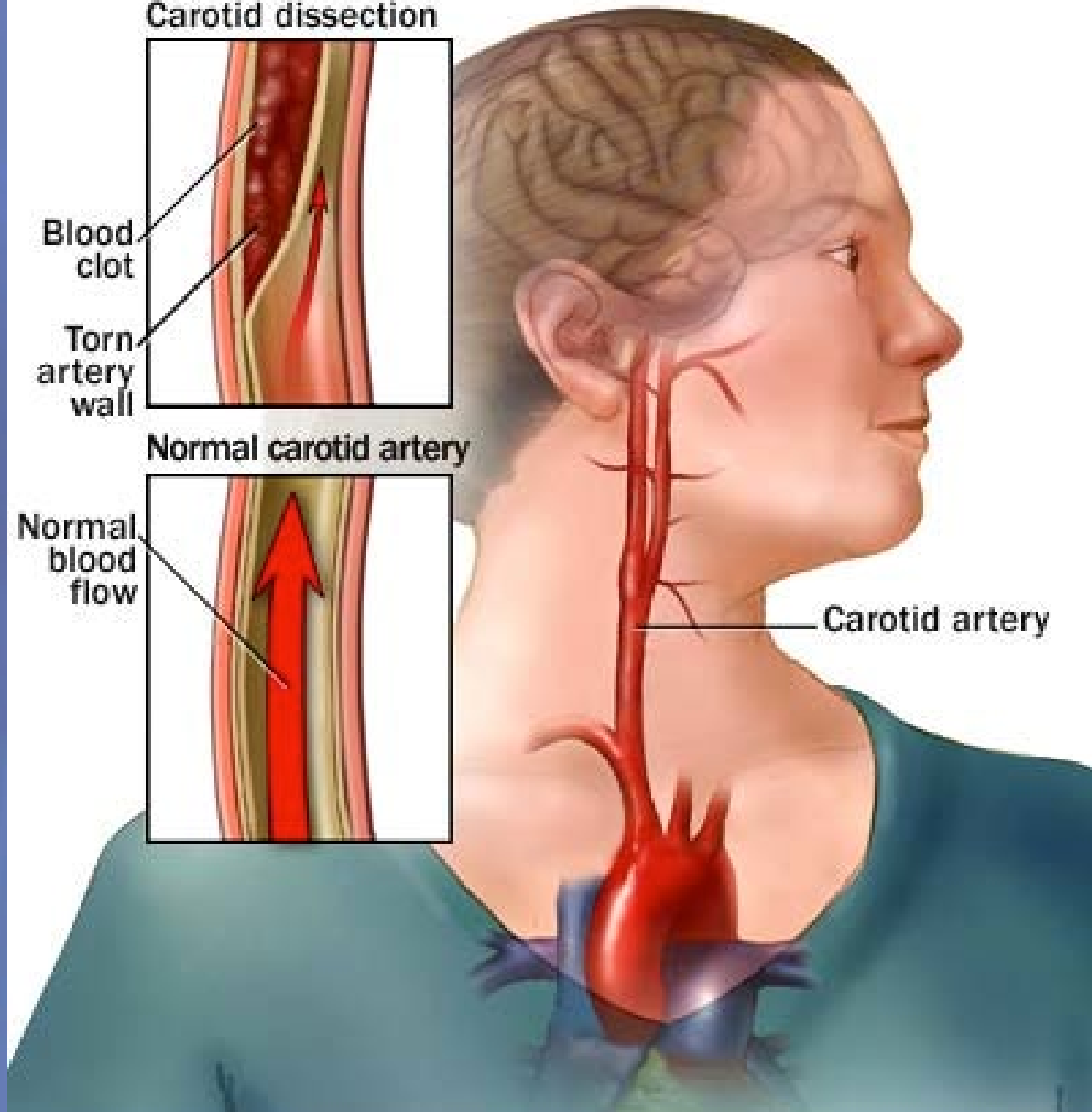
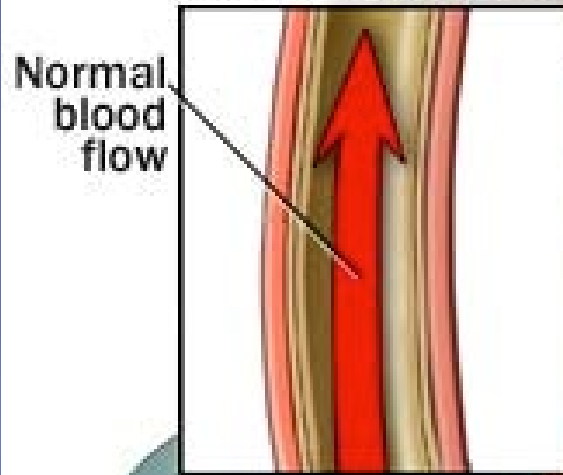


F. Thrombus causes total arterial occlusion

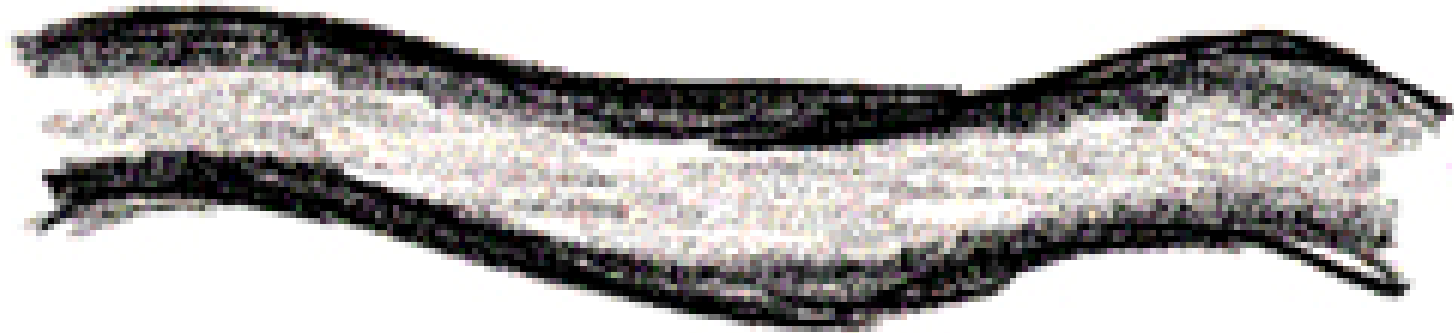
### Carotid dissection



### Normal carotid artery



## NORMAL ARTERY



## VASOSPASTIC ARTERY



1.

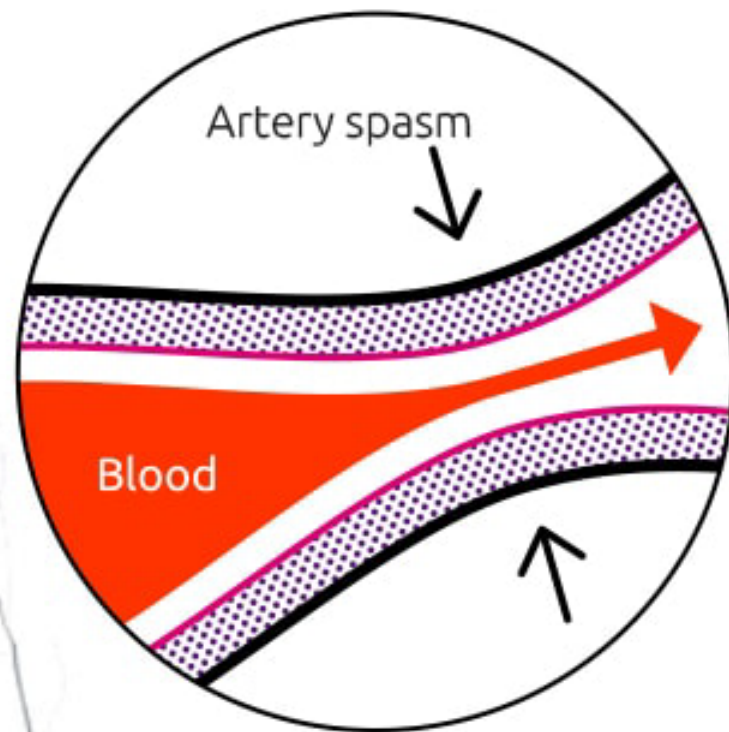


## Coronary artery spasm with cerebral vasospasm

**Baseline aSAH:  
normal MCA**



**7 days after SAH:  
cerebral vasospasm**



Blood flow is  
constricted during  
an artery spasm

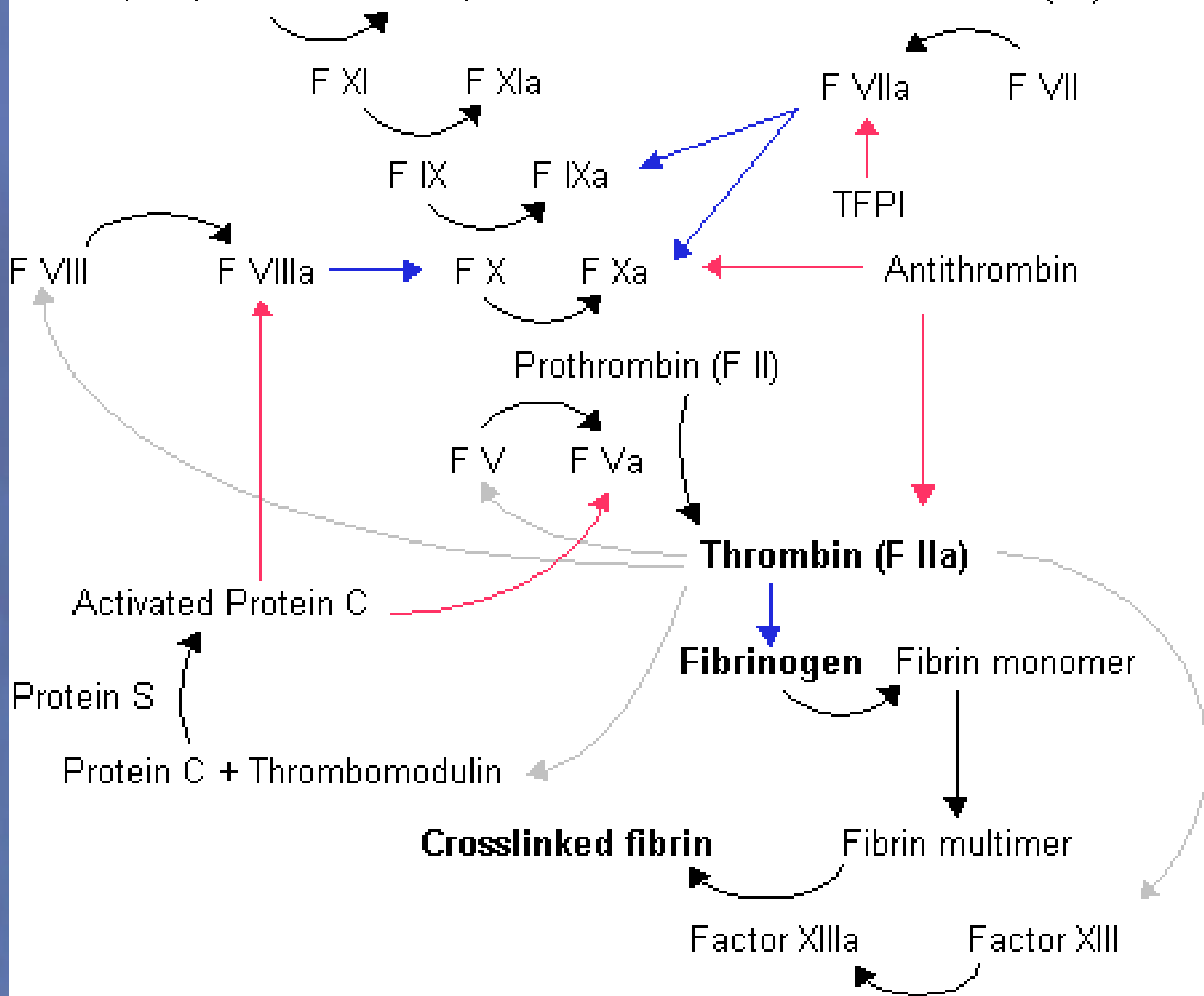
### Contact system:

HMWK, PK, F XII

F XIIa, Kallikrein

### Cellular injury:

Tissue Factor (TF)

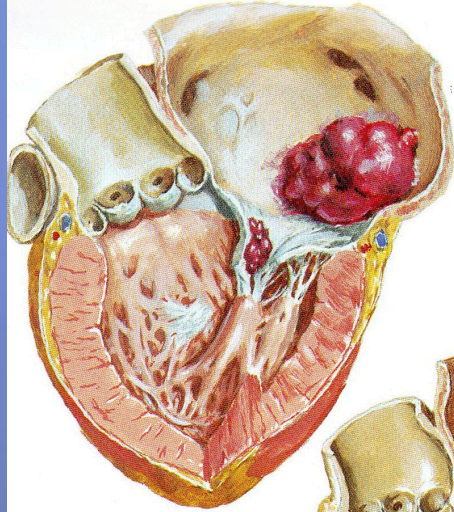


# Ischemic Stroke

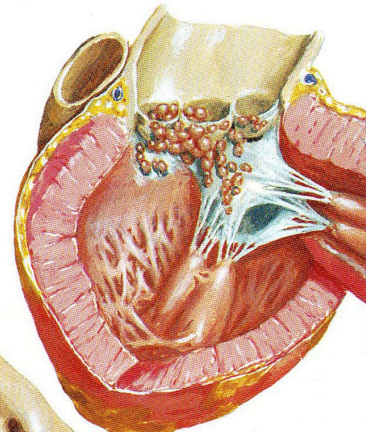
- **Embolic**

1. **From the Heart**

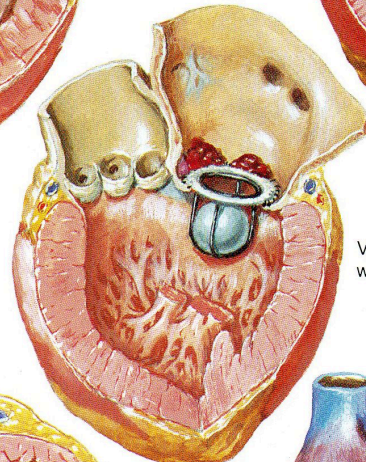
2. **Artery to Artery**



Mitral stenosis, mural and valvular thrombi

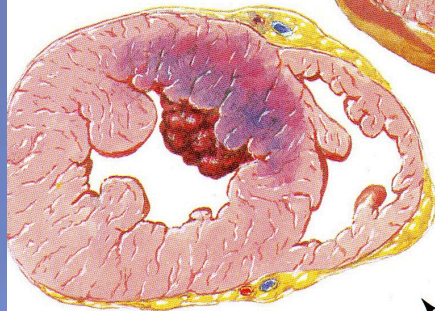


Subacute bacterial endocarditis, vegetations

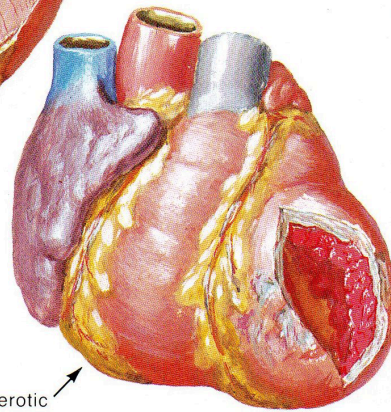


Valve replacement with thrombus formation

*F. Netter M.D.*  
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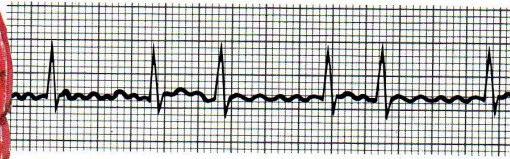
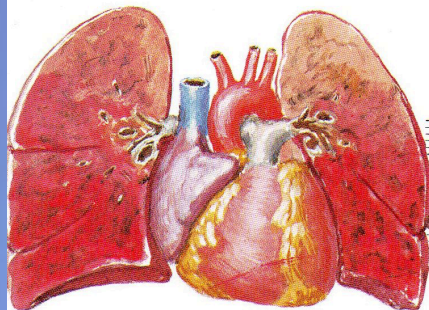


Myocardial infarction with mural thrombus



Arteriosclerotic heart disease

Ventricular aneurysm with intraluminal clot formation

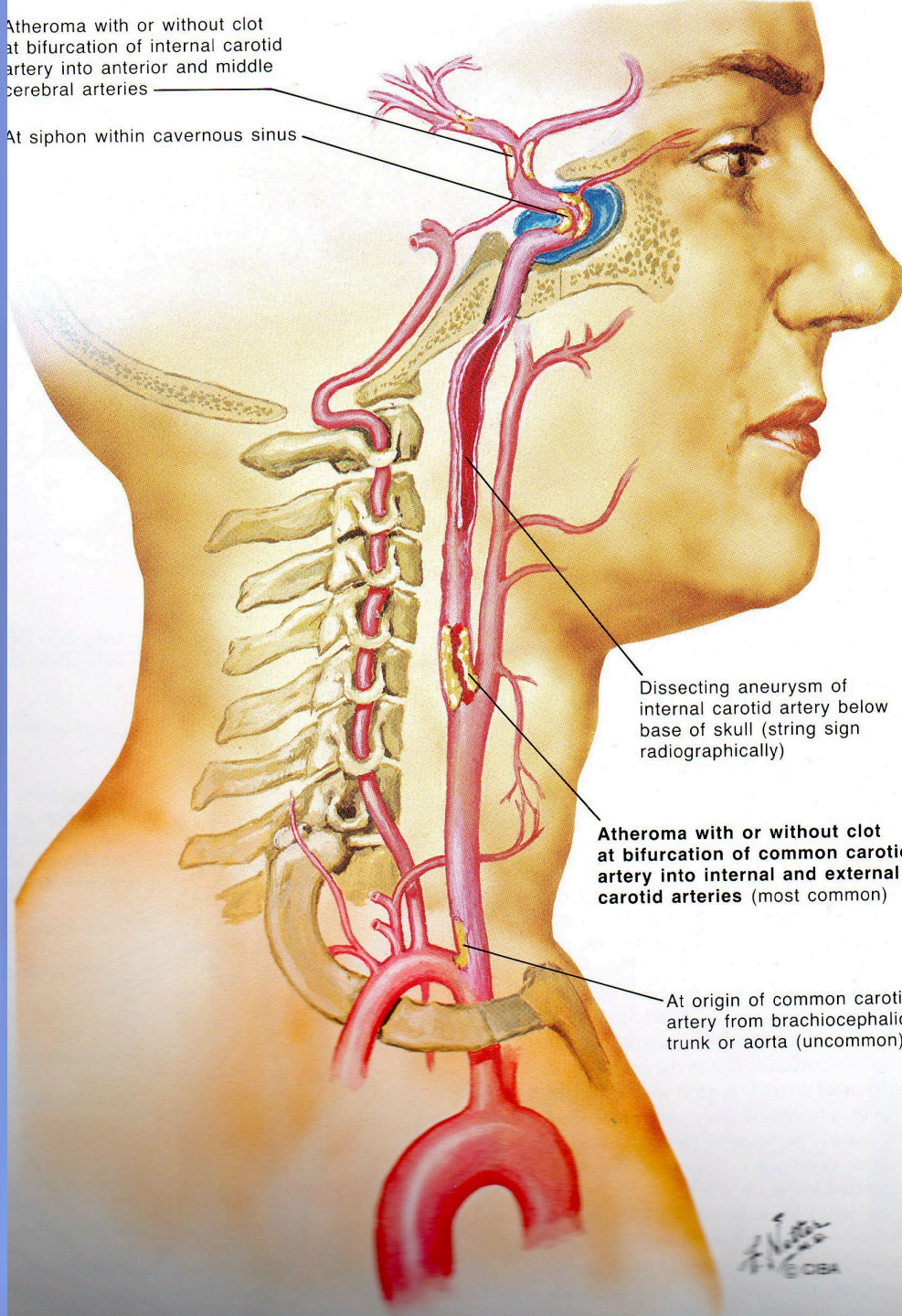


Congestive heart failure, atrial fibrillation



Atheroma with or without clot  
at bifurcation of internal carotid  
artery into anterior and middle  
cerebral arteries

At siphon within cavernous sinus



Dissecting aneurysm of  
internal carotid artery below  
base of skull (string sign  
radiographically)

**Atheroma with or without clot  
at bifurcation of common carotid  
artery into internal and external  
carotid arteries (most common)**

At origin of common carotid  
artery from brachiocephalic  
trunk or aorta (uncommon)

*W. J. G. B. A.*  
© CBA

# Hemorrhagic Stroke

- **Hypertensive**
- **Aneurysm Rupture**
- **Traumatic:**
  - \* **Epidural**
  - \* **Subdural**

# Cerebral Aneurysm Rupture:

- Most common cause nontraumatic subarachnoid hemorrhage





**Intracerebral hemorrhage**  
(hypertensive)



Ant. int. cerebellar a.

Post. spinal a.

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Corpus striatum  
(caudate and lenticular nuclei)

Medial and lateral  
lenticulostriate aa.

