

Prevent Stroke by:
Adopting the CERDIK Approach
90% of stroke cases are associated
with 10 preventable risk factors.

STROKE



Stroke



sumber:
<http://p2ptm.kemkes.go.id/>

What is Stroke?

Stroke is a condition characterized by rapidly developing clinical signs of focal or global neurological deficits, which may worsen and persist for more than 24 hours or result in death, with no apparent cause other than vascular origin (according to WHO).
Stroke occurs when blood vessels in the brain become blocked or rupture.

Risk Factors for Stroke

Non-modifiable Risk Factors

- 1. Age above 55 years
- 2. Male gender has higher risk
- 3. Certain ethnic backgrounds
- 4. Genetic predisposition (family history of stroke: parents, siblings, or children)

Modifiable Risk Factors

- 1. Physical inactivity
- 2. Substance abuse
- 3. Physical and mental stress
- 4. Migraine
- 5. Smoking
- 6. Alcohol consumption
- 7. Use of hormonal contraceptives
- 8. Medical history: Hypertension, Diabetes Mellitus, Obesity, Dyslipidemia, Atrial Fibrillation, Carotid Artery Stenosis, Hyperfibrinogenemia, other heart diseases, Sickle Cell Anemia, Hyperhomocysteinemia

What Are the Signs and Symptoms of Stroke?

How to Prevent Stroke?

The objectives of stroke prevention are:

- 1. To reduce mortality and incidence of stroke
- 2. To minimize disability caused by stroke
- 3. To prevent recurrent stroke

Steps to Prevent Stroke

- 1. Control blood pressure
- 2. Engage in light exercise at least 5 times per week for a minimum of 30 minutes
- 3. Maintain a balanced and healthy diet (increase fruits and vegetables, reduce salt intake)
- 4. Control cholesterol levels
- 5. Maintain a healthy body weight
- 6. Quit smoking and avoid exposure to tobacco smoke
- 7. Avoid alcohol consumption
- 8. Screen for and treat heart disease
- 9. Reduce the risk of diabetes
- 10. Increase awareness and knowledge about stroke

BE AWARE: STROKE CAN STRIKE ANYONE

EASY TIPS TO RECOGNIZE SIGNS AND SYMPTOMS OF STROKE

Remember the acronym:
Act FAST (adapted from "SeGeRa Ke RS")

					
Se (Smile): Asymmetrical smile (facial drooping), choking, sudden difficulty swallowing	Ge (Movement): Sudden weakness on one side of the body	Ra (Speech): Slurred speech, sudden inability to speak, difficulty understanding speech, incoherent speech	Ke (Sensation): Numbness or tingling on one side of the body	R (Vision): Sudden blurred vision in one eye	S (Severe Headache): Sudden severe headache never experienced before, balance disturbances such as dizziness or difficulty coordinating movements
Se	Ge	Ra	Ke	R	S

