

SENIOR CONNECTIONS – JULY 14, 2022

Recognizing Stroke **FAST**: **F**ace **A**rms **S**peech **T**ime

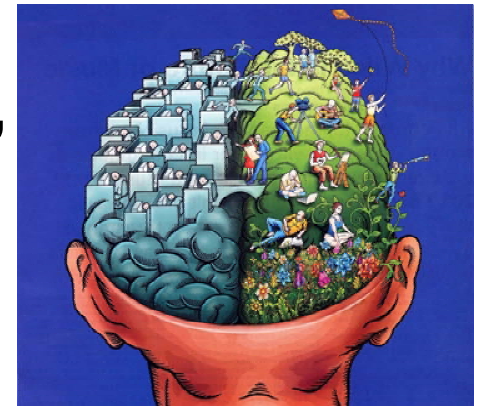


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You and Your Brain

Your brain:

- Helps you to understand information from your senses
- Responsible for thinking, remembering, understanding, talking, swallowing, breathing
- Responsible for making ALL your muscles movements
- Responsible for vision, breathing, and all basic body functions



Your Brain

- One of the largest and most complex organs in your body
- Made up of more than 100 billion nerves
- All parts of the brain must work together to keep you functioning properly

Left Versus Right Brain

Left brain expression (Academic)

detail oriented —
(Looks at parts) —
Logical —
Sequential —
Rational —
math and science —
can comprehend —
Analytical —
Objective —
uses logic —
facts rule —
words and language —
present and past —
knowing —
acknowledges —
knows object name —
reality based —
forms strategies —
order/pattern perception —
practical/planned —
safe —
cautious —

Right brain expression (Creative)

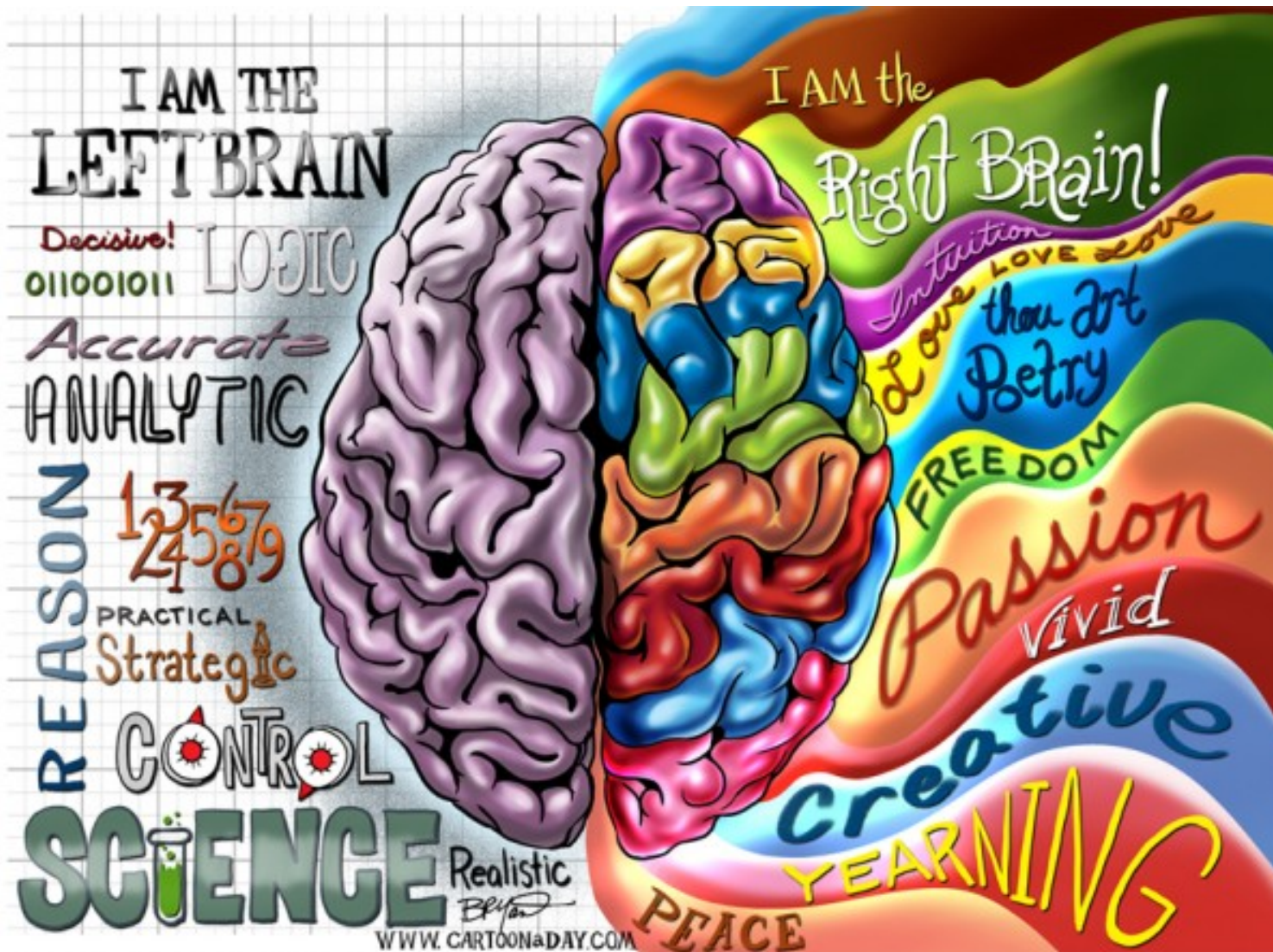
'big picture' oriented —
(Looks at wholes) —
Random —
Intuitive —
Holistic —
philosophy & spiritualism —
can 'get it' (the meaning) —
Synthesizing —
Subjective —
uses feeling —
imagination rules —
symbols and images —
present and future —
believes —
appreciates —
knows object function —
fantasy based —
presents possibilities —
spatial perception —
impetuous/spontaneous —
adventurous —
carefree/risk taking —