Limen of insula

Insula

Precentral (prerolandic),  
central (rolandic)  
and parietal branches

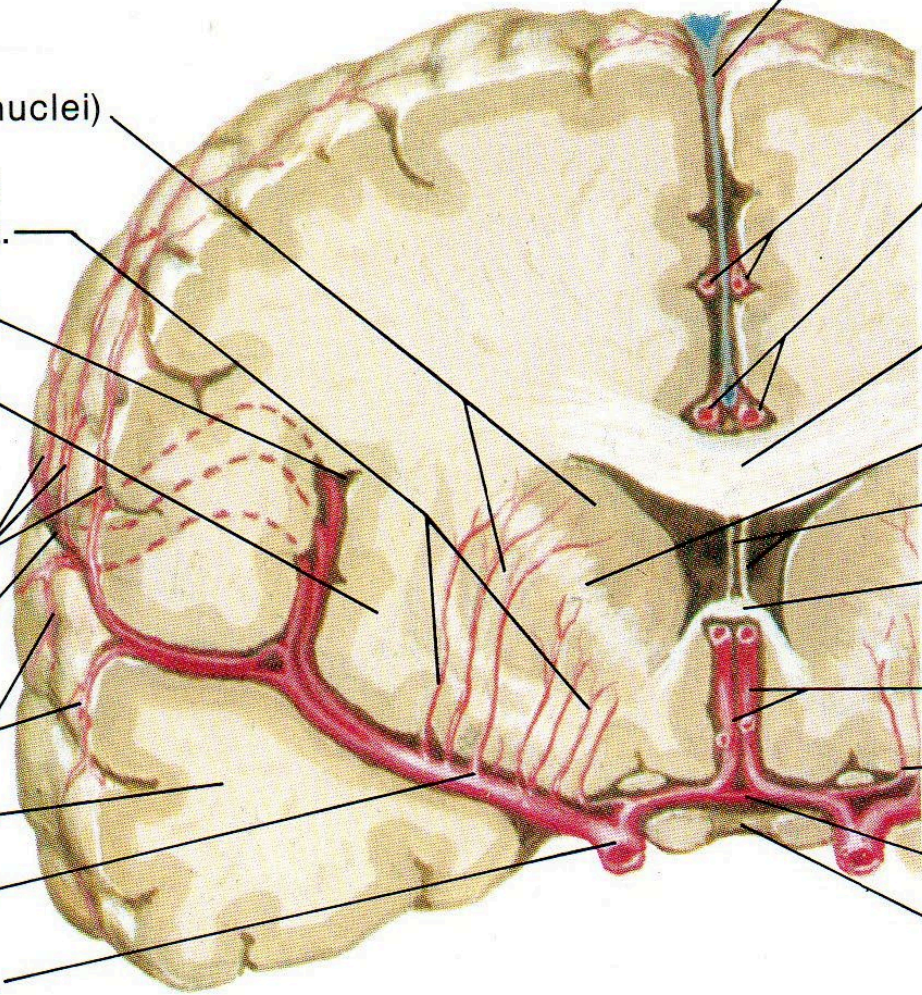
Lateral cerebral  
(sylvian) fissure

Temporal branches

Temporal lobe

**Middle cerebral artery**

Int. carotid a.



Falx cerebri

Callosomarginal aa.  
and  
Pericallosal aa.  
(branches of  
ant. cerebral aa.)

Trunk of corpus  
callosum

Internal capsule

Septum pellucidum

Rostrum of corpus  
callosum

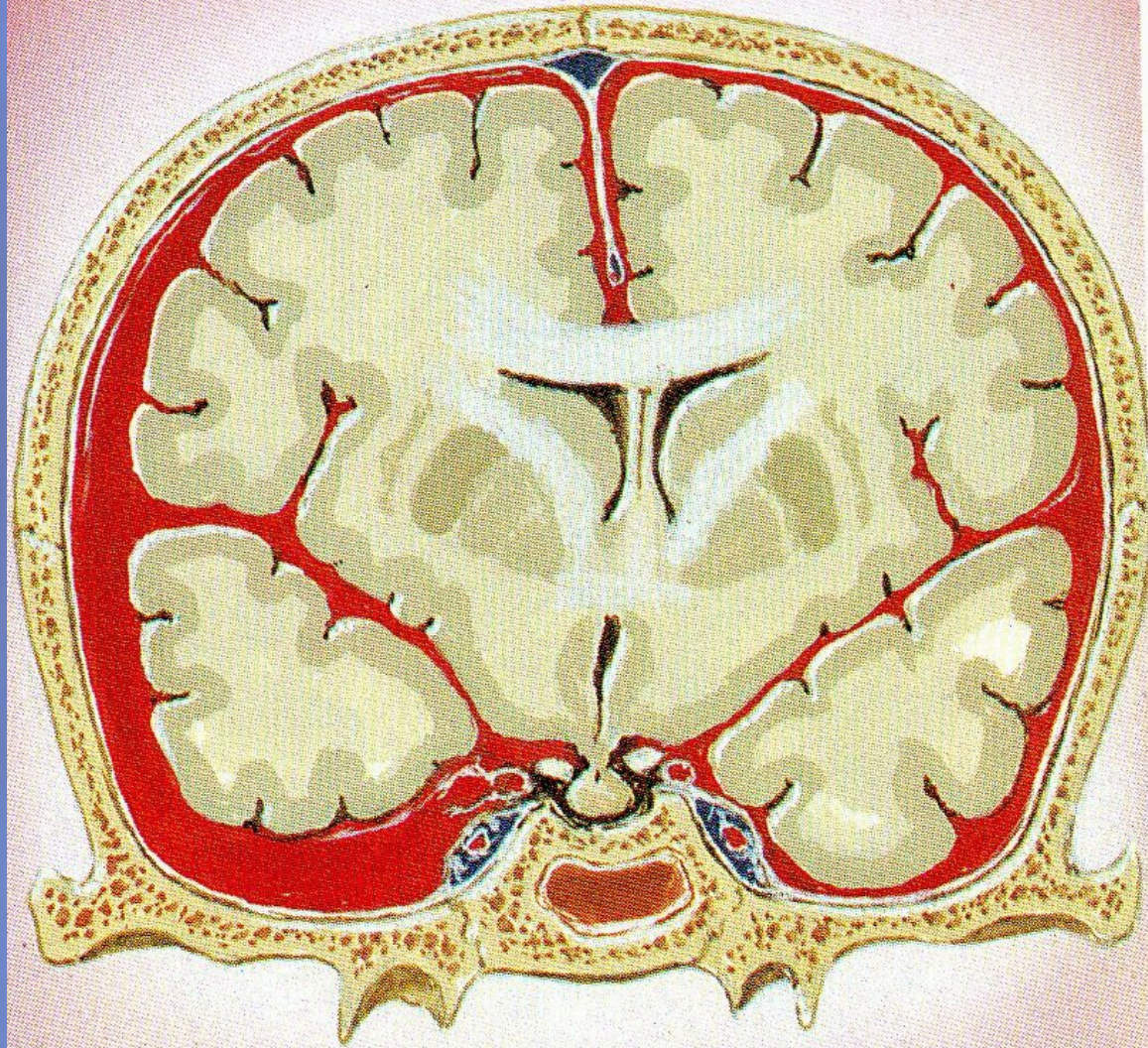
**Anterior cerebral arteries**

Recurrent a.  
(of Heubner)

Ant. communicating a.

Optic chiasm





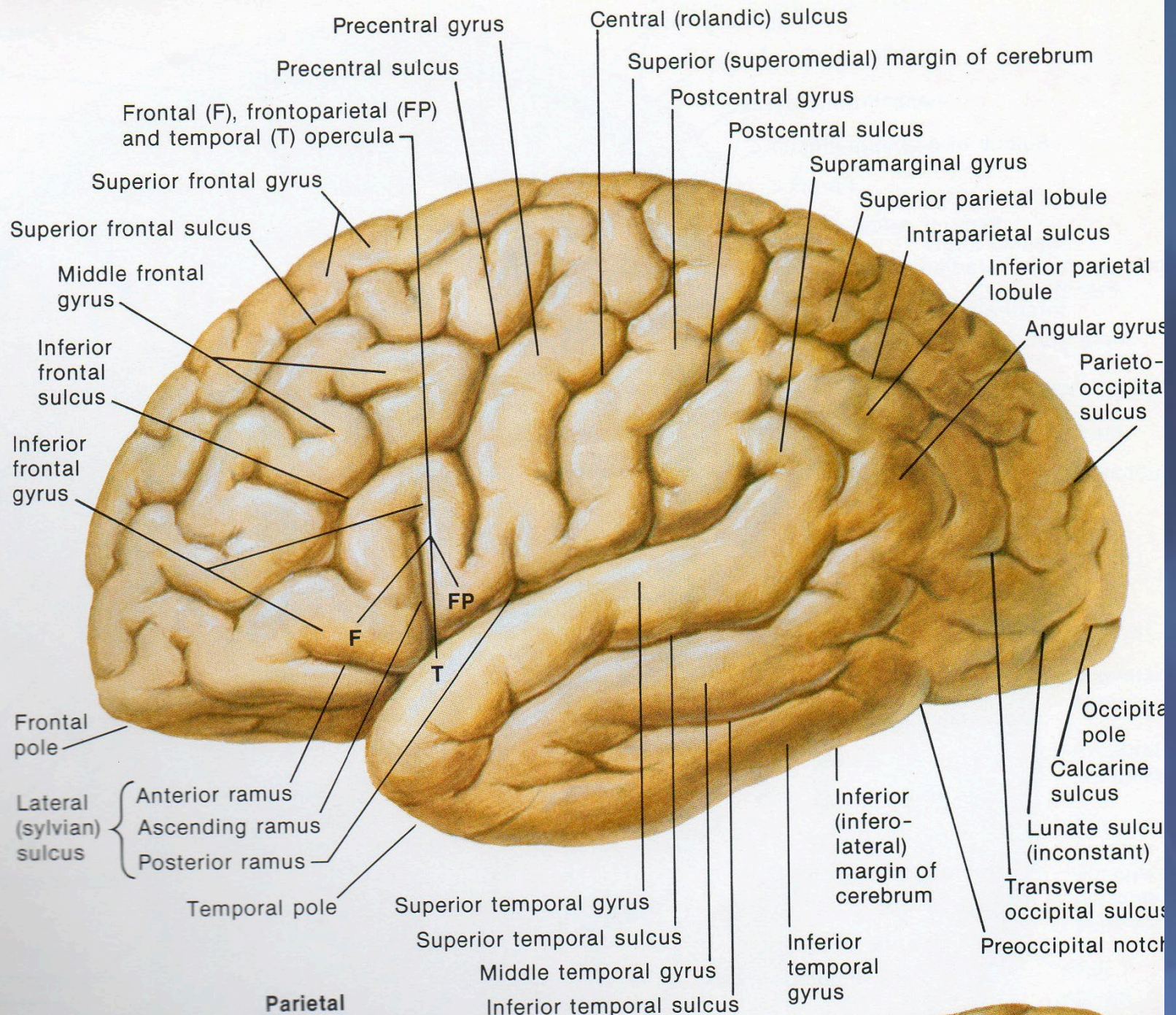
**Subarachnoid hemorrhage**  
(ruptured aneurysm)



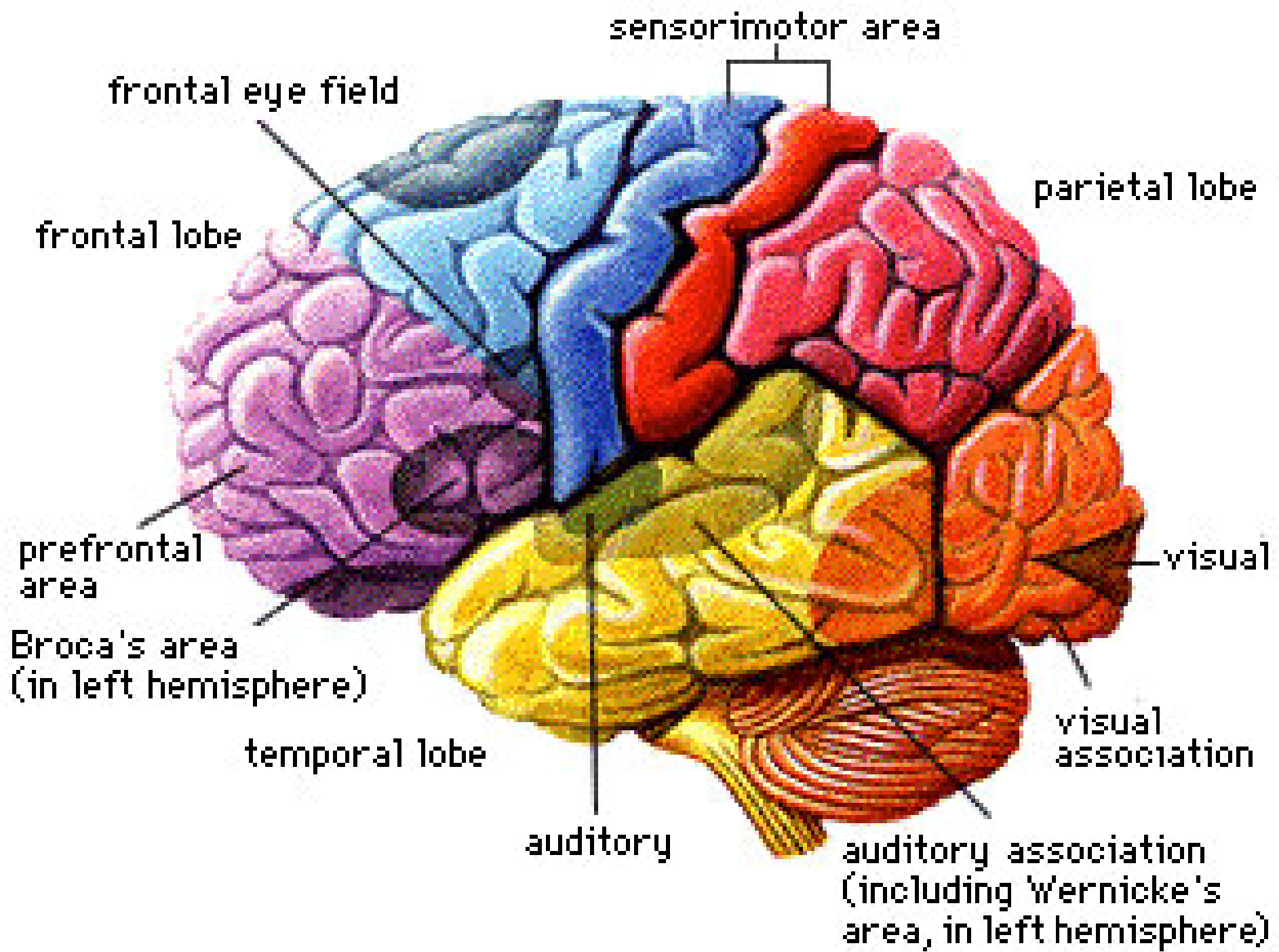
# **The Anatomy of the Brain and its Blood Supply**



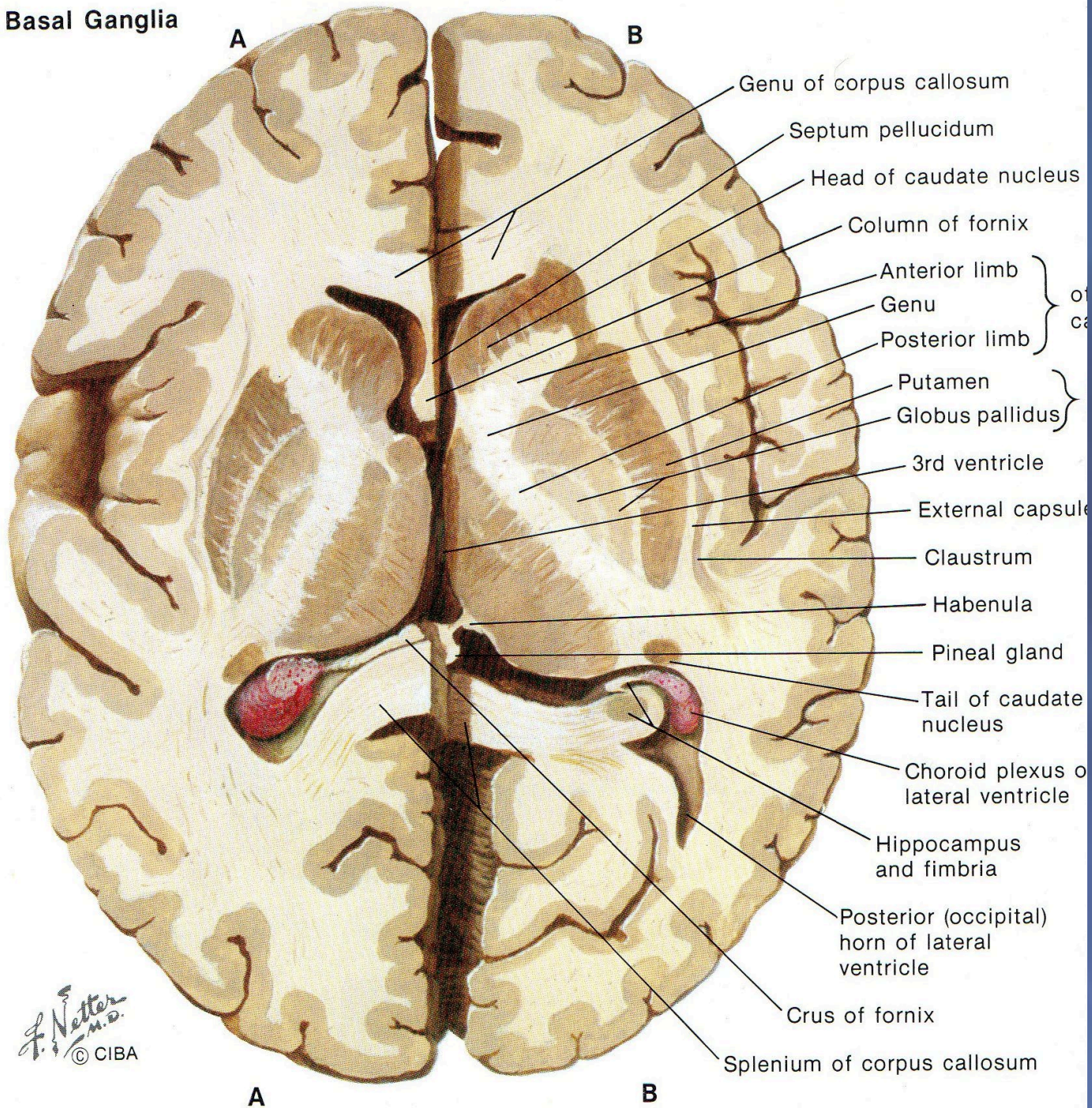
# Suprolateral Surface of Brain



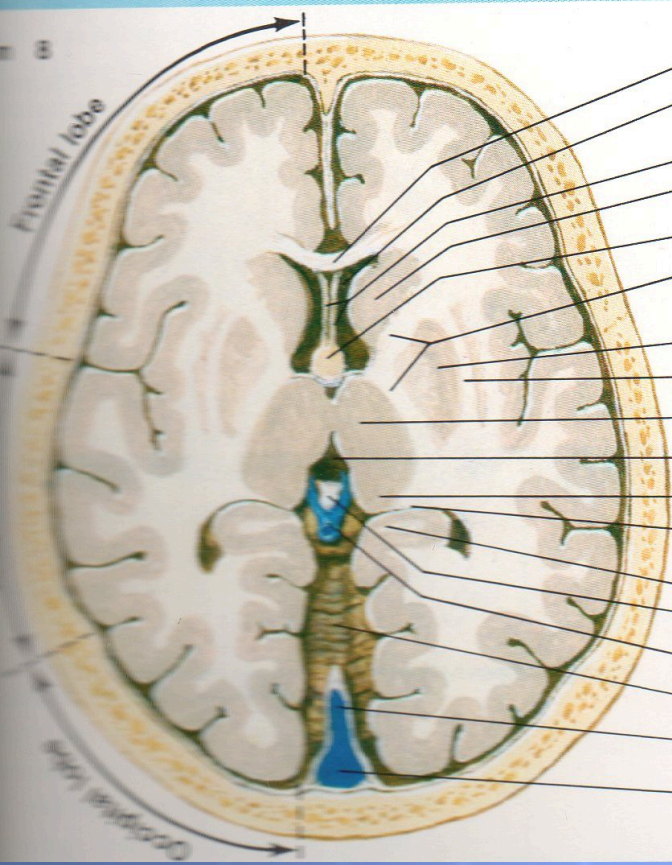




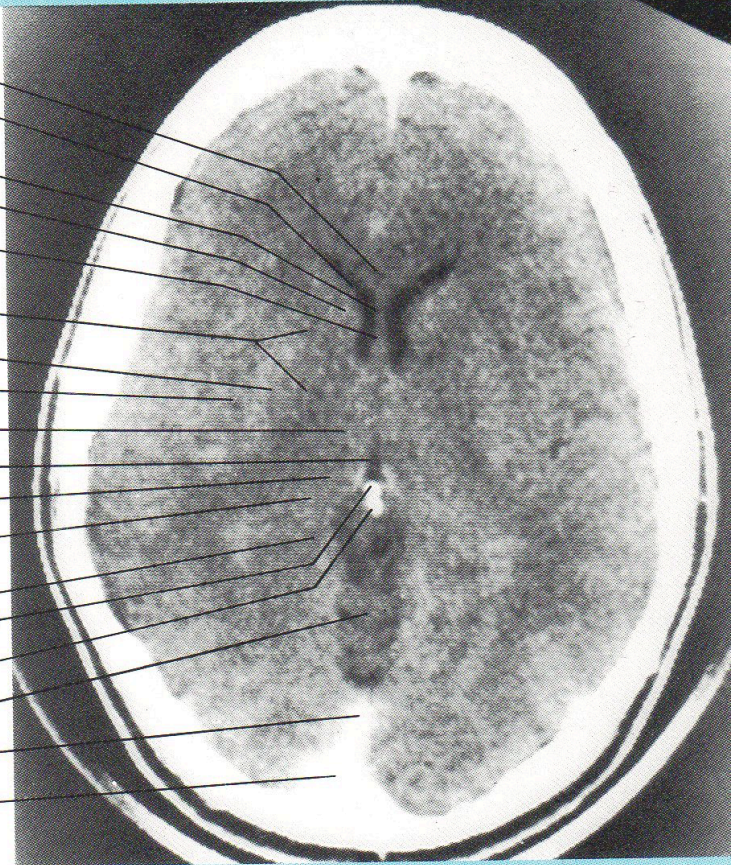
# Basal Ganglia







- Rostrum of corpus callosum
- Anterior horn of lateral ventricle
- Septum pellucidum
- Head of caudate nucleus
- Column of fornix
- Anterior and posterior limbs of internal capsule
- Lentiform nucleus
- External capsule
- Thalamus
- 3rd ventricle
- Pulvinar
- Choroidal fissure
- Retrosplenial parahippocampal gyrus
- Calcified pineal gland
- Great cerebral v. (of Galen)
- Superior cerebellar vermis
- Straight sinus
- Confluence of sinuses



