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World Stroke Day

29 October





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Dr Chrystal's vision is to educate and motivate the individual and population towards better health outcomes.

Her mission is to help make sense of the rich Science articles that are important to health to the everyday person through her articles and to highlight the key health issues that affect you.

#GreaterThan stroke

World Stroke Day is held every year on 29th October.

Stroke is a leading cause of death and disability.

1 in 4 people is estimated to have a stroke in their lifetime.

90% of strokes could be prevented.

This day is to raise awareness of the role of physical activity in stroke prevention and recovery.

What is stroke?

Stroke is a loss of blood flow to part of the brain which damages brain tissue.

There are 2 main causes of stroke, ischemic and haemorrhagic.

1. Ischemic stroke

These strokes occur as a result of an obstruction in a blood vessel supplying blood to the brain. An obstruction of blood flow in the blood vessel can cause a blood clot to form, this is called a cerebral thrombosis. The main cause of cerebral thromboses are fatty deposits in blood vessels and arteries (atherosclerosis).

Blood vessels can also be blocked by a blood clot that has formed in another part of the body, usually the heart or large arteries of the upper chest and neck. Sometimes a portion of a blood clot breaks loose, enters the bloodstream and travels through the brain's blood vessels until it reaches vessels too small to let it pass. This is called a cerebral embolism. The main cause of this kind of clot is an irregular heartbeat, known as atrial fibrillation (AF).

2. Haemorrhagic strokes

Haemorrhagic strokes happen when a weakened blood vessel ruptures and bleeds into the brain. The blood builds up and creates pressure on the surrounding brain tissue. These bleeds can be caused by an aneurysm or an arteriovenous malformation (AVM).

Aneurysm

An aneurysm is a ballooning of a weakened region of a blood vessel. If left untreated, the aneurysm continues to weaken until it ruptures and bleeds into the brain.

Arteriovenous Malformation (AVM)

An AVM is a cluster of abnormally formed blood vessels. Any one of these vessels can rupture, also causing bleeding into the brain.

Transient Ischemic Attack (TIA or mini-stroke)

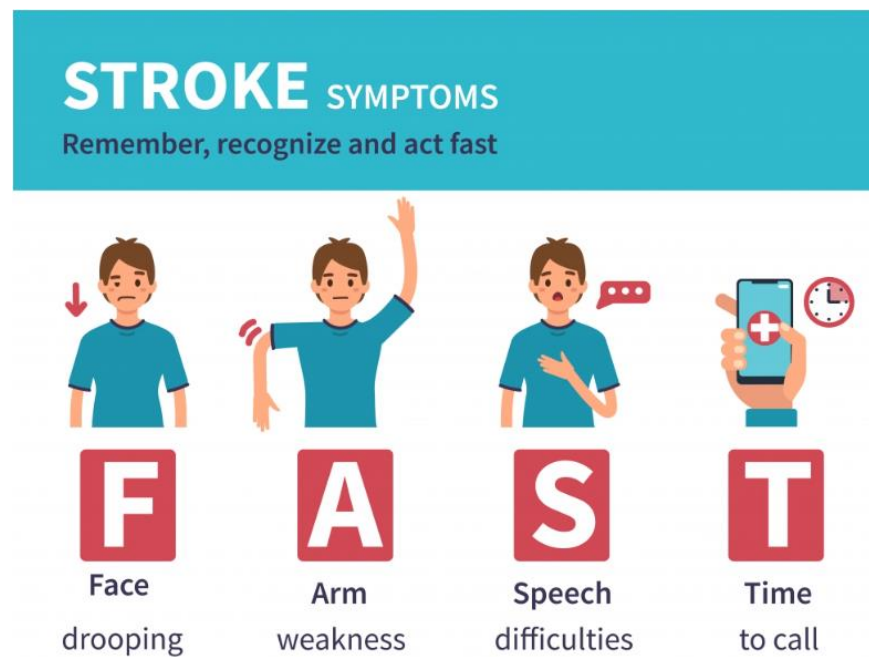
A TIA is caused by a *temporary* disruption in the blood supply to an area of the brain. It can cause symptoms similar to a stroke, but unlike a stroke these symptoms pass quickly and usually fully resolve within 24 hours.

In the early stages of a TIA it is impossible to tell whether or not it is a stroke, so it is important to call emergency services. People who have TIA are also at risk of further TIAs or a full stroke, so it is important that they see a doctor who can look at the causes of the TIA and provide treatment for the underlying cause.

The risk factors for TIA are similar to those for stroke and similar to stroke, TIAs also contribute to an increased longer-term risk of dementia.

Recognising when someone is having a stroke and getting immediate emergency medical care makes a big difference to survival and recovery. Act FAST!

Recognising stroke symptoms FAST!



RISK FACTORS FOR STROKE

Stroke risk factors within your control

- High blood pressure
- Smoking
- Diabetes
- Diet
- Physical inactivity
- Obesity
- High cholesterol
- Atrial Fibrillation
- Sleep Apnoea
- Sickle Cell Disease
- Carotid Artery Disease
- Peripheral Artery Disease

- Other Heart Disease

Stroke risk factors not within your control

- Age- increasing age
- Family history of stroke- especially a family member with stroke younger than 65 years old
- Race
- Gender- Women have more stroke than men
- Prior stroke, TIA or heart attack

Additional risk factors that may be linked to higher stroke risk

- Covid 19 infection
- Alcohol abuse
- Drug abuse

Life After Stroke

There is life and hope after a stroke.

Rehabilitation can build strength, capability and confidence.

Preventing Stroke

Key points

- You can help prevent stroke by making healthy lifestyle choices.
- Talk with your doctor about steps you can take to lower your risk for stroke.

- Choose healthy food and drinks
- Keep a healthy weight
- Get regular physical activity
- Don't smoke
- Limit alcohol intake
- Control your medical conditions
- Check cholesterol
- Control blood pressure
- Control diabetes
- Treat heart disease
- Take your medicine

Health tips:

Surround yourself in a conducive healthy living environment.

Be mindful of the physical and digital environments you surround yourself in. Spend more time engaging with health seeking behaviour activities and communities to inspire and motivate your fitness journey.

Engage with your doctor and health professionals regularly.

Schedule regular health checks with your doctor, health coach and other health professionals.

Food for thought:

Be thankful for a day to make a difference to your health while you are healthy and safe.

Never take for granted your health when healthy.

Make improvements if you are not.

Develop a healthy relationship with exercise. It is the best thing you can do for yourself.

Do something today that your future self will thank you for.

The best day to start exercising is today.

Final Thoughts:

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

‘Towards better health outcomes’



Dr Chrystal Fong provides comprehensive health screening and GP services to suit your individual needs.

We hope to be of service in improving your health and well-being

Schedule an appointment with Dr Chrystal:



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About the author:

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia.

She is featured in the Britishpedia's 6th edition of 'Successful People in Malaysia and Singapore'.

She is an active sports person who has keen interests in lifestyle medicine, medical technology and longevity themed medical care. She takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioural Health, Singaporean Society of Lifestyle Medicine, American College of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).