Illustration by: VaXzine

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Left Versus Right Brain





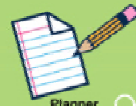
LEFT VS. RIGHT BRAIN



As similar as the brain's hemispheres look, they actually manage very different functions, which are attributed to different characteristics and abilities such as:

LEFT SIDE

Often goal-orientated and well organized, left brainers are critical thinkers and rarely absent minded.



Planner

Reads sitting up

Things are done in a planned orderly way, like a to-do list.



Rational

Feelings do not get in the way when making decisions.



Logical

Skilled at math or science and sequencing ideas.



Precise

Research is well-documented and likes to read directions.



Realistic

Prefers to read realistic stories and to write non-fiction.



Music critic

Prefers classical music.



Dog lovers

RIGHT SIDE

Slightly disorganized, unpredictable and emotional, right brainers are often good with people and philosophical.



Impulsive

Reads lying down

Things are done spontaneously; keeping track of time is not as important.



Emotional

Tends to ponder and act on feelings.



Creative and artistic

Skilled at sports, writing fiction, drawing, or playing music.



Intuitive

Solves problems intuitively and doesn't like reading directions



Psychic

Interested in "the unexplained" and mystery stories.



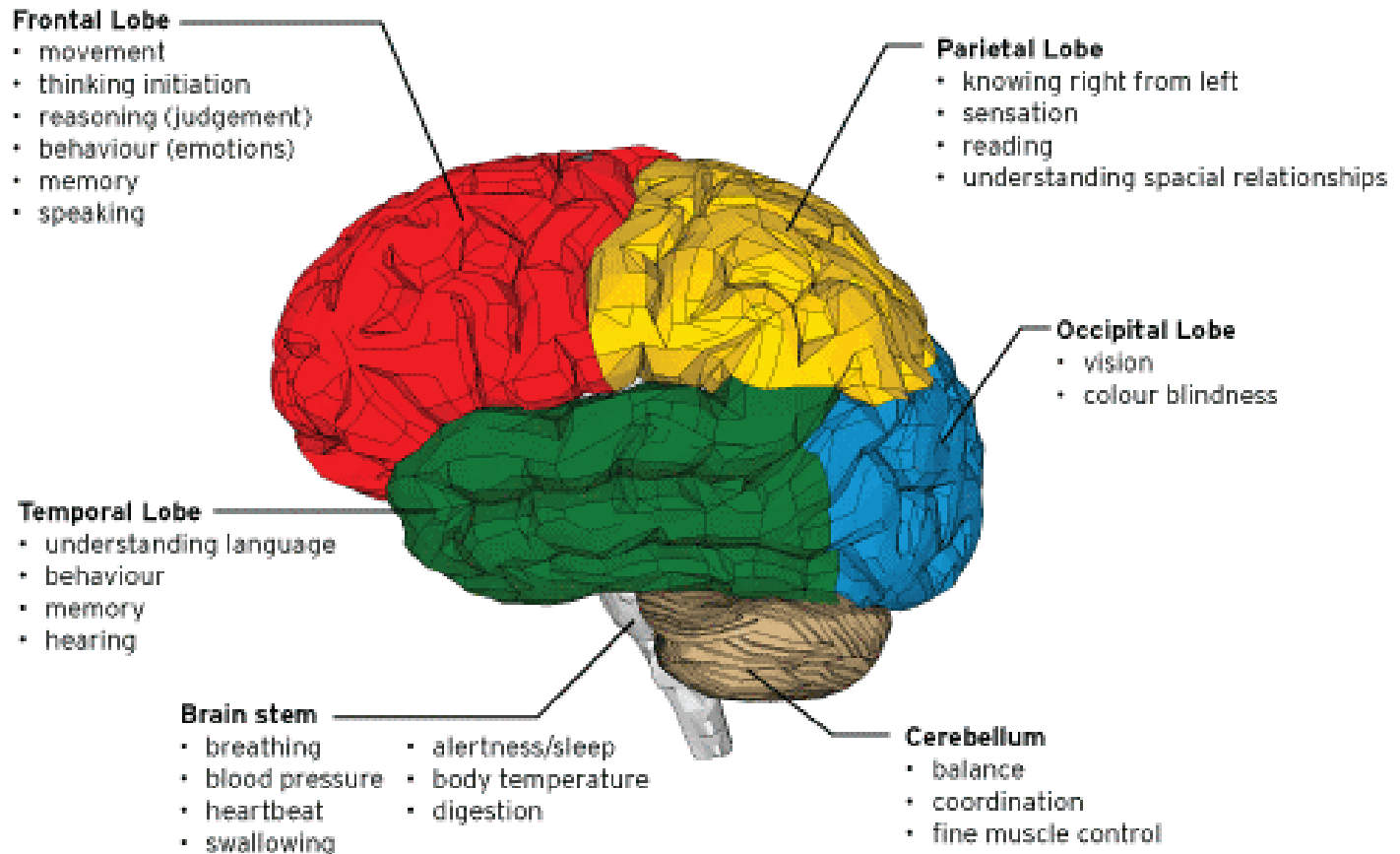
Sound

Prefers rock music and can study with music or television.



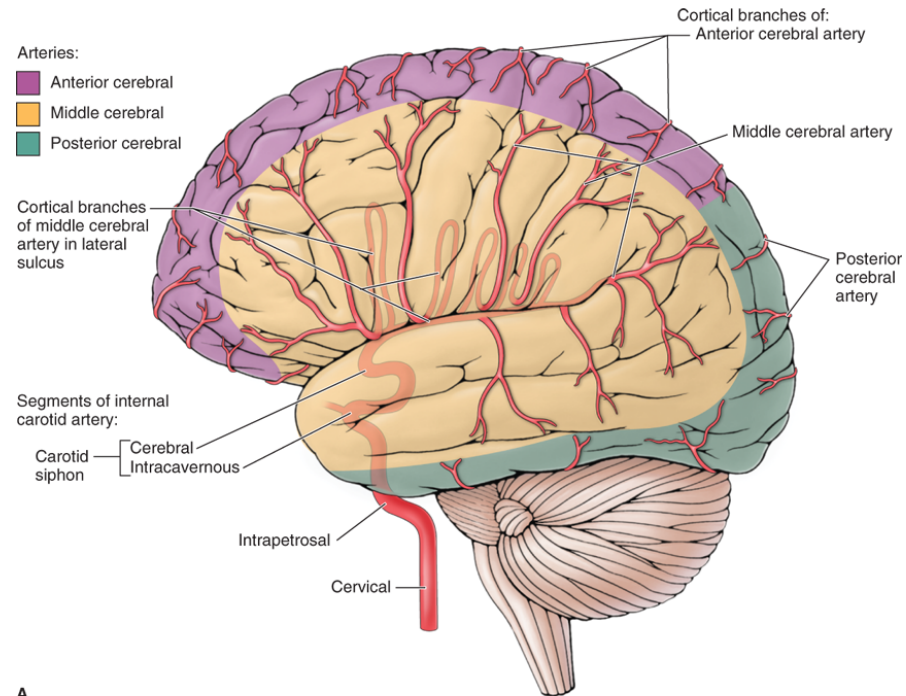
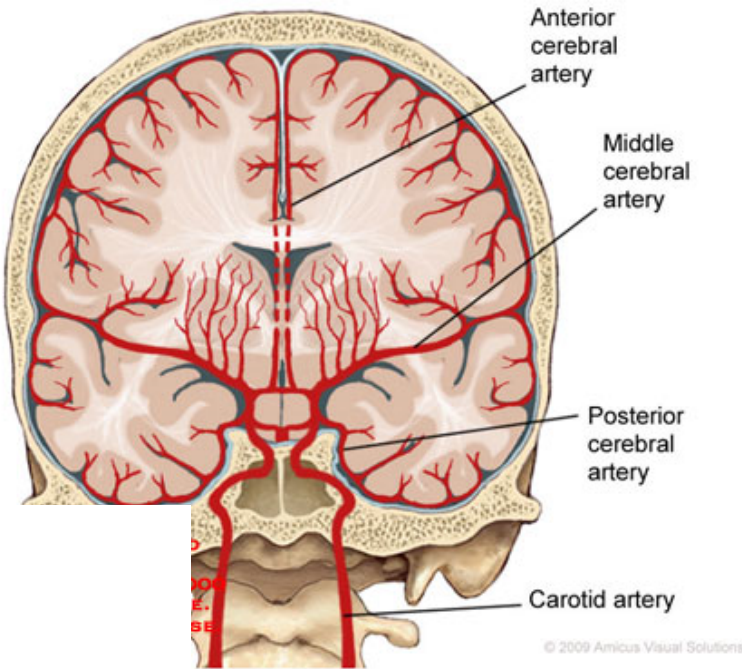
Cat lovers