AV413-BRAIN

R

L

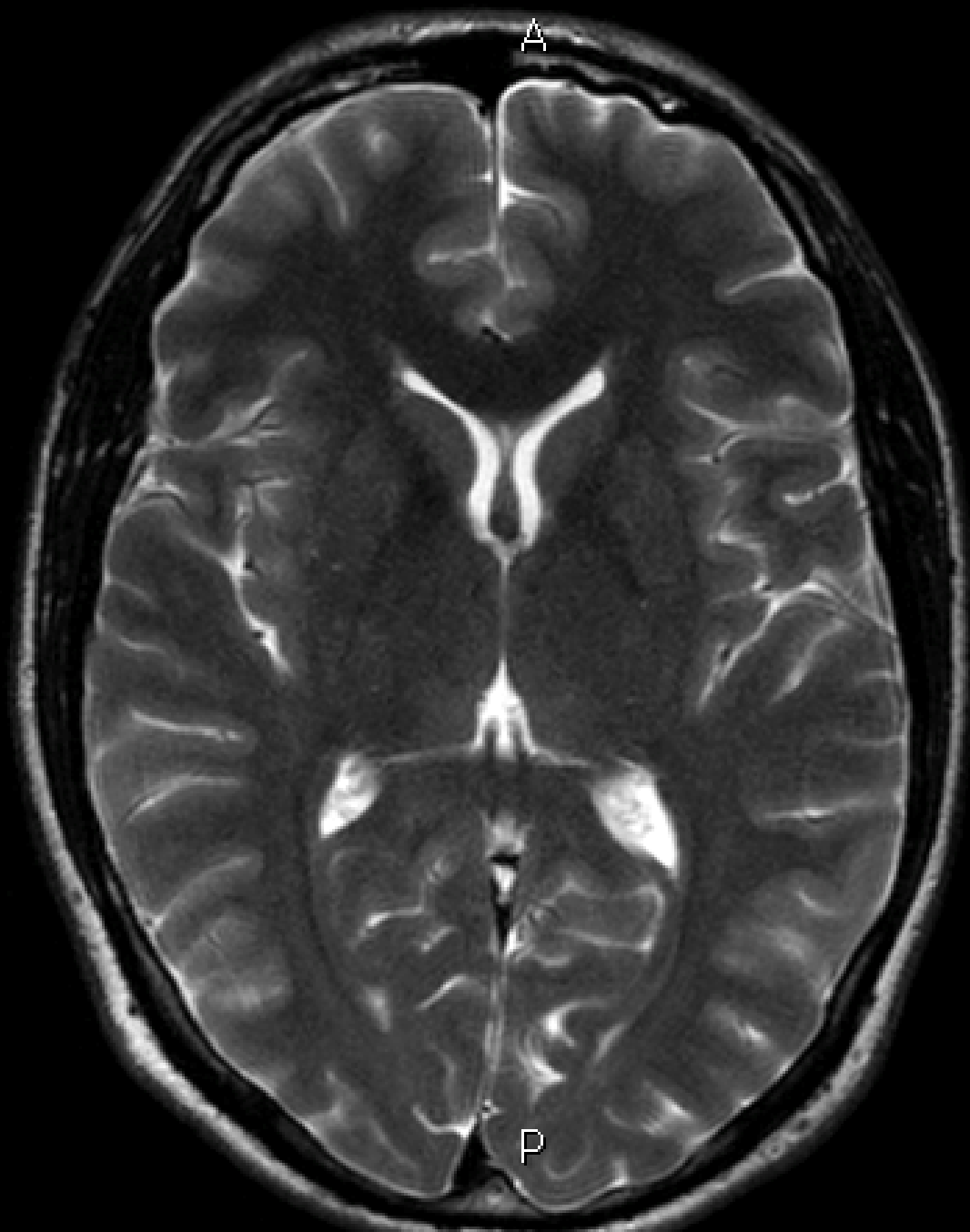
A

P



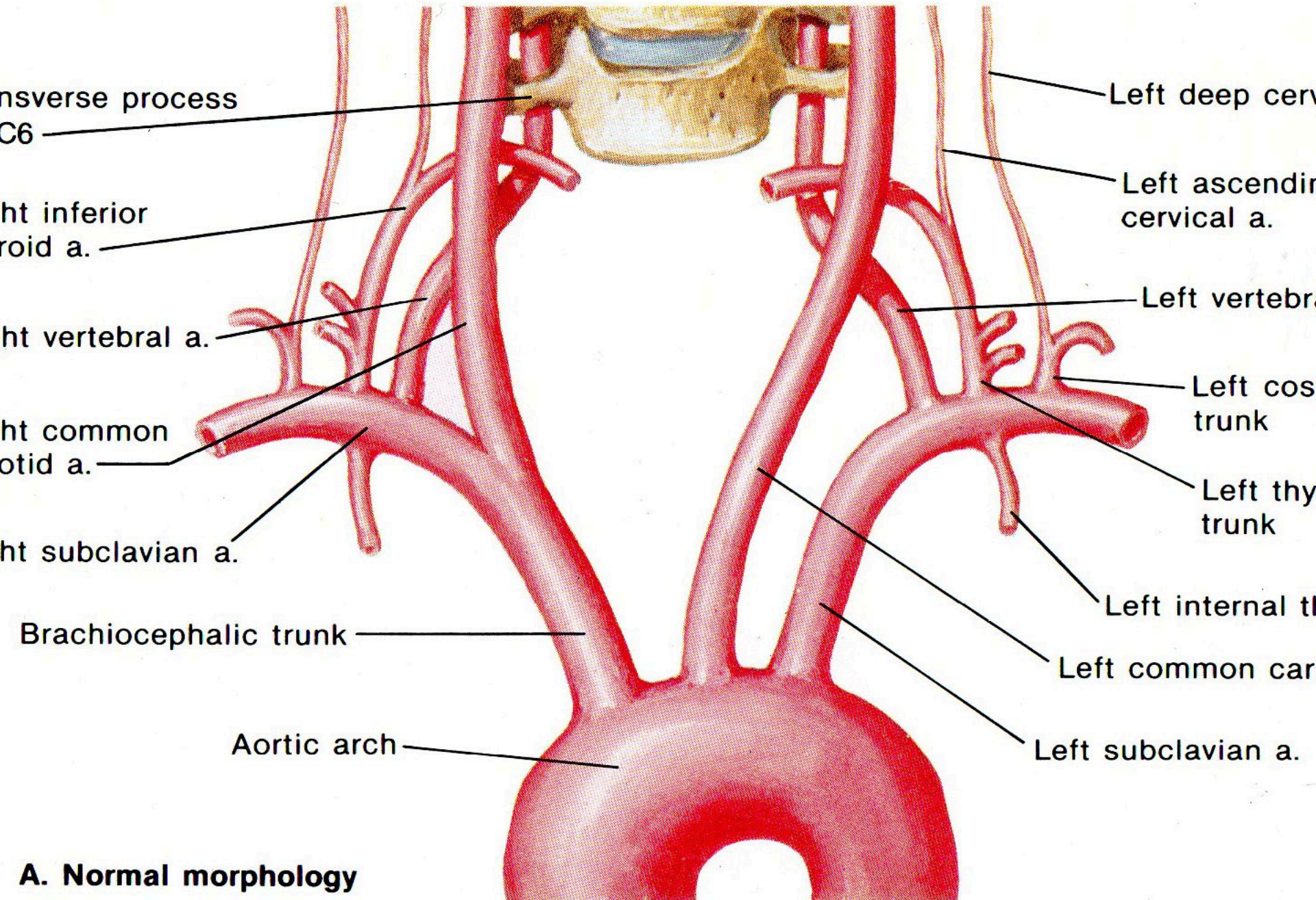
W 652

L 338



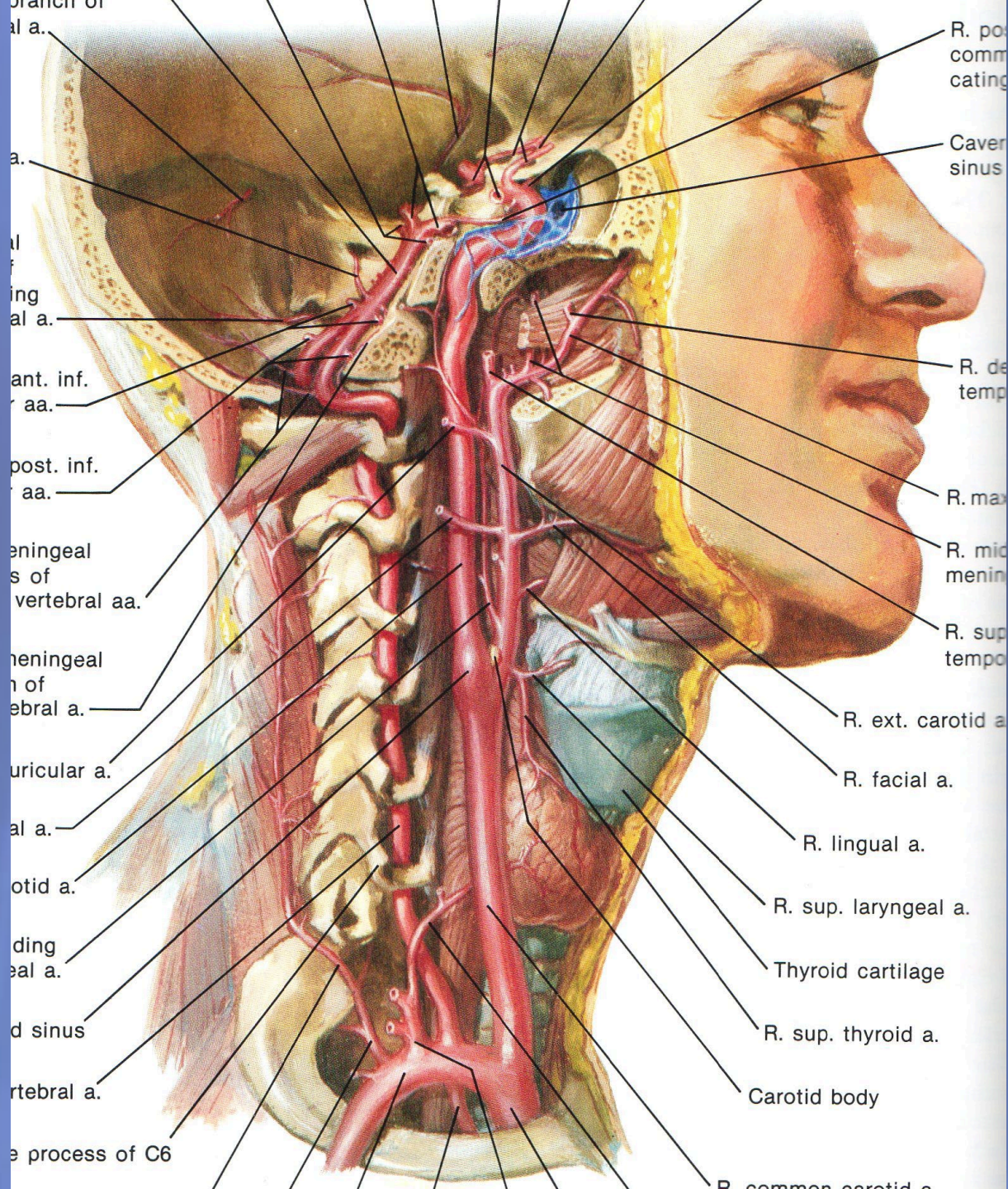


# Normal and Anomalous Origins of Common Carotid and Vertebral Arteries



**A. Normal morphology**

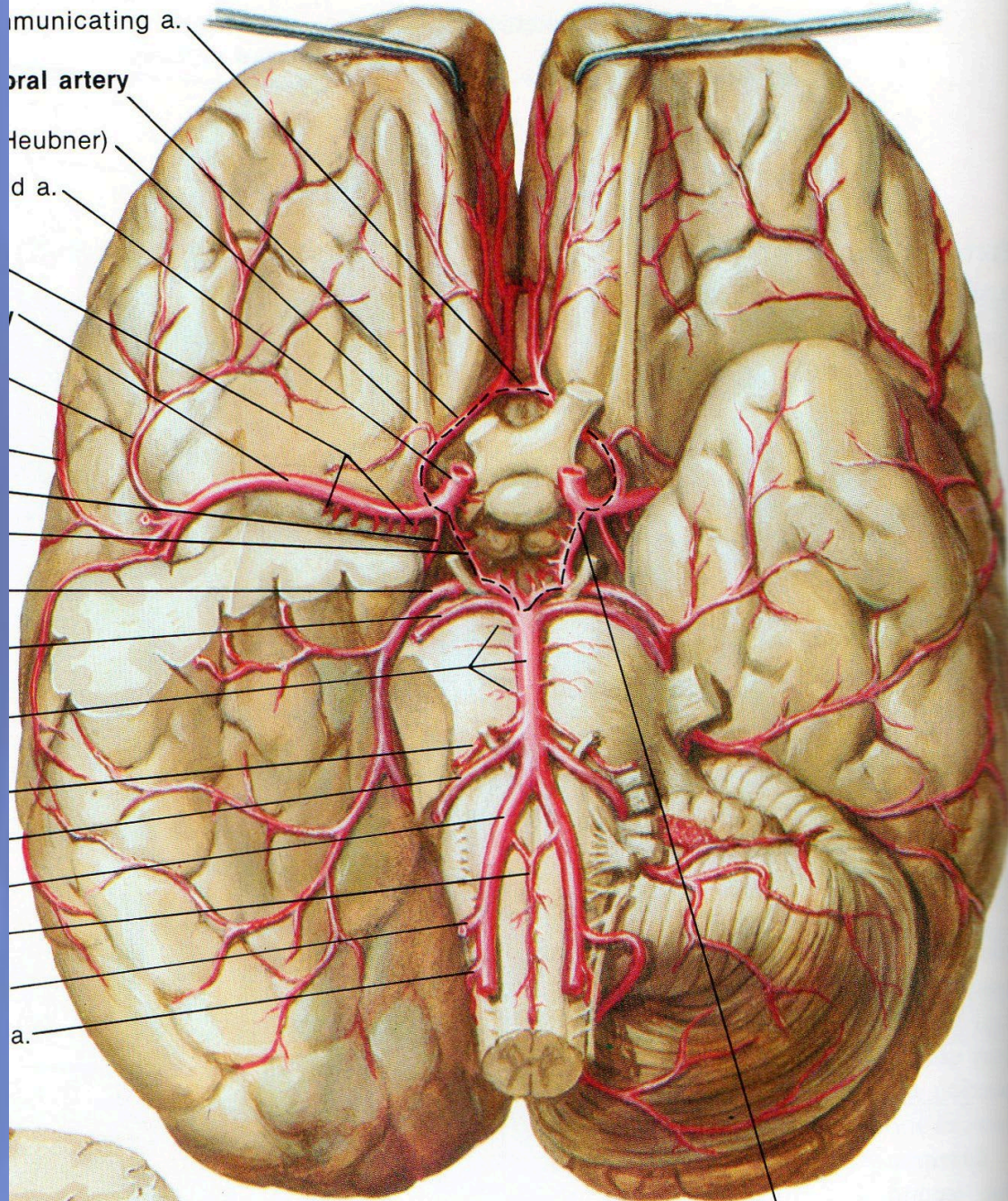




Branch of  
al a.  
a.  
al  
ing  
al a.  
ant. inf.  
r aa.  
post. inf.  
r aa.  
meningeal  
s of  
vertebral aa.  
meningeal  
n of  
ebral a.  
uricular a.  
al a.  
otid a.  
ding  
eal a.  
d sinus  
rtebral a.  
e process of C6

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comm  
cating  
Caver  
sinus  
R. de  
temp  
R. max  
R. mid  
menin  
R. sup  
tempo  
R. ext. carotid a  
R. facial a.  
R. lingual a.  
R. sup. laryngeal a.  
Thyroid cartilage  
R. sup. thyroid a.  
Carotid body  
R. common carotid a





communicating a.

oral artery

(Heubner)

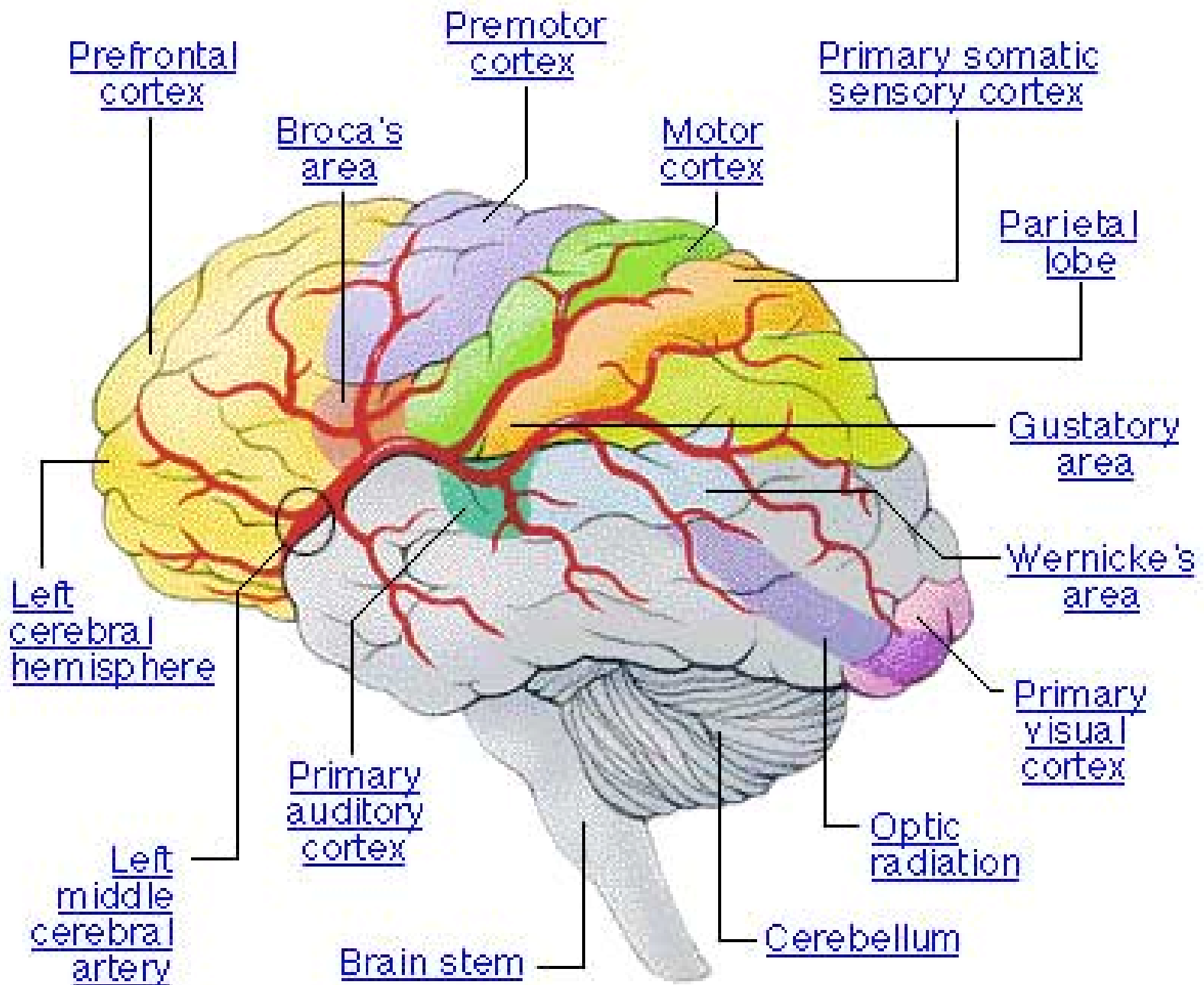
d a.

a.

Ant. communicating a.

Recurrent a. (of Heubner)

Circle of Willis





# Signs and Symptoms of Stroke

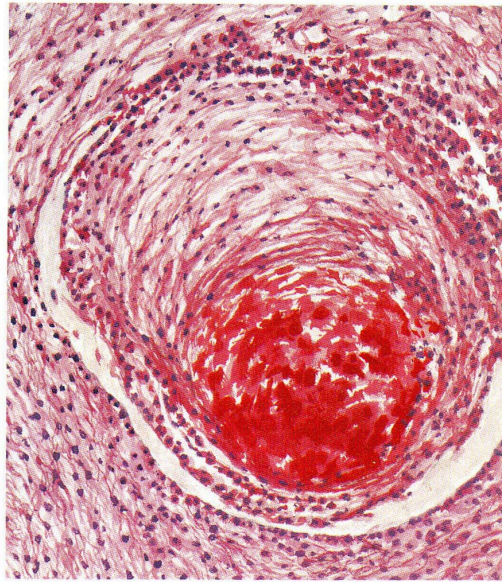
## Sudden Onset of:

- Weakness
- Numbness
- Change in Vision
- Change in Speech
- Severe Headache
- Change in Balance
- Altered Level of Consciousness

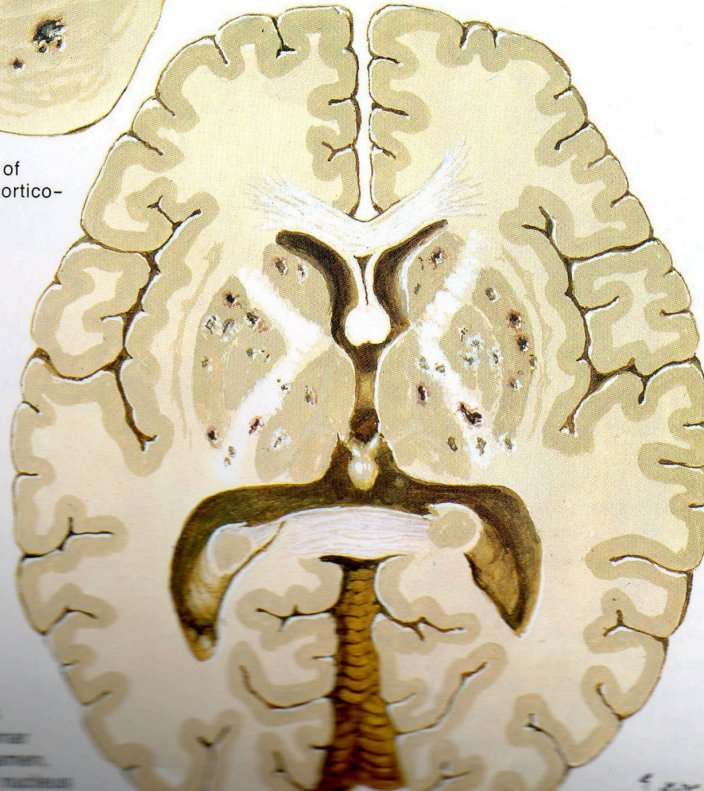
**Location,  
Location,  
Location!**

## Lacunar Infarction

Small (100  $\mu\text{m}$ ) artery within brain parenchyma showing typical pathologic changes secondary to hypertension. Vessel lumen almost completely obstructed by thickened media and enlarged to about three times normal size. Pink-staining fibrinoid material within walls



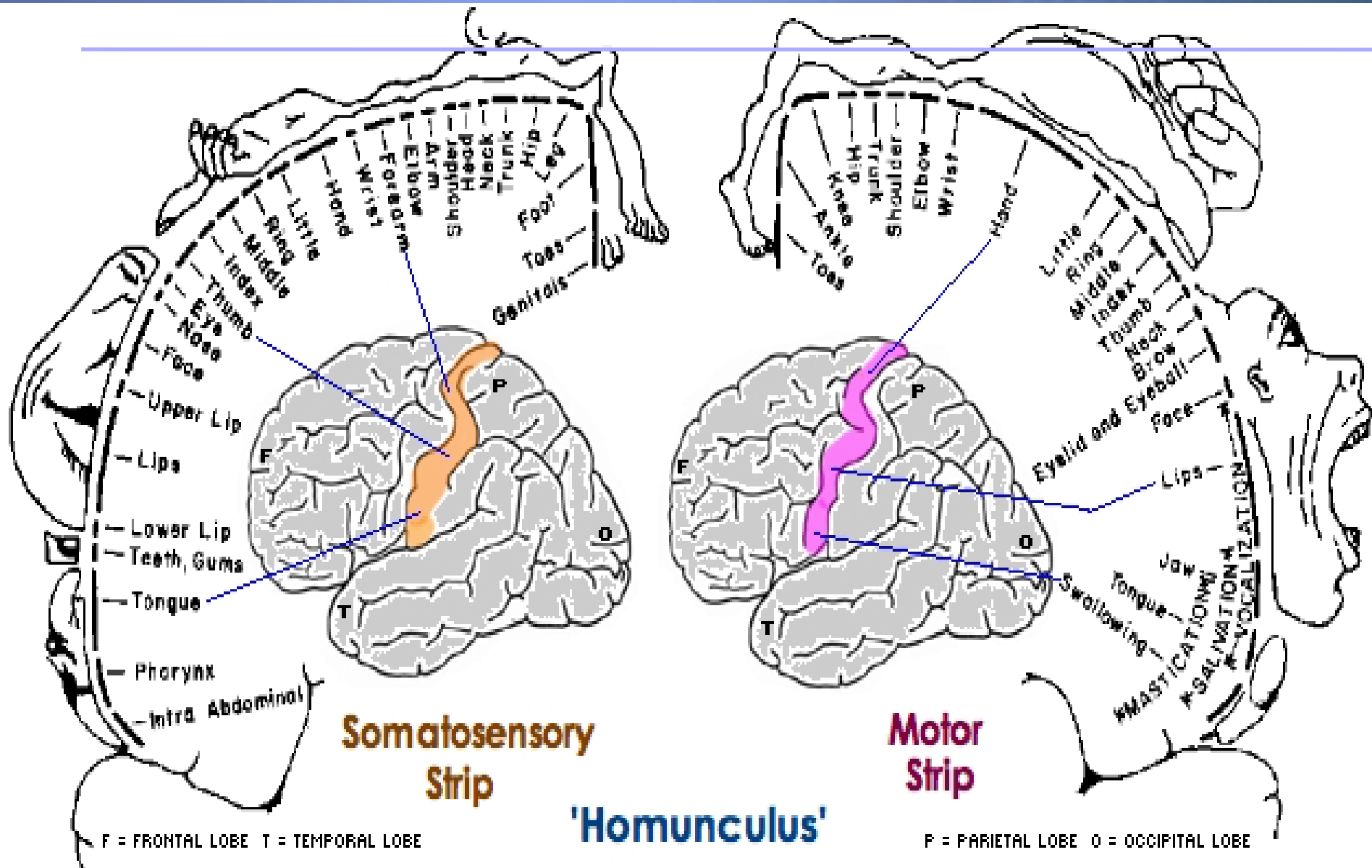
Lacunar infarcts in base of pons interrupting some cortico-spinal (pyramidal) fibers. Such lesions cause mild hemiparesis



Multiple bilateral lacunes and areas of healed lacunar infarcts in thalamus, putamen, caudate nucleus



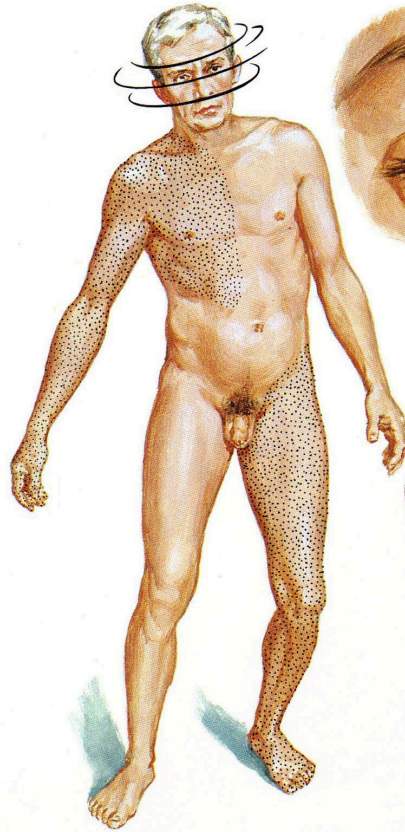
# The cortical homunculus



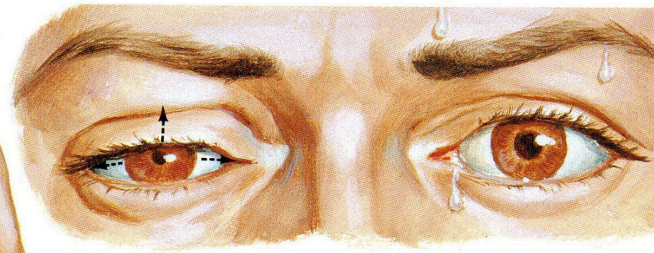
# Large vessel syndromes

Artery	Major clinical findings
ACA	Contralateral leg weakness
MCA	Contralateral face/arm>leg weakness, sensory loss, field cut, gaze preference, and either aphasia (L) or neglect (R)
PCA	Contralateral visual field cut
Basilar	Oculomotor deficits and/or ataxia, with crossed sensory/motor deficits and diminished consciousness
Vertebral	Lower cranial nerve deficits and/or ataxia, with crossed sensory deficits

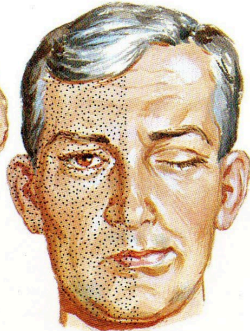
# Ischemia in Vertebrobasilar Territory: Clinical Manifestations



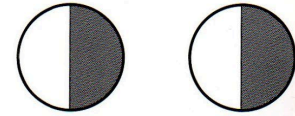
Vertigo, ataxia; motor and sensory deficits, which may be unilateral, bilateral or alternating



Abnormal eye movements (cranial nerves III, IV and/or VI). Horner's syndrome may be present



Motor and sensory deficits in face; unilateral, bilateral or alternating (cranial nerves V and VII)



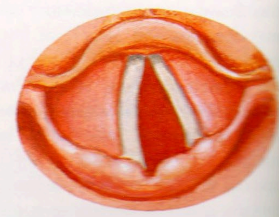
Hemianopsia (frequently bilateral)



Headache, vomiting



Dysphagia (cranial nerve X)



Dysphonia (cranial nerve X)

F. Netter M.D.  
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Altered consciousness (partial or complete) may be fleeting, transient or of long duration



# Cortical signs

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- Aphasia (not dysarthria)
- Neglect
- Visual field cuts
- Aprosody
- Prosopagnosia
- Acalculia
- Apraxia
- ◎ Anosognosia

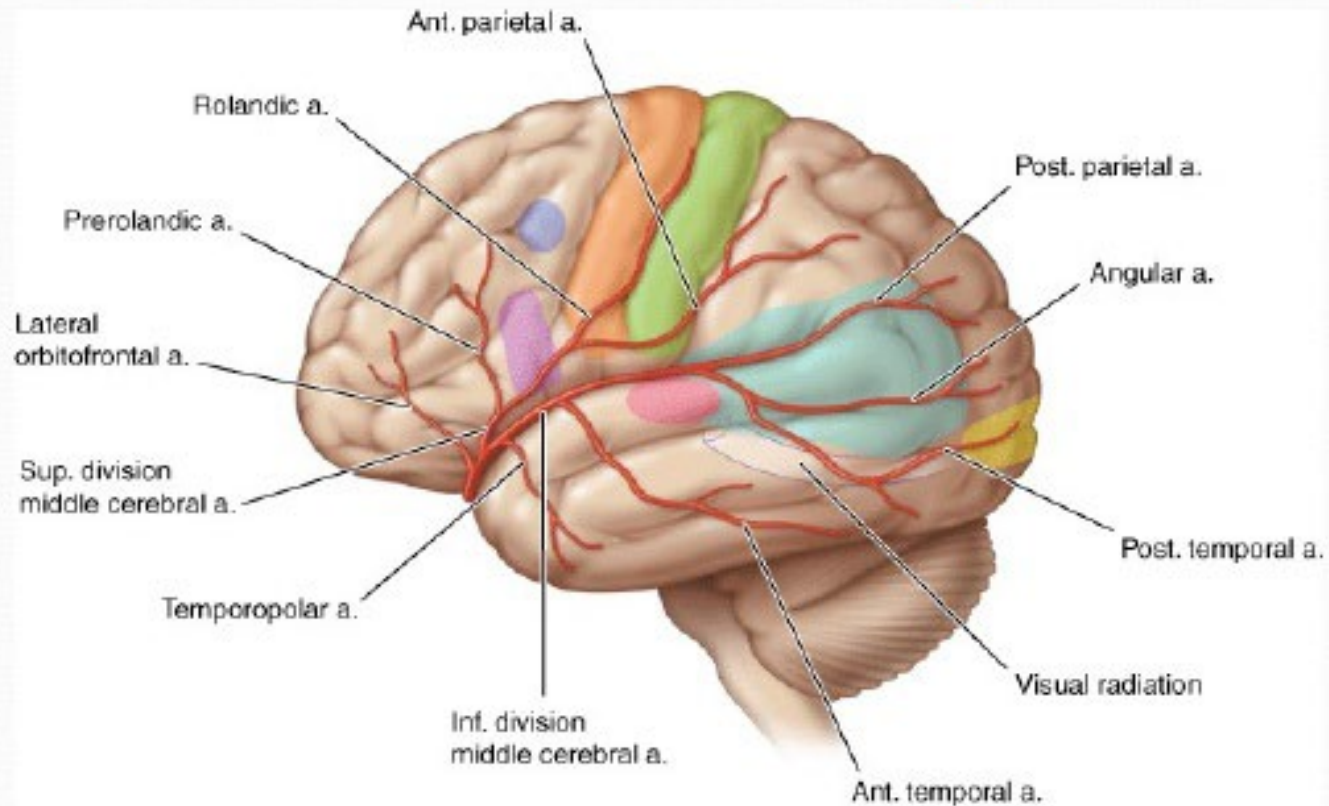
# Common, delayed effects of stroke

a. Depression

b. Fatigue

c. Anxiety

# Middle Cerebral Artery

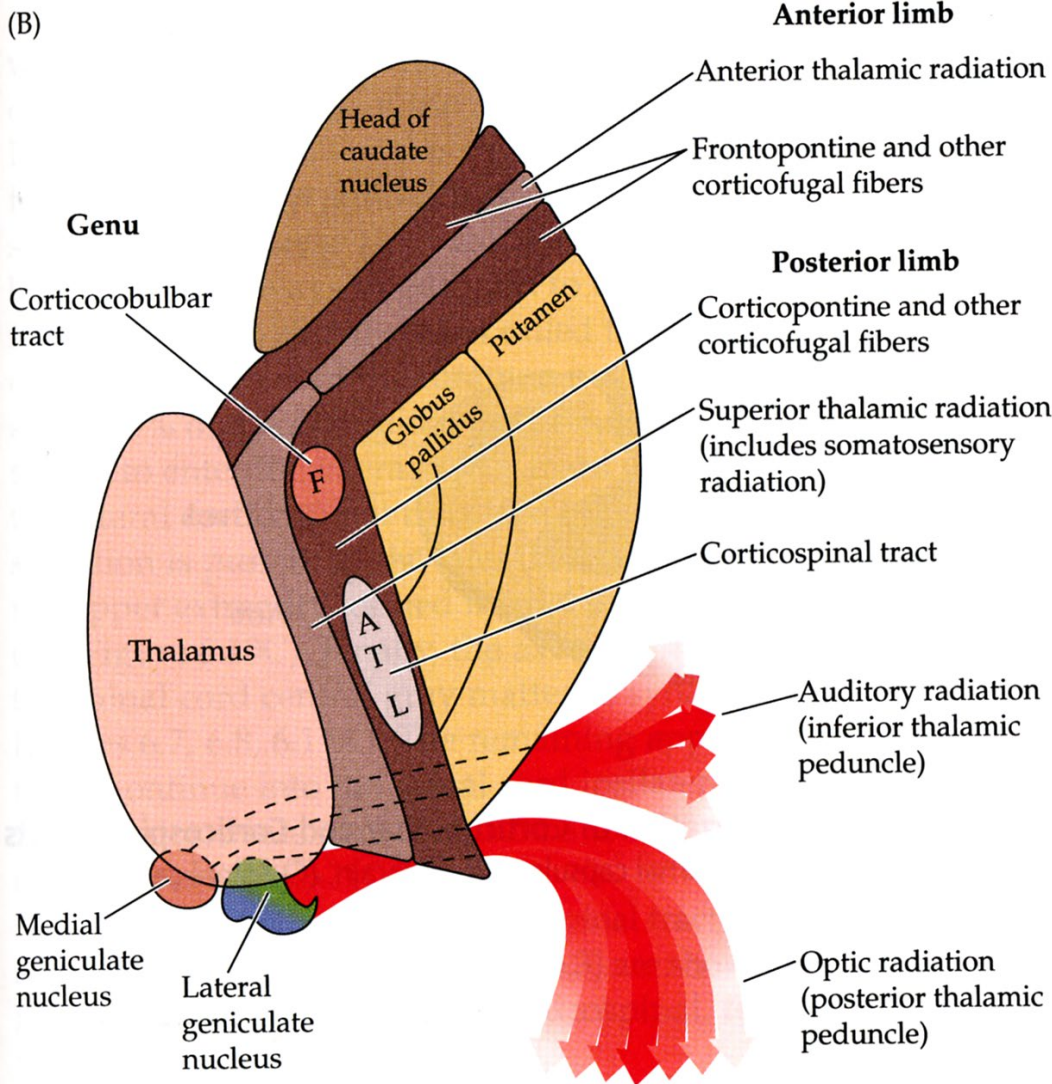


## KEY

 Broca's area	 Sensory cortex	 Auditory area	 Motor cortex
 Contraversive eye center	 Wernicke's aphasia area	 Visual cortex	



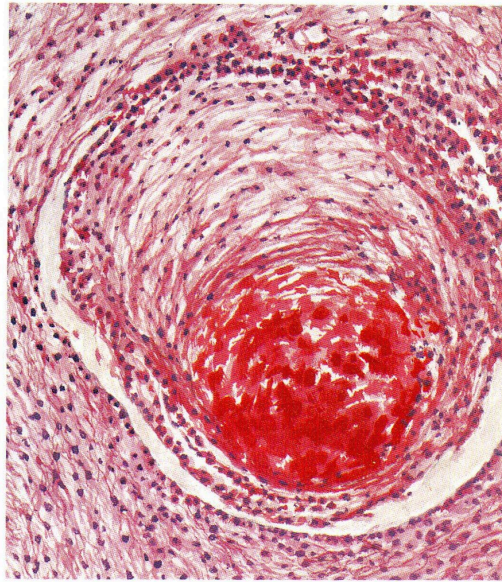
# Lacunar syndromes



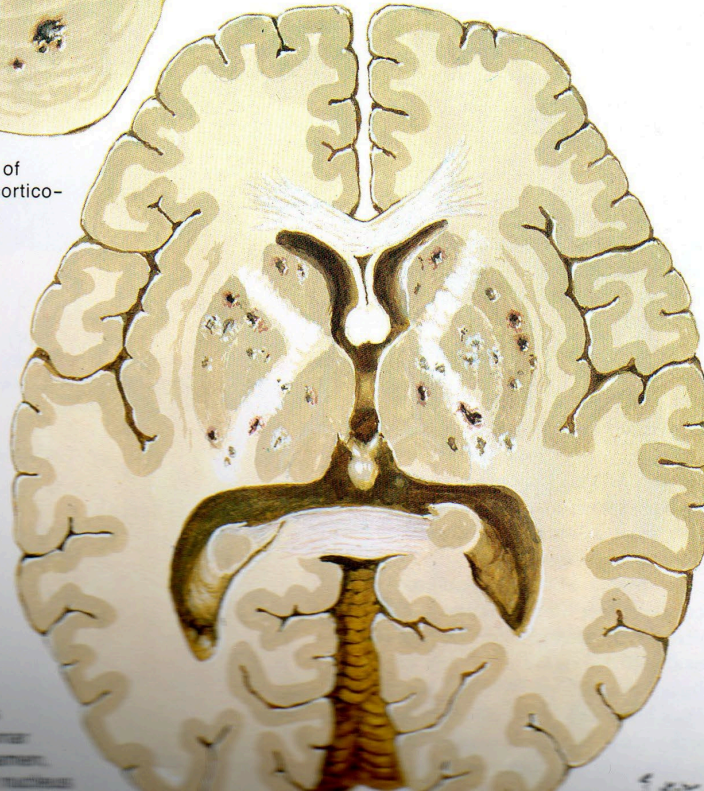
- Pure motor
- Pure sensory
- Sensorimotor
- Ataxic hemiparesis
- Clumsy hand-dysarthria
- Hemiballismus-hemichorea
- No Cortical Signs

## Lacunar Infarction

Small (100  $\mu\text{m}$ ) artery within brain parenchyma showing typical pathologic changes secondary to hypertension. Vessel lumen almost completely obstructed by thickened media and enlarged to about three times normal size. Pink-staining fibrinoid material within walls



Lacunar infarcts in base of pons interrupting some cortico-spinal (pyramidal) fibers. Such lesions cause mild hemiparesis



Multiple bilateral lacunar infarcts interrupting some cortico-spinal (pyramidal) fibers. Such lesions cause mild hemiparesis



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# Stroke Prognostication Obeys the Same Rules as Real Estate

Location, Location, Location!