Lobes of Your Brain



Blood Supply

Blood Supply to the Brain



A

Source: Aaron L. Berkowitz: Clinical Neurology and Neuroanatomy: A Localization-Based Approach
www.neurology.mhmedical.com
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FAST Stroke Facts

- Stroke is a “brain attack”
- Stroke can happen to anyone, at any age, and at any time
- Two million brain cells die every minute during a stroke
- Every year more than 795,000 people have strokes in USA
- Every 40 seconds someone has a stroke in the USA and every 3.5 minutes someone dies from a stroke in the USA

FAST Stroke Facts, Con't

- Stroke is the 5th leading cause of death in the U.S. (heart disease, cancers, COVID, accidents, strokes)
- Stroke is the 3rd leading cause of death for women in the USA (1 in 5 women between 55-75 will have a stroke)
- Leading cause of serious long term adult disability
- Stroke related costs amounted to \$53 BILLION dollars between 2017-2018 (health care services, medications, lost workdays)

FAST Stroke Facts, Con't

- African-Americans are twice as likely as whites to have a first-time stroke
- There seems to be an increasing number of strokes occurring at younger ages
- Hispanics have had an increased death rate from stroke since 2013
- 80% of strokes are preventable (lifestyle changes)

FAST Stroke Facts, Con't

- Medical options exist that may reduce the effects of stroke if administered soon after the onset of symptoms
- President Gerald Ford, Teddy Bruschi, Sharon Stone, Kirk Douglas, Ted Williams, Charles Schultz, Dick Clark, Mary Kay Ash, Della Reese, Mark McEwen, Bob Barker, Charles Dickens, Jack Parr, Candice Bergman, Luke Perry, Cary Grant, Bill Paxton, Debbie Reynolds, Grace Kelly, Richard Nixon, Franklin Roosevelt, Loretta Lynn, Randy Travis, and many more

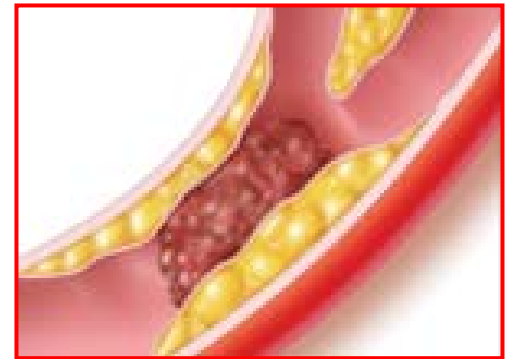
What is a Stroke?

- A stroke occurs when one of the blood vessels that carry blood to the brain is blocked or bursts
- That part of the brain does not get the blood that it needs causing brain cells to die
- Stroke is an emergency!
Act **FAST** and call
9-1-1 IMMEDIATELY!



Types of Stroke: Ischemic Stroke

- Most common type of stroke
- Occurs when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits
- 87% percent of strokes are ischemic



Types of Stroke: Hemorrhagic Stroke

- Occurs when a blood vessel in the brain breaks, leaking blood into the brain
- 13% of strokes are hemorrhagic
- Responsible for more than 30% of all stroke deaths



Impairments After a Stroke

- Paralysis/Weakness on one side of body
 - Difficulty moving in bed
 - Difficulty getting up
 - Difficulty walking
 - Difficulty getting dressed
 - Difficulty feeding yourself, brushing teeth & hair, etc.
- Visual-perceptual issues
- Dizziness
- Incoordination
- Difficulty swallowing
- Difficulty talking clearly
- Difficulty getting words out or understanding others
- Difficulty reading & writing
- Thinking difficulties
- Incontinence issues
- Emotional lability (Pseudo-Bulbar Affect, “PSA”)

Why Learn **FAST**?