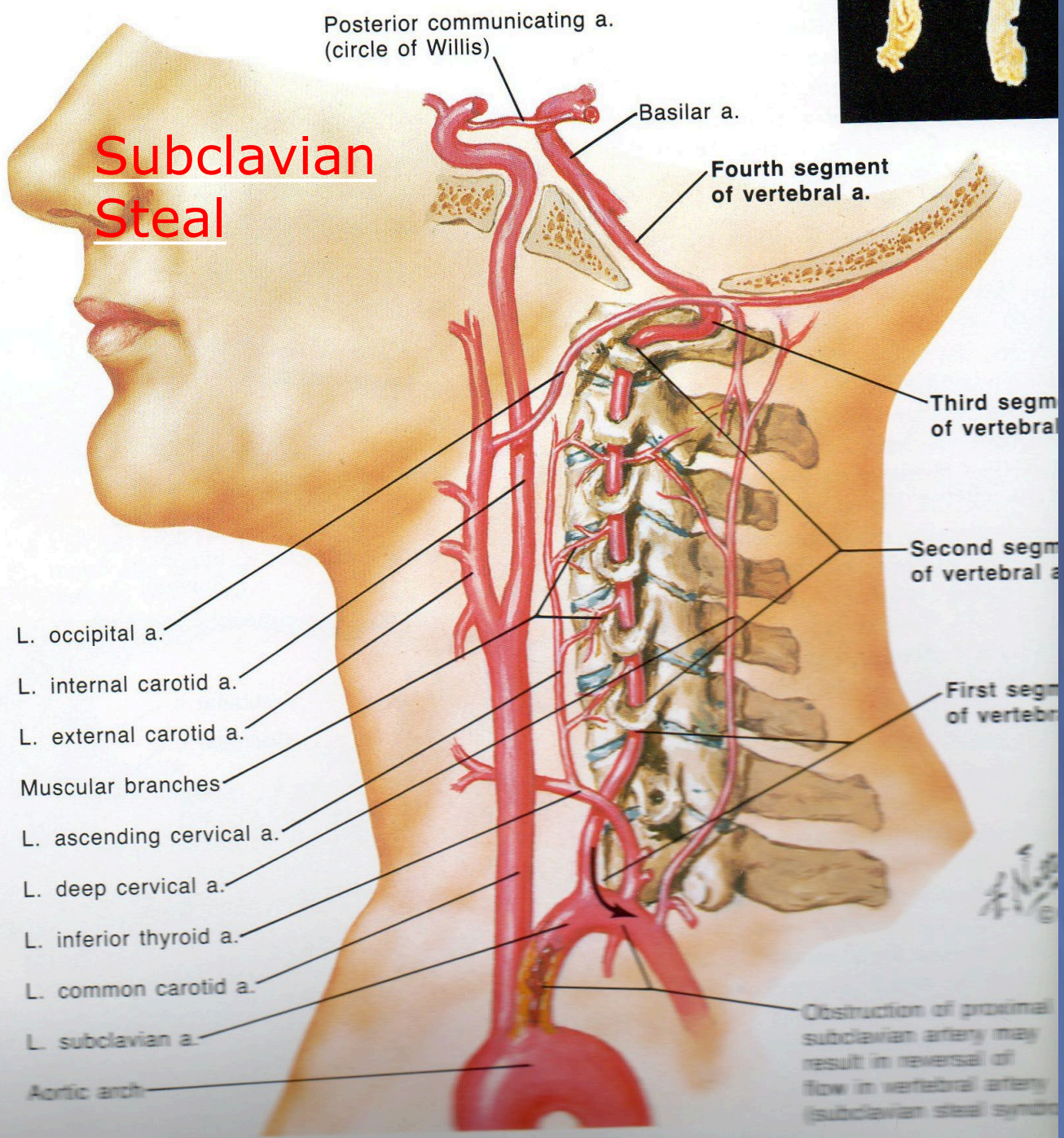


# Stroke Location and Outcome

## Lesion Locations Predicting Poor Long-Term Outcome

- **Bilateral Precentral and Postcentral Gyri**
- **Bilateral Insular and Opercular Cortex**
- **Left Putamen and Left Caudate**

# Subclavian Steal











# Stroke Risk Factors

## Modifiable

- HYPERTENSION
- Diabetes
- Cigarette Smoking
- Elevated Cholesterol
- Heart Disease
- Obesity
- Drug Use
- Physical Inactivity

# Stroke Risk Factors

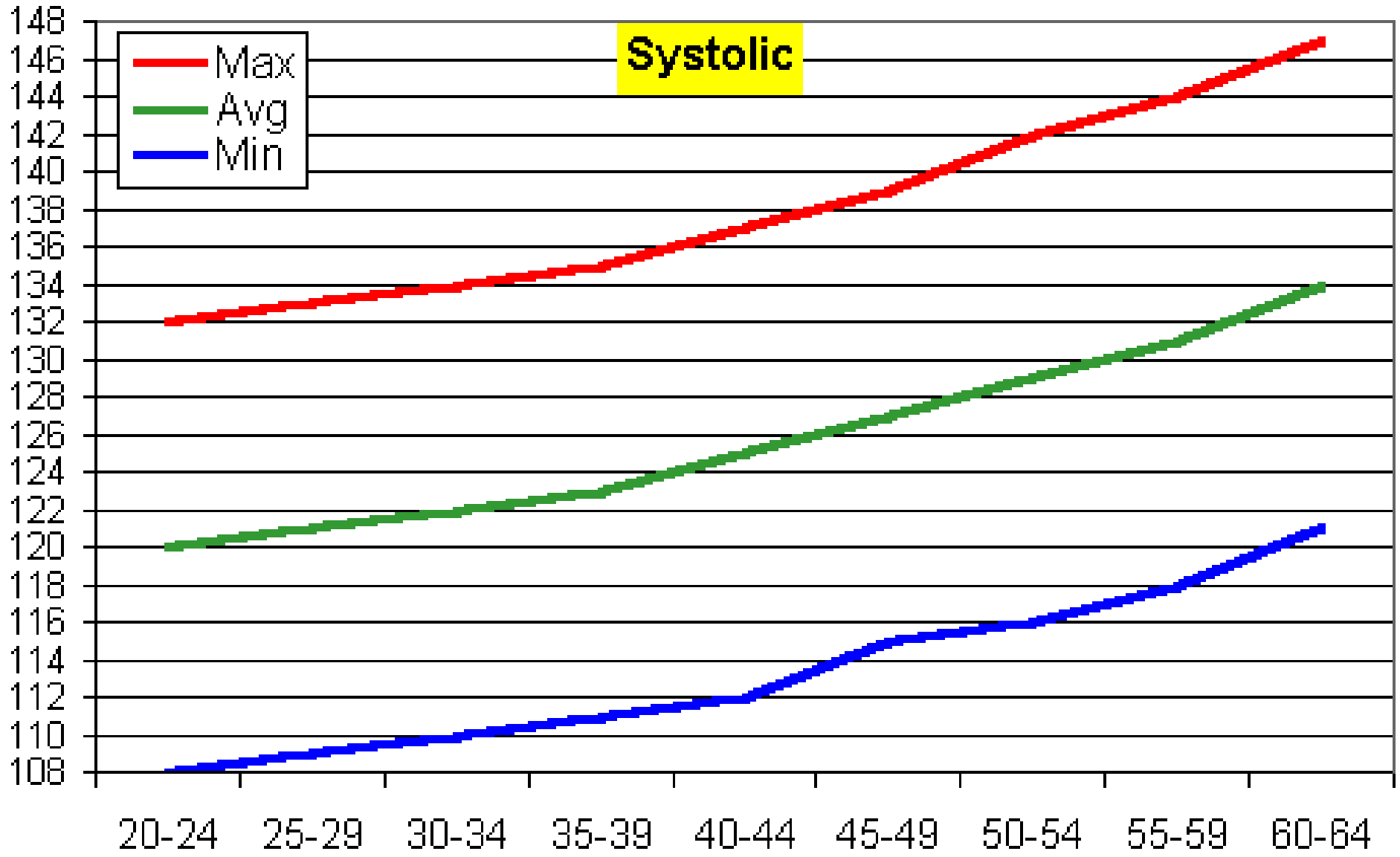
## Non-Modifiable

- Age
- Race
- Family History
- Sex



**Systolic**

- Max
- Avg
- Min



# Diagnosis

- **History and Physical Examination**
- **Brain Imaging:**
  - 1. Computerized Tomography (CT)**
  - 2. Magnetic Resonance Imaging (MRI)**

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# RACE: Stroke by the Numbers



Test Item	RACE	NIHSS Equivalent
Facial Palsy	0-1	0-3
Arm Motor Function	0-2	0-4
Leg Motor Function	0-2	0-4
Head Gaze Deviation	0-1	0-2
Aphasia (R side)	0-2	0-2
Agnosia (L side)	0-2	0-2

<https://www.youtube.com/watch?v=9SxopJueV50>

# NIH Stroke Scale

Category	Score/Description		Date/Time	Date/Time	Date/Time	Date/Time	Date/Time
			Initials	Initials	Initials	Initials	Initials
1a. Level of Consciousness (Alert, drowsy, etc.)	0 = Alert 1 = Drowsy 2 = Stuporous 3 = Coma						
1b. LOC Questions (Month, age)	0 = Answers both correctly 1 = Answers one correctly 2 = Incorrect						
1c. LOC Commands (Open/close eyes, make fist/let go)	0 = Obeys both correctly 1 = Obeys one correctly 2 = Incorrect						
2. Best Gaze (Eye open - patient follows examiner's finger or face)	0 = Normal 1 = Partial gaze palsy 2 = Forced deviation						
3. Visual Fields (Introduce visual stimulus/threat to pt's visual field quadrants)	0 = No visual loss 1 = Partial Hemianopia 2 = Complete Hemianopia 3 = Bilateral Hemianopia (Blind)						
4. Facial Paresis (Show teeth, raise eyebrows and squeeze eyes shut)	0 = Normal 1 = Minor 2 = Partial 3 = Complete						
5a. Motor Arm - Left 5b. Motor Arm - Right (Elevate arm to 90° if patient is sitting, 45° if supine)	0 = No drift 1 = Drift 2 = Can't resist gravity 3 = No effort against gravity 4 = No movement X = Untestable (Joint fusion or limb amp)	Left					
		Right					
6a. Motor Leg - Left 6b. Motor Leg - Right (Elevate leg 30° with patient supine)	0 = No drift 1 = Drift 2 = Can't resist gravity 3 = No effort against gravity 4 = No movement X = Untestable (Joint fusion or limb amp)	Left					
		Right					
7. Limb Ataxia (Finger-nose, heel down shin)	0 = No ataxia 1 = Present in one limb 2 = Present in two limbs						
8. Sensory (Pin prick to face, arm, trunk, and leg - compare side to side)	0 = Normal 1 = Partial loss 2 = Severe loss						
9. Best Language (Name item, describe a picture and read sentences)	0 = No aphasia 1 = Mild to moderate aphasia 2 = Severe aphasia 3 = Mute						
10. Dysarthria (Evaluate speech clarity by patient repeating listed words)	0 = Normal articulation 1 = Mild to moderate slurring of words 2 = Near to unintelligible or worse X = Intubated or other physical barrier						
11. Extinction and Inattention (Use information from prior testing to identify neglect or double simultaneous stimuli testing)	0 = No neglect 1 = Partial neglect 2 = Complete neglect						
<b>TOTAL SCORE</b>							
<b>INITIAL</b>	<b>SIGNATURE</b>	<b>INITIAL</b>	<b>SIGNATURE</b>	<b>INITIAL</b>	<b>SIGNATURE</b>	<b>INITIAL</b>	<b>SIGNATURE</b>

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<b>1a. Level of Consciousness</b> (Alert, drowsy, etc.)	0 = Alert 1 = Drowsy 2 = Stuporous 3 = Coma				
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<b>1c. LOC Commands</b> (Open/close eyes, make fist/let go)	0 = Obeys both correctly 1 = Obeys one correctly 2 = Incorrect				
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<b>3. Visual Fields</b> (Introduce visual stimulus/threat to pt's visual field quadrants)	0 = No visual loss 1 = Partial Hemianopia 2 = Complete Hemianopia 3 = Bilateral Hemianopia (Blind)				
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<p><b>TOTAL SCORE</b></p>		

# Diagnosis

- **History and Physical Examination**
- **Brain Imaging:**
  - 1. Computerized Tomography (CT)**  
**\*CT is best emergency modality\***
  - 2. Magnetic Resonance Imaging (MRI)**



[EF]

C4  
W6

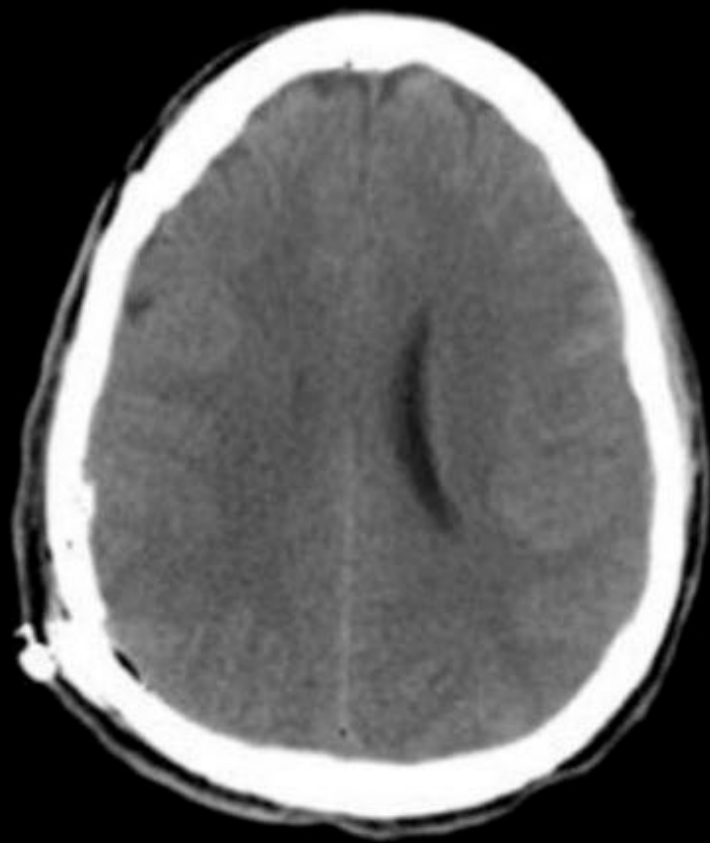
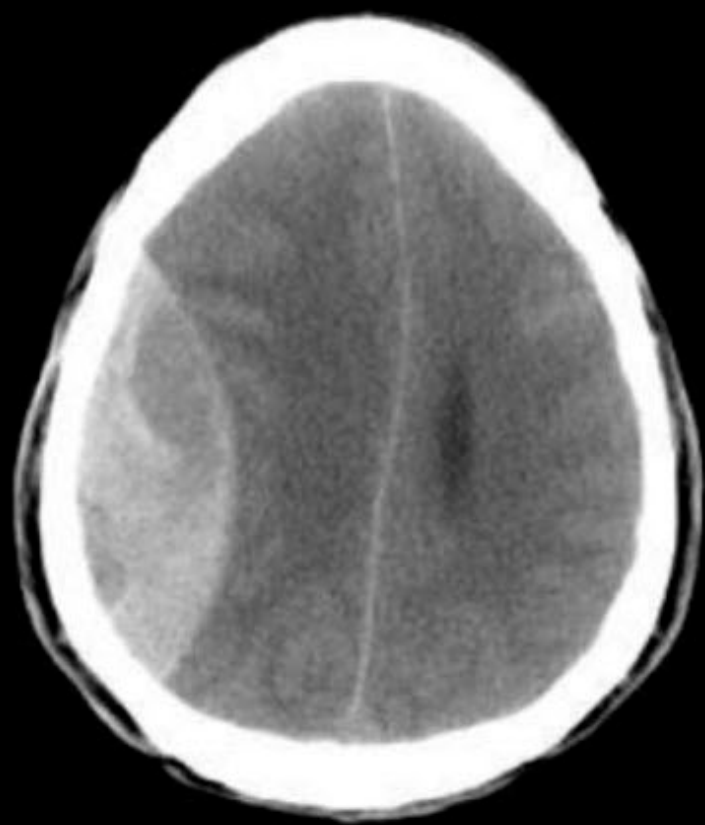


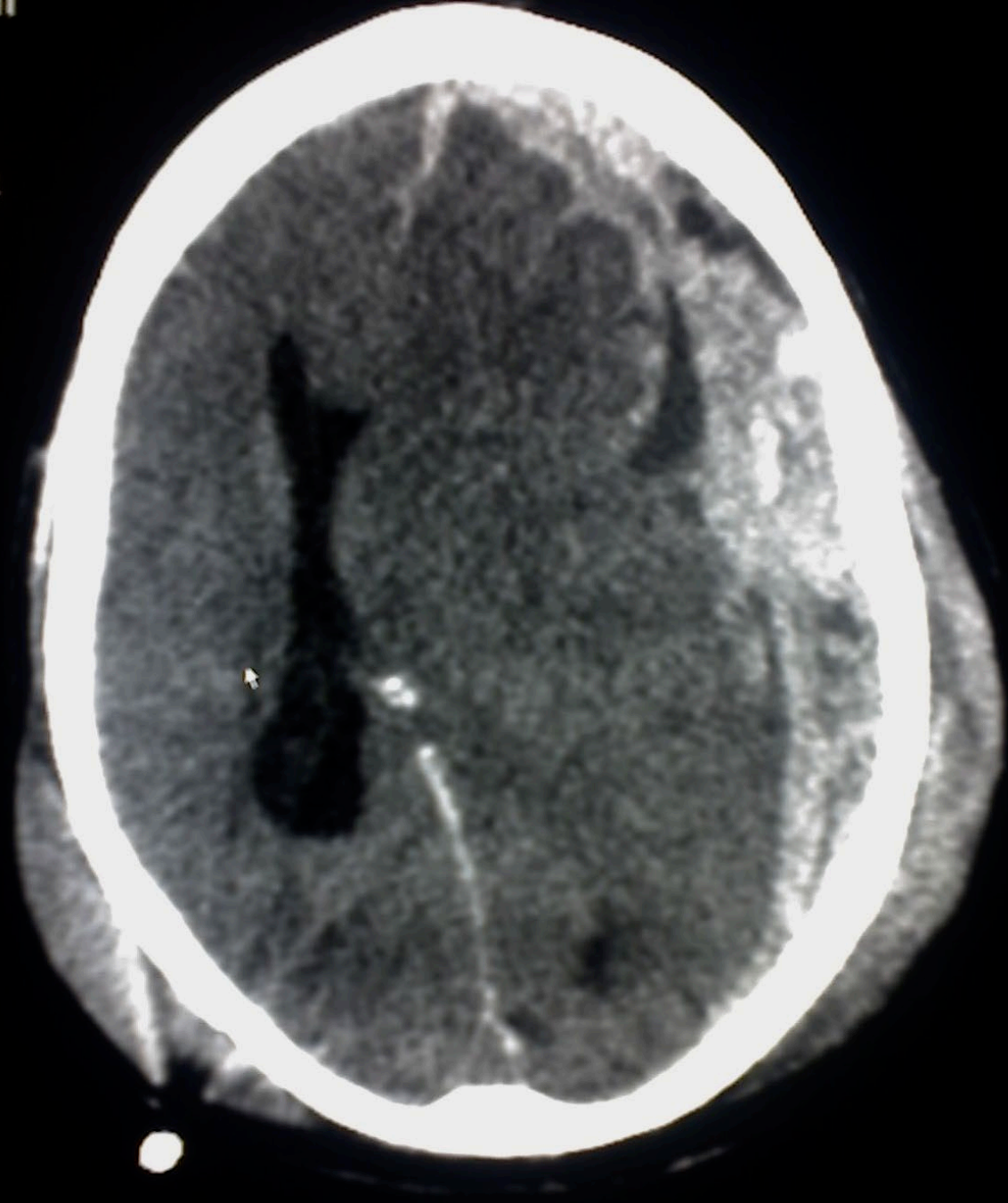












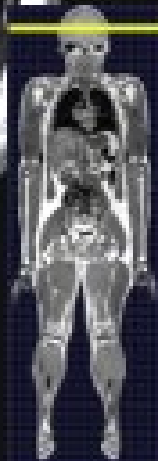
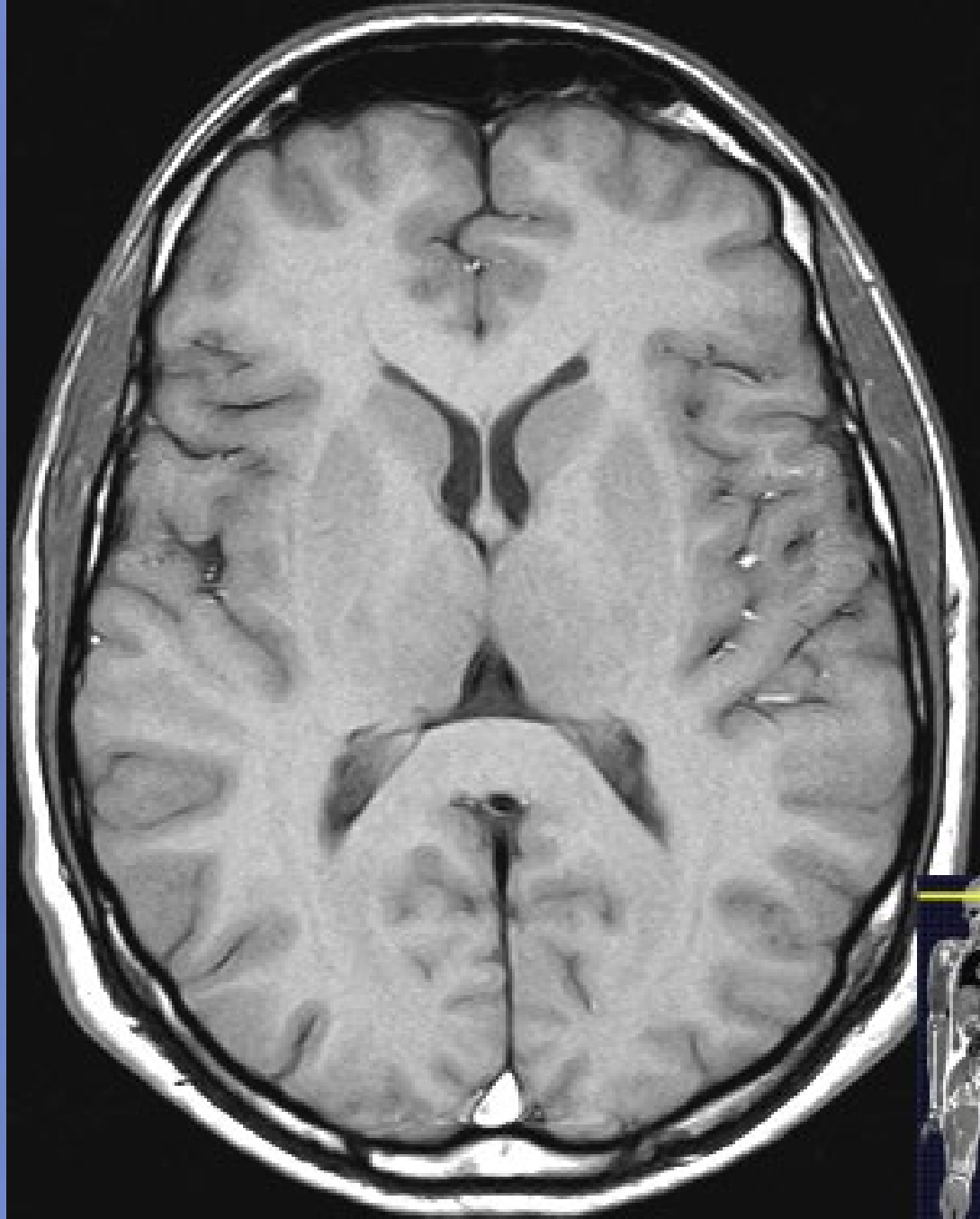
# Diagnosis

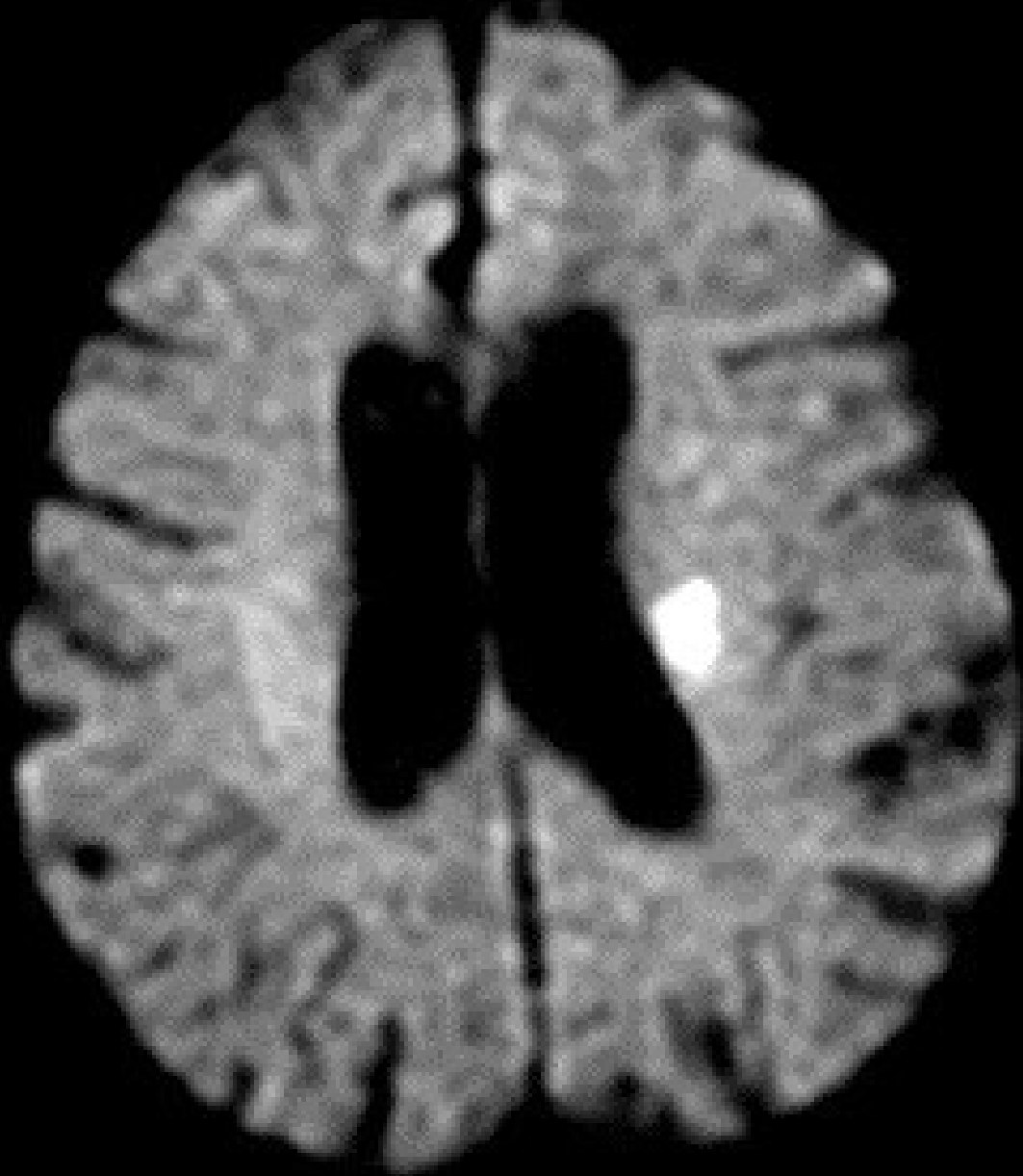
## History and Physical Examination

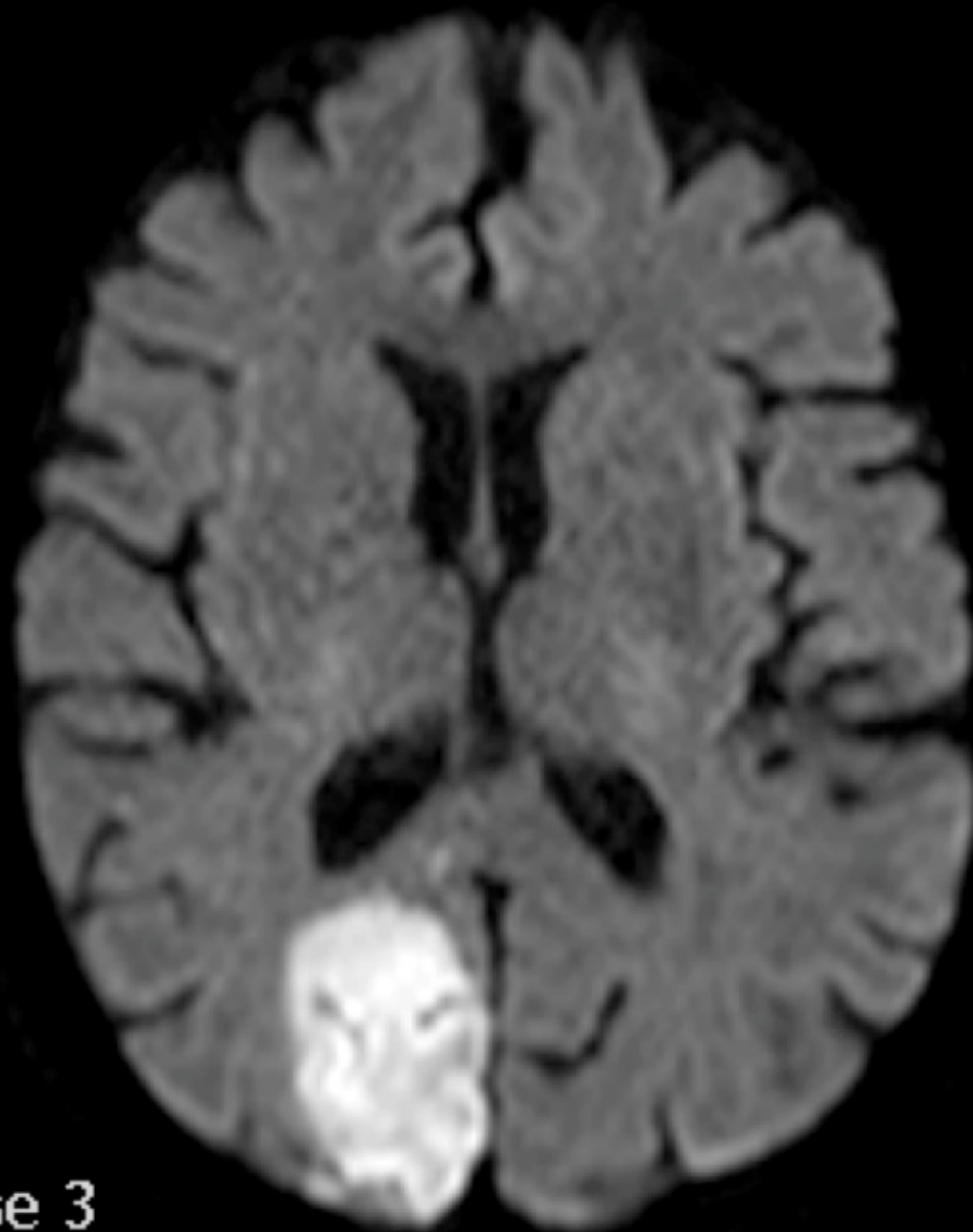
## Brain Imaging:

1. Computerized Tomography (CT)
2. Magnetic Resonance Imaging (MRI)



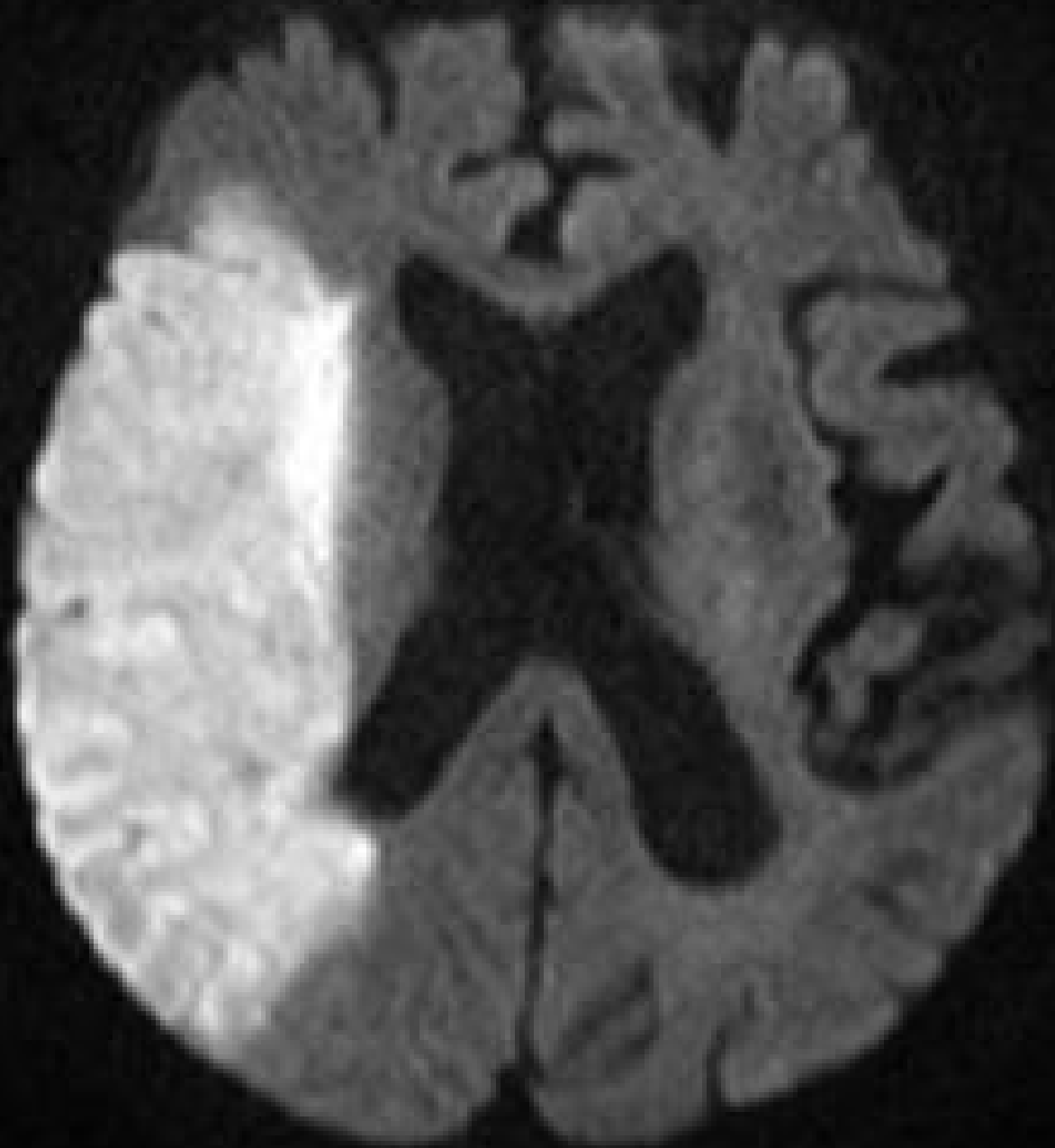






Sense 3





# Evaluation (What caused the stroke?)

## Laboratory Testing:

- Blood counts
- Blood Sugar
- Lipids
- Toxicology
- Hypercoagulable State
- Increased Inflammation

# Evaluation (What caused the stroke?)

## Echocardiogram:

- **Transthoracic**
- **Transesophageal (TEE)**



**A**

Doctor places TEE probe into mouth and down esophagus

Esophagus

Heart

Atrium

Ventricle

Transesophageal echocardiography (TEE) probe in esophagus (probe can also be placed in the stomach)

Sound waves create pictures of the heart

Stomach

Patient lies on bed on left side

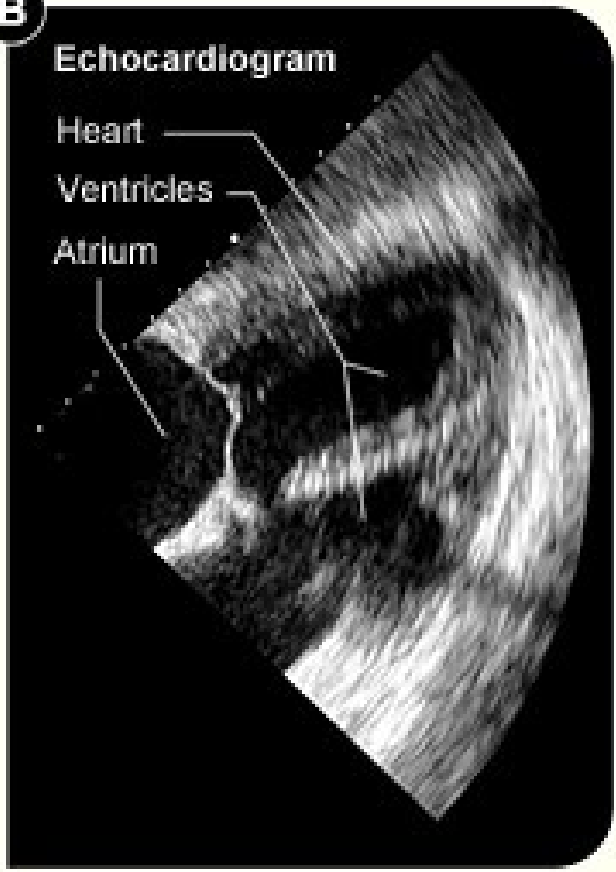
**B**

Echocardiogram

Heart

Ventricles

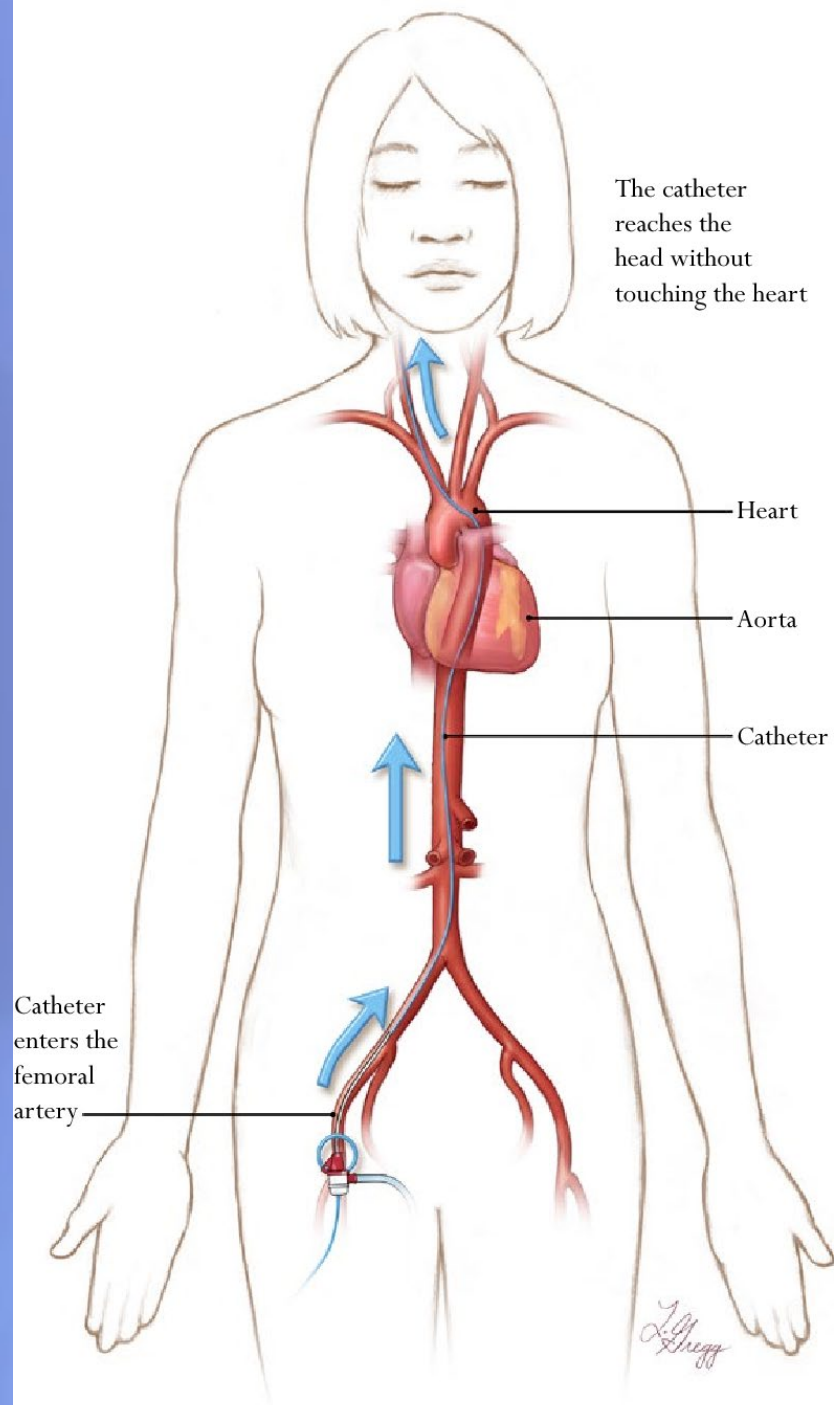
Atrium



# Evaluation (What caused the stroke?)

## Angiography (Picture of the Arteries)

- **Catheter**
- **CT Angiography**
- **MRI Angiography**







# Evaluation (What caused the stroke?)

## Angiography (Picture of the Arteries)

- Catheter
- **CT Angiography**
- **MRI Angiography**





# Evaluation (What caused the stroke?)

## Angiography (Picture of the Arteries)

- Catheter
- CT Angiography
- **MRI Angiography**



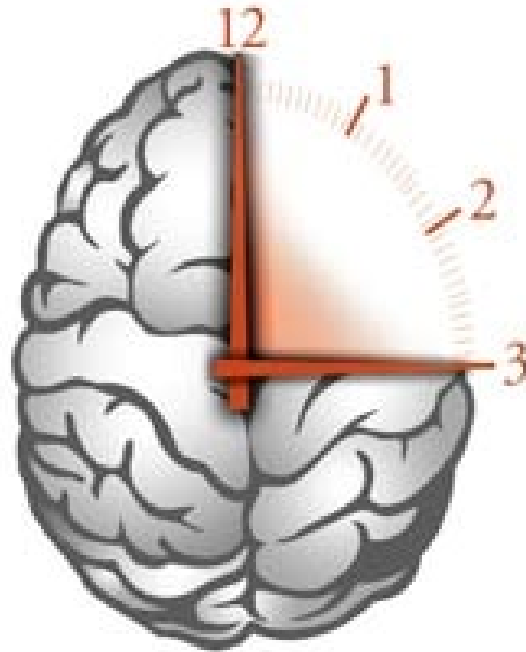
# Treatment of Acute Stroke

- **Bedrest**
- **Head Position**
- **Oxygen**
- **Intravenous Fluids**
- **Consider Aspirin or Clot Dissolving Medication**



# Time is Brain!

With a stroke...