- To save lives
- Easy to remember
- Easy to teach
- Requires quick action

FAST

- **FACE:** Ask the person to smile. Does one side of the face droop?
- **ARMS:** Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **TIME:** If you observe any of these signs – call **9-1-1 IMMEDIATELY!**



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Other Symptoms of Stroke (Sudden)

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing out of one or both eyes
- Trouble walking, dizziness or loss of balance
- Severe headache with no known cause

Act FAST

- If you experience one or more of these symptoms or notice them in someone else, even for a short time, call 9-1-1
- Medical options exist that may reduce the effects of stroke
 - Time is of importance, as treatment must be
administered soon after the onset of symptoms
- Stroke strikes **FAST**. You should too!

Transient Ischemic Attack (TIA)

- An episode, sometimes called a mini-stroke
- Symptoms can be temporary or may come and go
- TIA generally does not cause permanent brain damage
- TIA can be a serious warning sign of stroke and should not be ignored
- Symptoms of TIA and stroke are basically the same

Effects of Stroke

The effects of stroke depend on various factors:

- The region of the brain that was affected
- The size of the area that was damaged by the stroke
- The functions that the damaged area controlled

Risk factors that cannot be controlled

- **Age:** while strokes can occur at any age, the majority occur over 55 years of age
- **Family History:** strokes appear to have a genetic link; you are at a higher risk if an immediate family member has had a stroke
- **Race and Ethnicity**



Risk factors that cannot be controlled

- **Gender:** women have a lower risk than men before menopause; but, more women than men die of stroke
- **Prior Stroke or TIA:** 5 to 14% of the people who had a prior stroke are more likely to have another stroke within 5 years of the first stroke



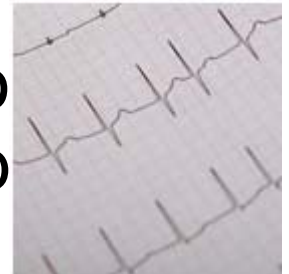
Medical Risk Factors – Items that CAN BE controlled

- **High Blood Pressure:** people who have high blood pressure have 1 ½ times the risk of having a stroke than people who do not have high blood pressure
- **Diabetes:** people with diabetes are up to 4 times as likely to have a stroke. High blood glucose increases plaque build up in your arteries
- **Cholesterol:** buildup of fatty deposits and other cells along the artery walls



Medical Risk Factors – Items that CAN BE Controlled

- **Circulation Problems:** strokes can be caused by blockage in your arteries and veins that carry blood through your heart to your brain
- **Atrial fibrillation (Afib):** about 15% of all people who have strokes have Afib



Lifestyle Risk Factors

- **Quit Tobacco Use and Smoking:** smoking doubles the risk for stroke when compared to nonsmokers
- **Eliminate or Reduce Alcohol Use:** increased alcohol use may increase stroke risk by 50%



Lifestyle Risk Factors

- **Increase Physical Activity:** physical activity can help reduce stroke risk; a brisk 30 minute walk each day can improve daily health (that is just 15 minutes each way!)
- **Maintain a Healthy Weight:** obesity and excessive weight can put a strain on the entire circulatory system



Lifestyle Risk Factors

- **Eat a Healthy Diet:**
 - Rich in fresh fruit and vegetables
 - Limit salt intake
 - Avoid fried foods
 - Avoid snacking



FAST

- Think and act **FAST** to save a life
- Call 9-1-1 IMMEDIATELY
- Improve survival and recovery



What do these pictures have in common?

FAST!!!!



Why Teach **FAST**?

- The medical team can act fast
- Once you reach the hospital the team will determine what type of stroke it is
- If you are diagnosed with a stroke caused by a blood clot you may receive treatment
 - tPA or
 - clot-removing device
- If you are diagnosed with a hemorrhagic stroke you may need surgery

Therapy Services

- Physical Therapy
 - Leg strength and movement
 - Walking, use of wheelchair, balance
 - Getting in/out of bed
- Occupational Therapy
 - Taking care of one's self (ADLs, IADLs)
 - Arm movement and strength
- Speech Therapy
 - Communication, swallowing, thinking

Rehabilitation Settings

- Acute Care Hospital
- Acute Inpatient Rehabilitation Facility
- Skilled Nursing Facility
- Home Health services
- Out-patient services

For more information visit
www.stroke.org

The American Stroke Association
is a division of the American
Heart Association