**time matters.**

**Call 911!**

# Clot Buster

TPA (Tissue Plasminogen Activator)/Tenecteplase

- Promote Lysis of Blood Clot
- Must be Given Within 4.5 Hours - *The Sooner the Better!!*
- *\*FDA Approved for 3.0 Hours*
- 2 Million Brain Cells Lost Every Minute

# Treatment of Acute Stroke

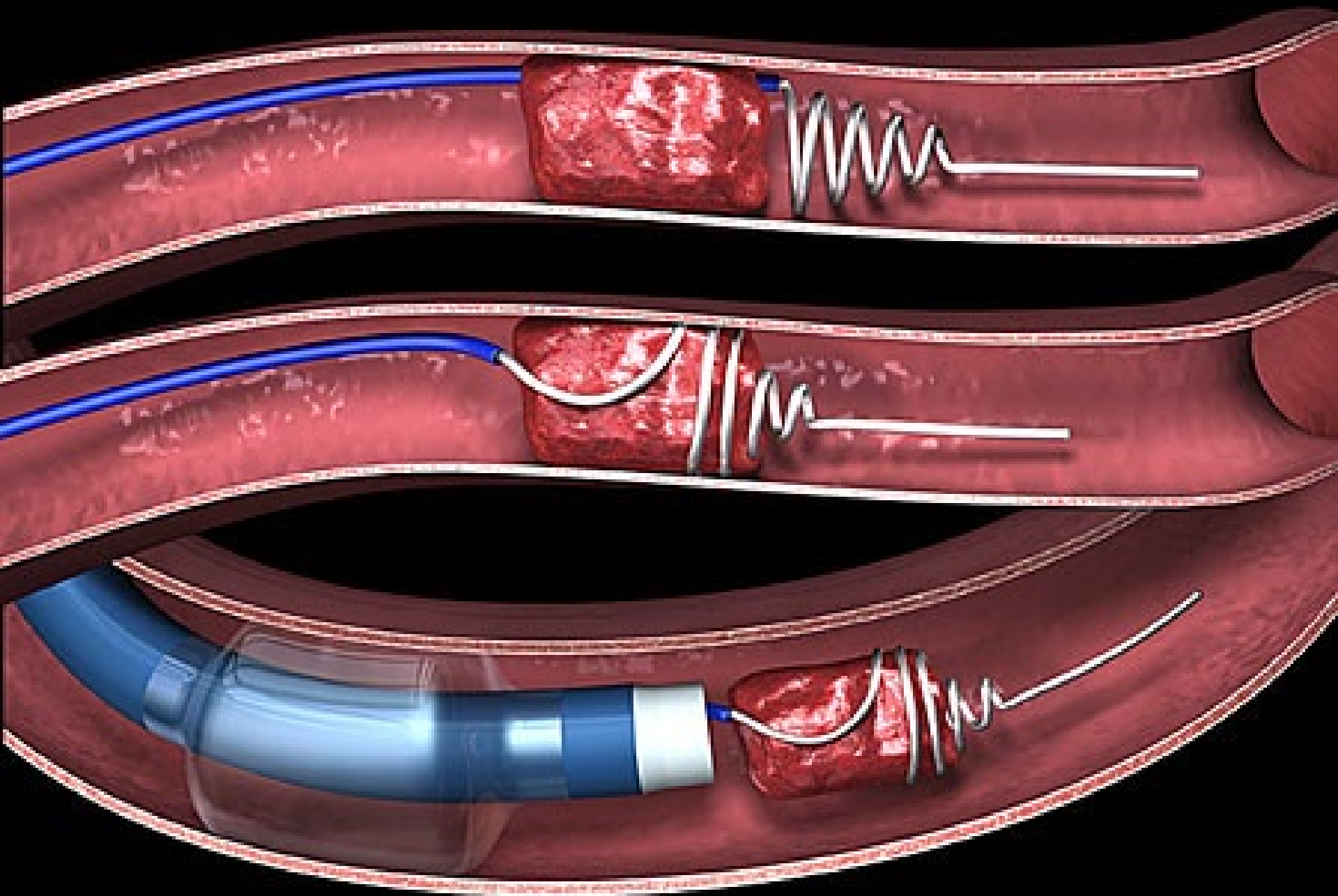
## Intra-Arterial Therapy

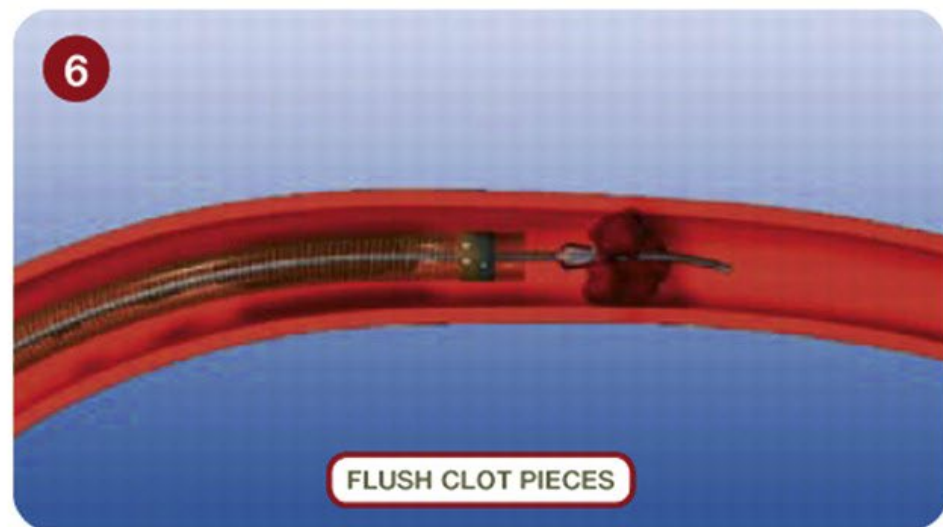
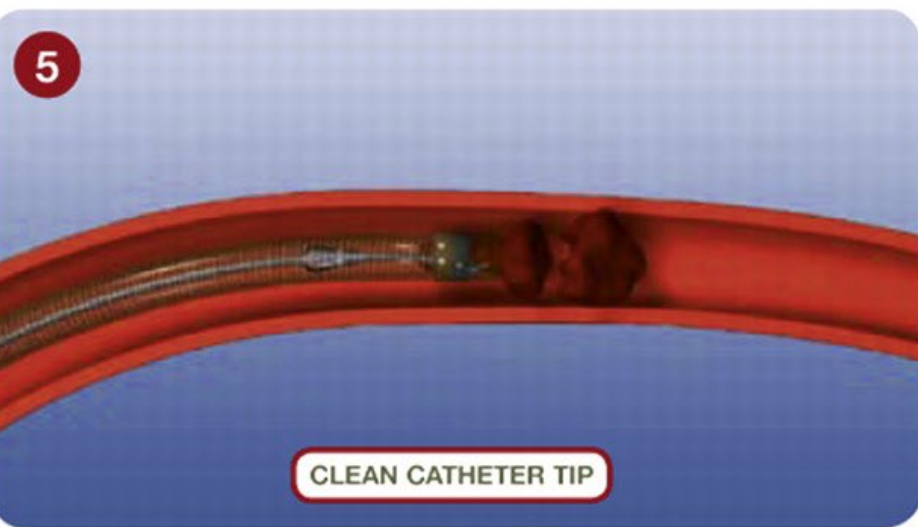
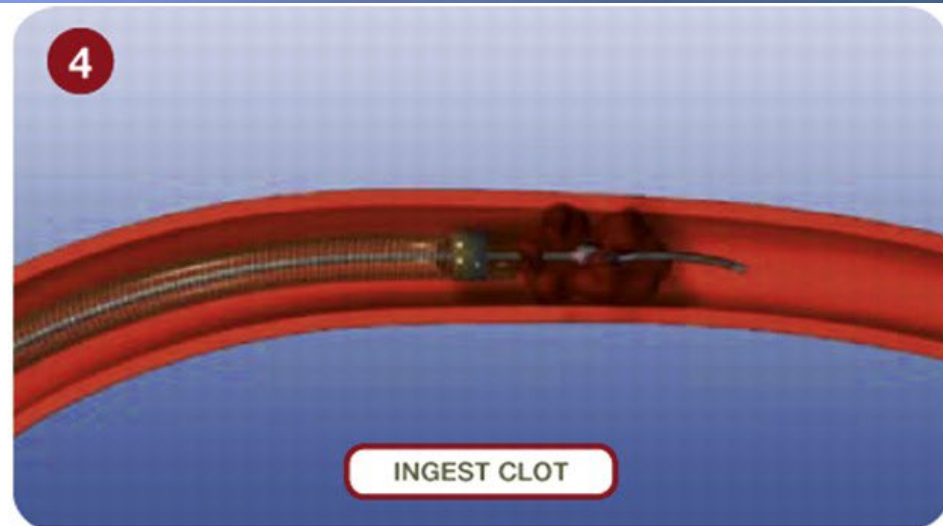
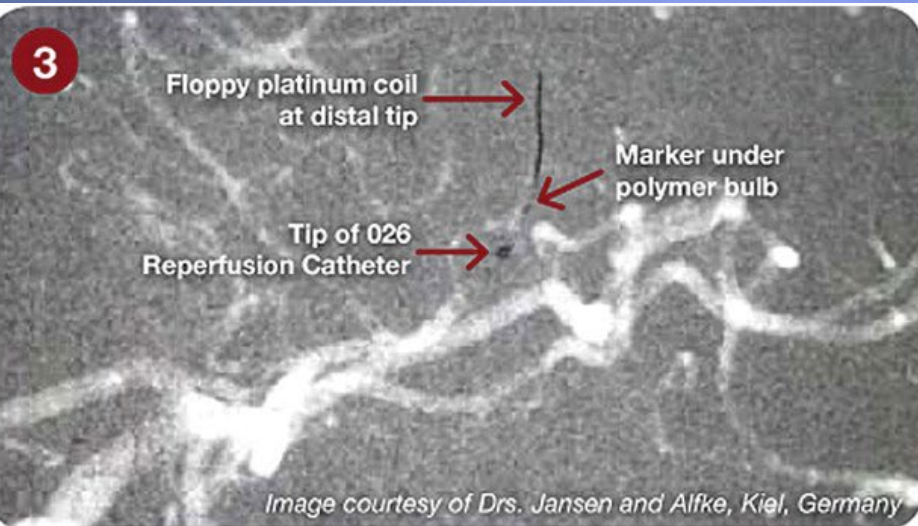
**1. Direct Application of Clot Dissolving Medication**

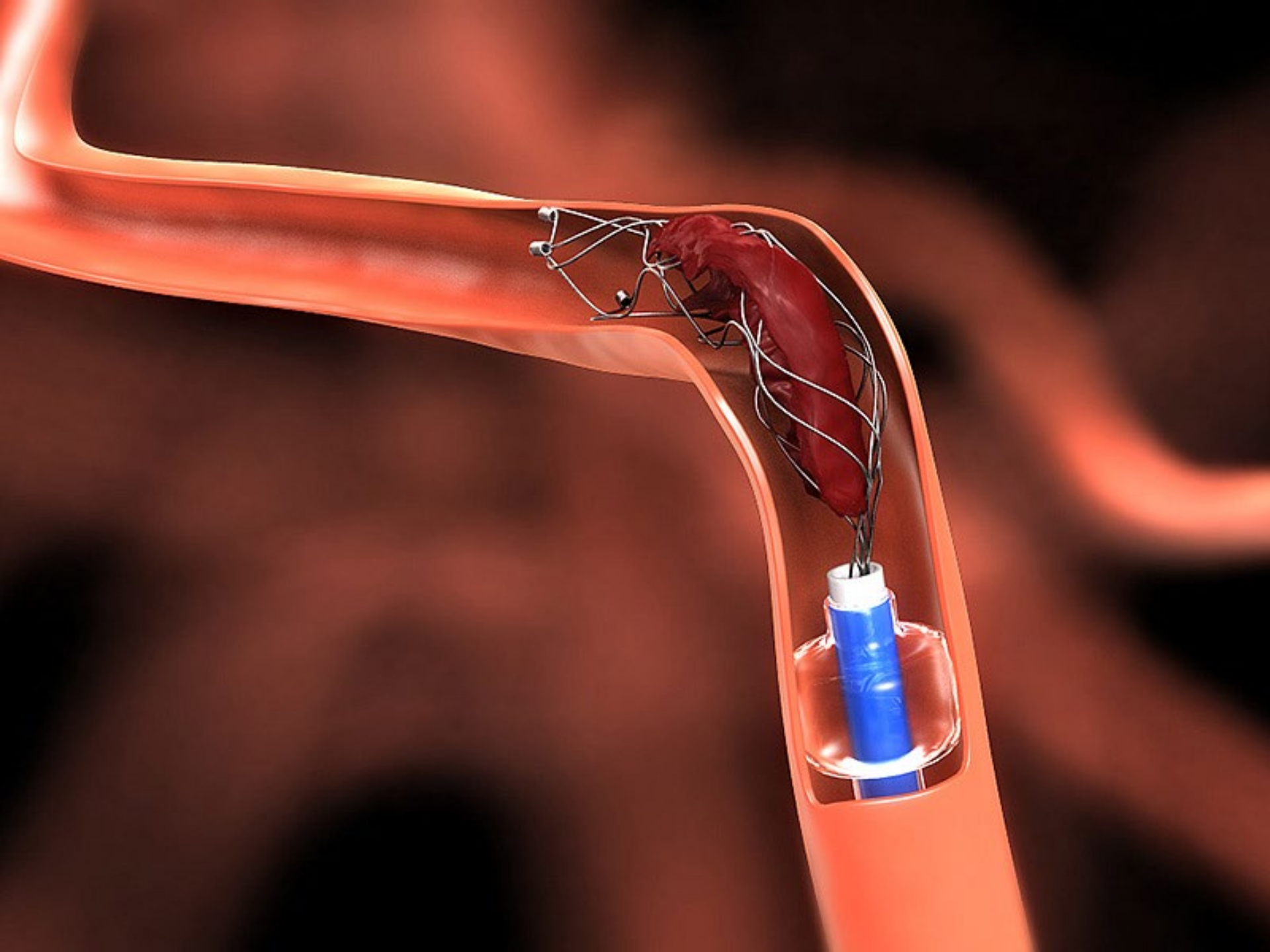
**2. Mechanical Removal of Blood Clot**

**3. Improves Long Term Disability after Moderate to Severe Ischemic Stroke**













# Stroke Prevention

- **Primary - Modify Risk Factors**
- **Secondary**
  - \* **Surgery**
  - \* **Stents**
  - \* **Risk Factor Modification**
  - \* **Blood Thinners**
  - \* **Lipid Lowering**
  - \* **Lifestyle Modification**

# **Stroke Prevention**

## **Primary - Modify Risk Factors**

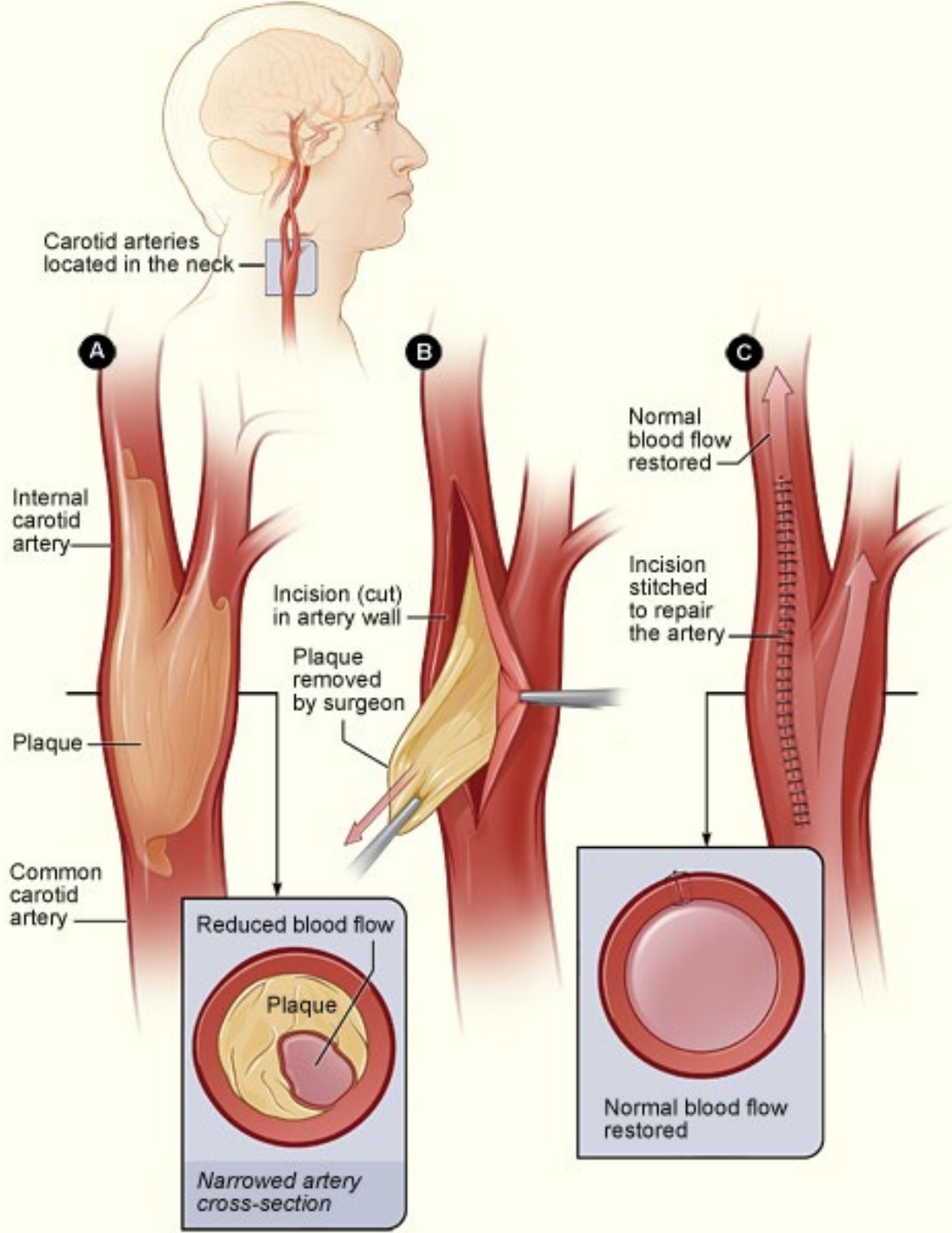
- 1. Control Blood Pressure**
- 2. Stop Smoking**
- 3. Control Diabetes**
- 4. Control Lipids**
- 5. Exercise**
- 6. Weight Loss**
- 7. Avoid Excess Alcohol**
- 8. Treat Sleep Apnea**



# Stroke Prevention

## Secondary

1. **Surgery - Carotid Endarterectomy**

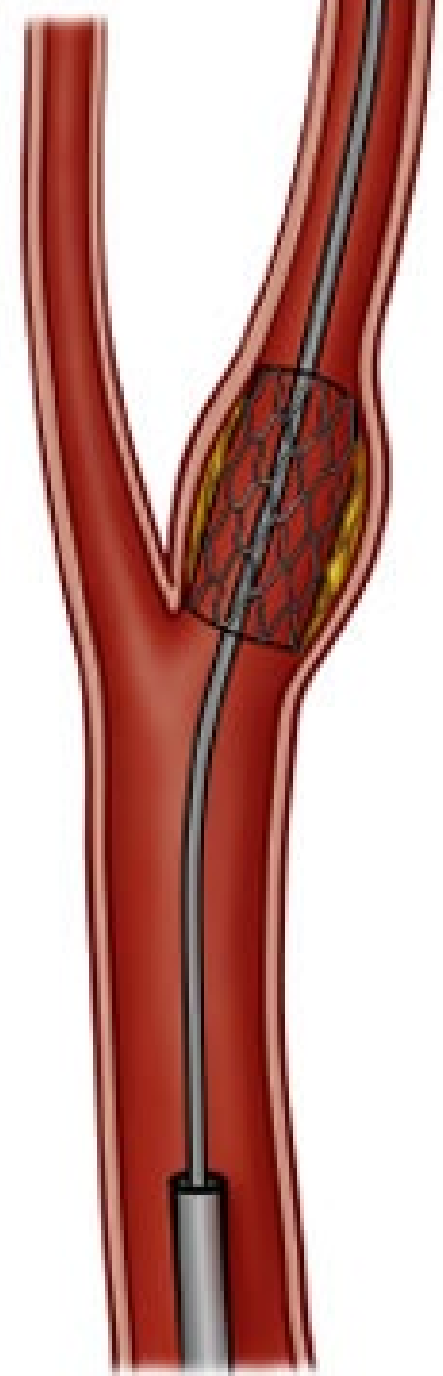
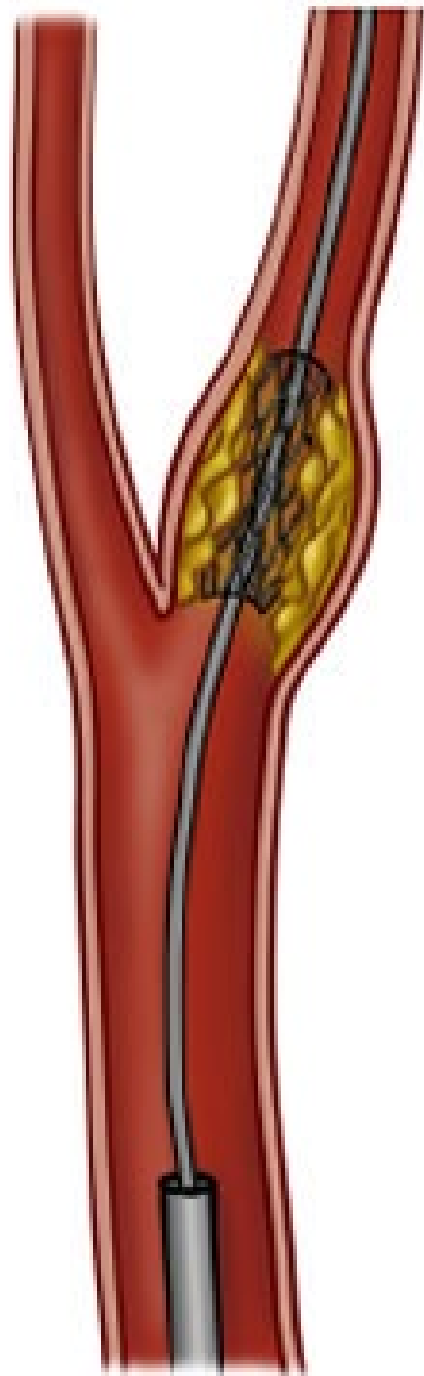
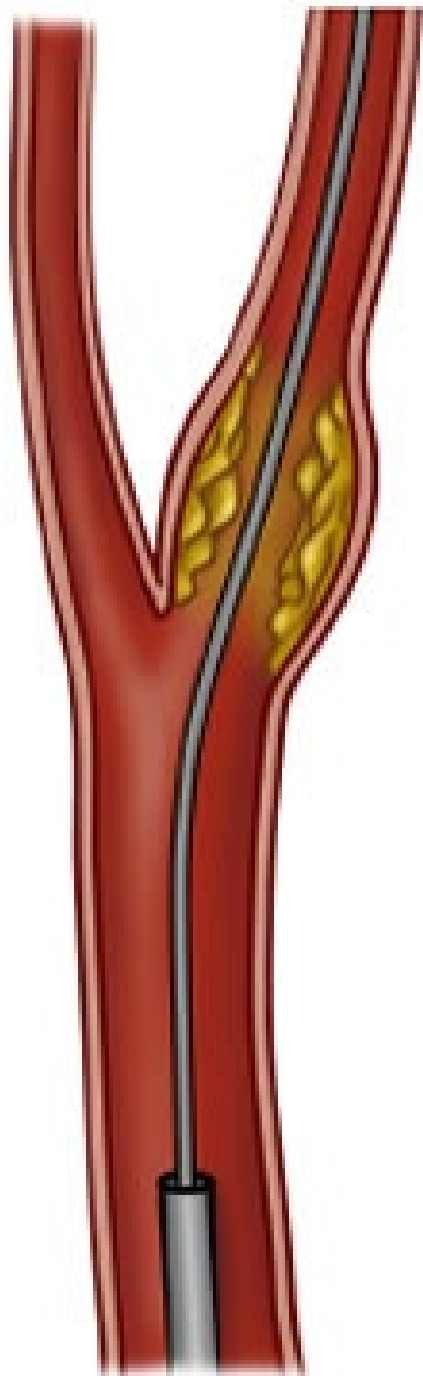


# Stroke Prevention

## Secondary

1. **Open Carotid Artery with Stent**





# **Stroke Prevention**

## **Secondary**

### **Blood Thinners: Antiplatelet Drugs**

- 1. Aspirin**
- 2. Plavix (Clopidogrel)**
- 3. Aggrenox (Aspirin and Dipyridamole)**

# **Stroke Prevention**

## **Secondary**

### **Blood Thinners: Clotting Factor Inhibitors**

- 1. Coumadin (Warfarin)**
- 2. Pradaxa (Dabigatran)**
- 3. Eliquis (Apixaban)**
- 4. Xarelto (Rivaroxaban)**
- 5. Savaysa (Edoxaban)**



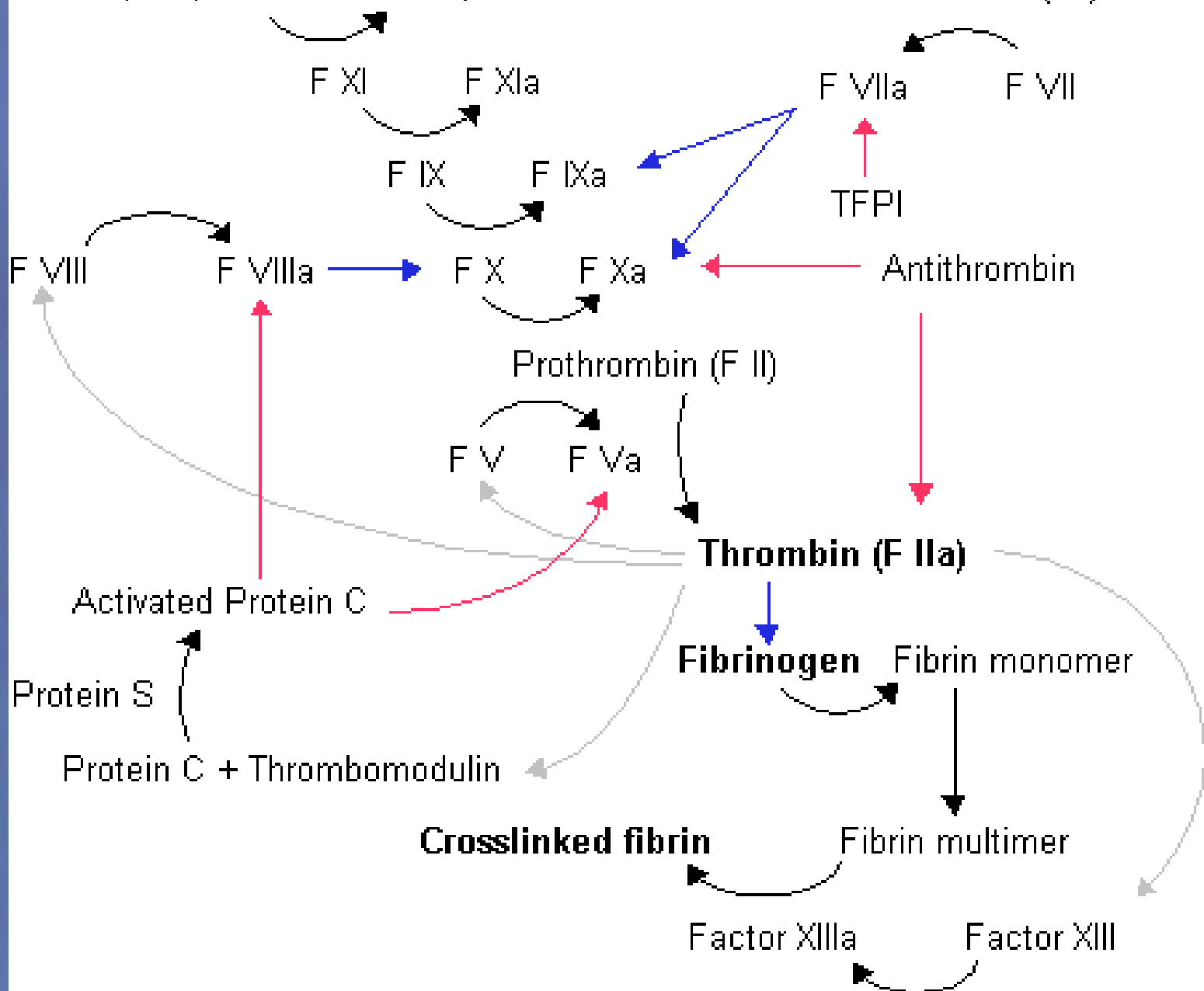
### Contact system:

HMWK, PK, F XII

F XIIa, Kallikrein

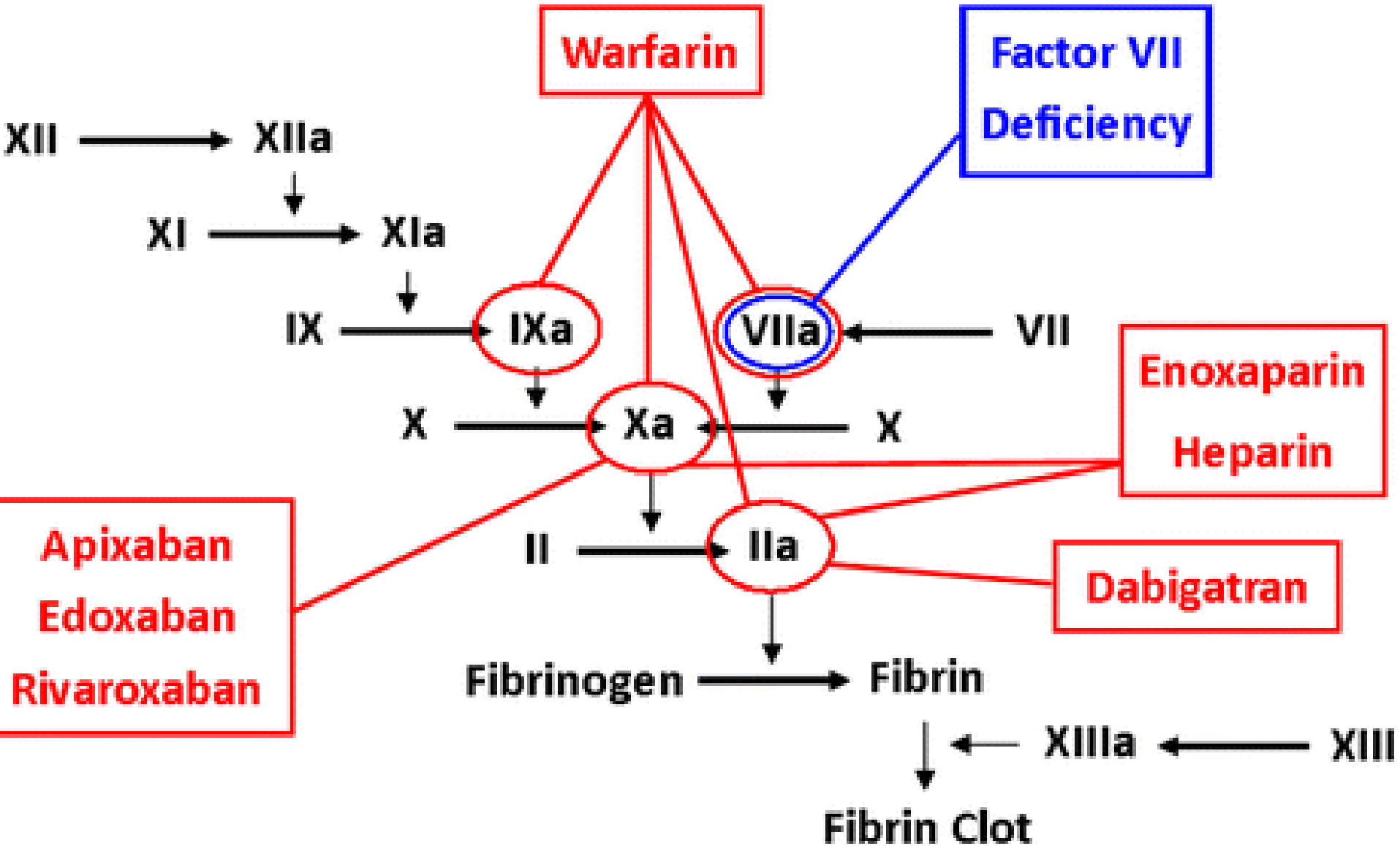
### Cellular injury:

Tissue Factor (TF)



# Intrinsic Pathway

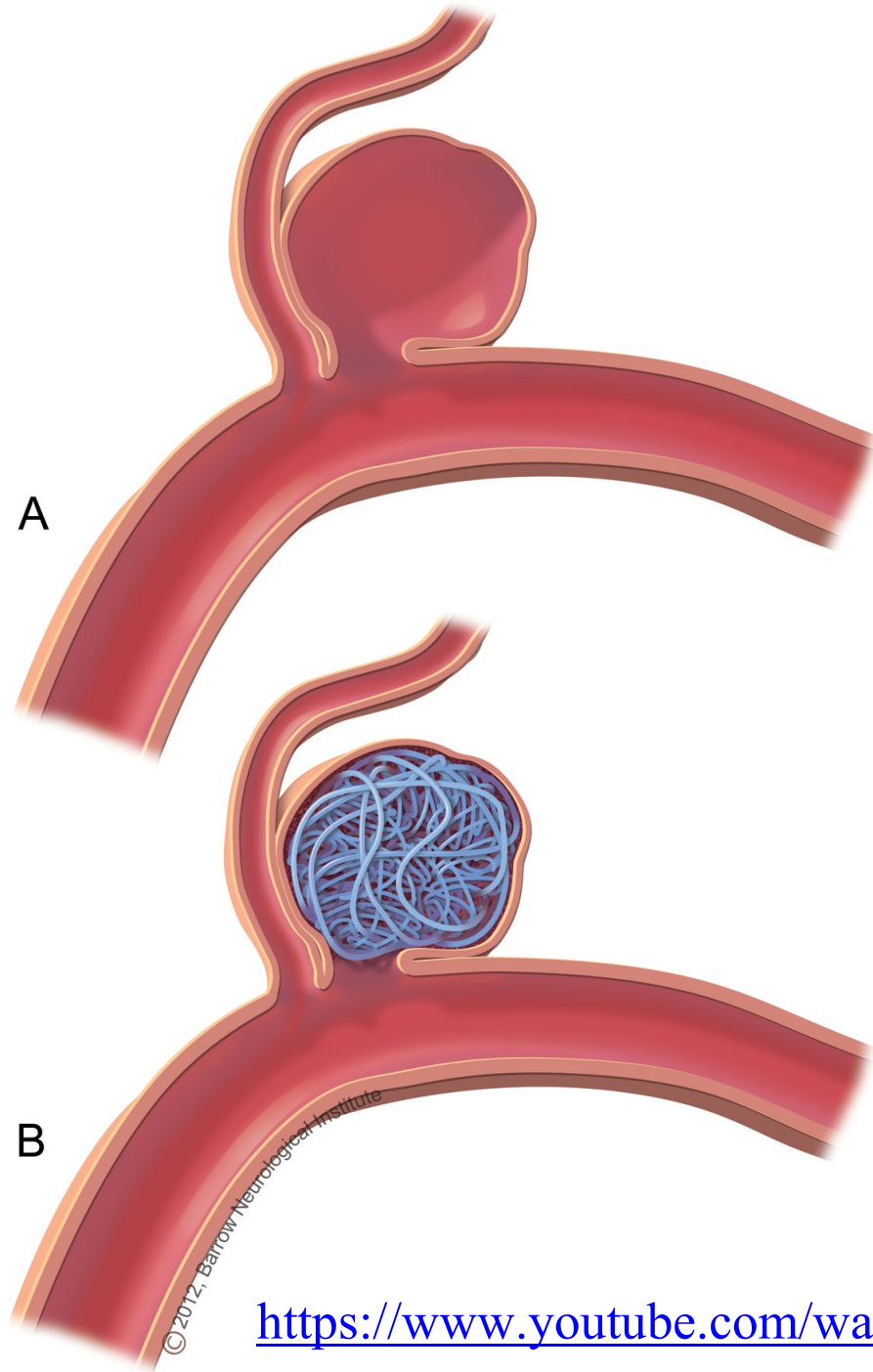
# Extrinsic Pathway



# Signs and Symptoms of Stroke

## Sudden Onset of:

- Weakness
- Numbness
- Change in Vision
- Change in Speech
- Severe Headache
- Balance
- Level of Consciousness

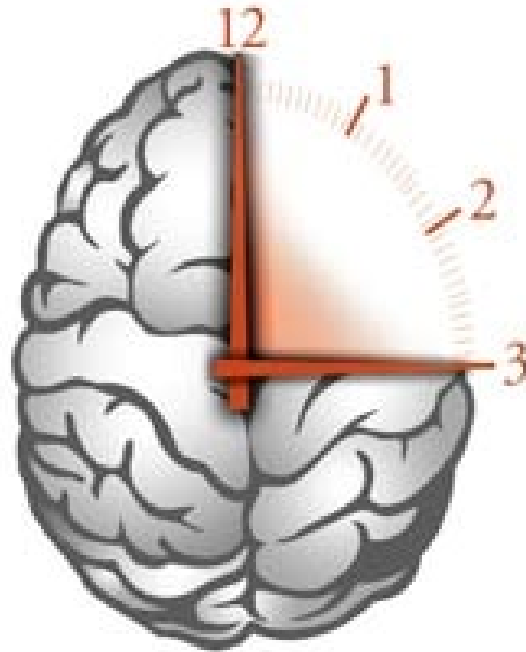


<https://www.youtube.com/watch?v=kCE1zSM1TaA>



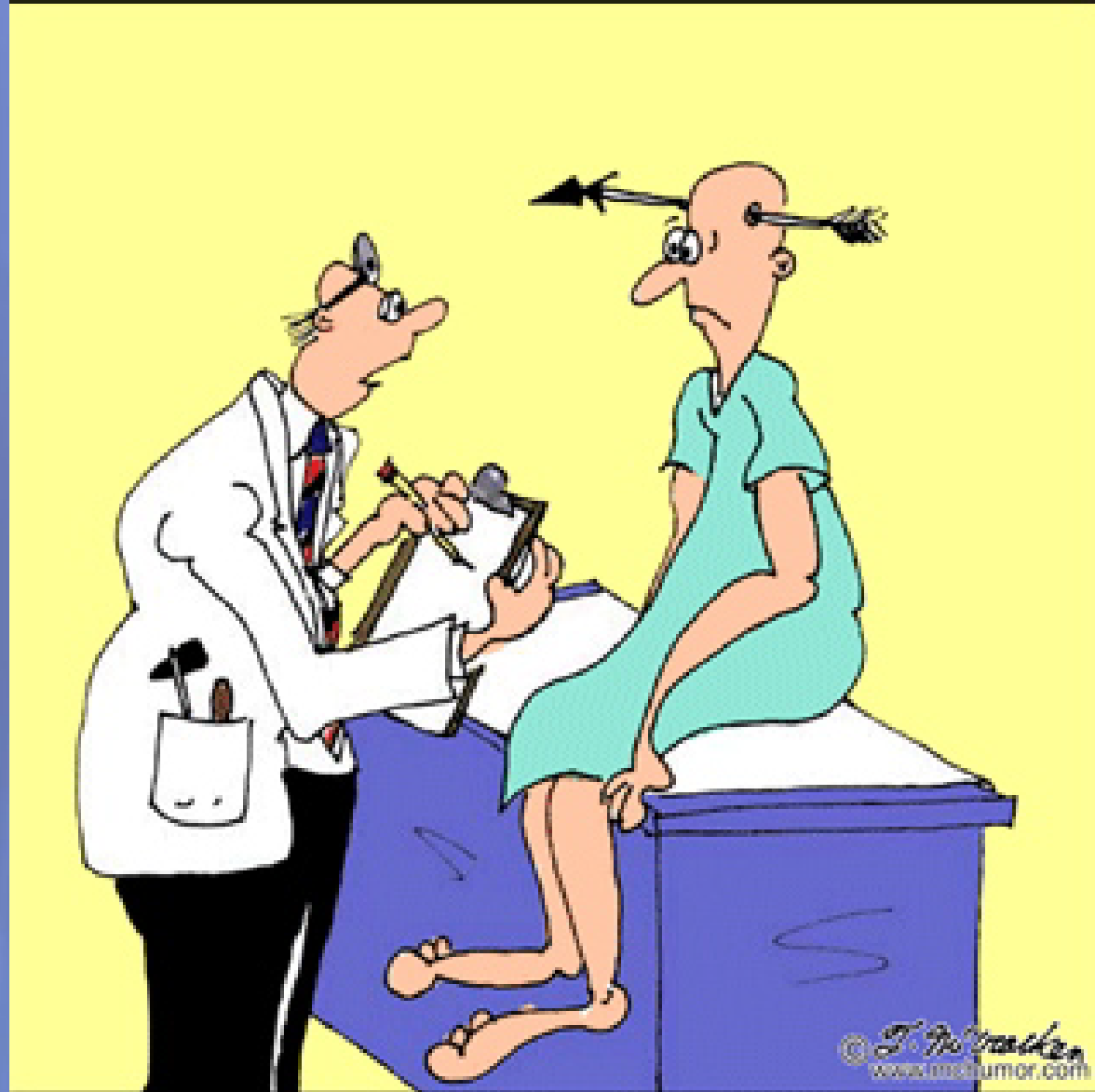
# Time is Brain!

With a stroke...



**time matters.**

**Call 911!**



“Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests.”