

WEBVTT

NOTE duration:"00:09:44.5550000"

NOTE language:en-us

NOTE Confidence: 0.83954227

00:00:00.000 --> 00:00:02.208 Hi everyone, my name is Doctor Rachel Forman

NOTE Confidence: 0.83954227

00:00:02.208 --> 00:00:04.580 and I'm a member of the Yale Stroke team.

NOTE Confidence: 0.83954227

00:00:04.580 --> 00:00:06.794 Today we're going to be talking

NOTE Confidence: 0.83954227

00:00:06.794 --> 00:00:08.850 about the basics of stroke.

NOTE Confidence: 0.83954227

00:00:08.850 --> 00:00:10.782 Just a disclosure that the information

NOTE Confidence: 0.83954227

00:00:10.782 --> 00:00:12.775 provided today is general information about

NOTE Confidence: 0.83954227

00:00:12.775 --> 00:00:14.737 stroke and any specific questions that

NOTE Confidence: 0.83954227

00:00:14.737 --> 00:00:17.188 you have about your own health should be

NOTE Confidence: 0.83954227

00:00:17.188 --> 00:00:20.140 discussed with your health care provider.

NOTE Confidence: 0.83954227

00:00:20.140 --> 00:00:20.786 So first,

NOTE Confidence: 0.83954227

00:00:20.786 --> 00:00:23.047 we're going to talk about your brain.

NOTE Confidence: 0.83954227

00:00:23.050 --> 00:00:25.304 The brain is the main Control Center,

NOTE Confidence: 0.83954227

00:00:25.310 --> 00:00:26.598 and different locations control

NOTE Confidence: 0.83954227

00:00:26.598 --> 00:00:27.886 different parts of us.

NOTE Confidence: 0.83954227

00:00:27.890 --> 00:00:28.536 For example,

NOTE Confidence: 0.83954227

00:00:28.536 --> 00:00:30.474 certain locations control how we talk,

NOTE Confidence: 0.83954227

00:00:30.480 --> 00:00:33.386 how we move our body, how we see feel,

NOTE Confidence: 0.83954227

00:00:33.386 --> 00:00:35.640 and how we sleep and wake up,

NOTE Confidence: 0.83954227

00:00:35.640 --> 00:00:37.560 and nutrient rich blood is brought

NOTE Confidence: 0.83954227

00:00:37.560 --> 00:00:39.520 to the brain from the heart.

NOTE Confidence: 0.83954227

00:00:39.520 --> 00:00:42.288 And this is what supplies those areas of

NOTE Confidence: 0.83954227

00:00:42.288 --> 00:00:45.178 the brain to work the way that the blood

NOTE Confidence: 0.83954227

00:00:45.178 --> 00:00:47.989 gets from the heart up to the brain is

NOTE Confidence: 0.83954227

00:00:47.989 --> 00:00:50.203 through a couple of sets of arteries.

NOTE Confidence: 0.83954227

00:00:50.203 --> 00:00:52.520 One is called the carotid artery and

NOTE Confidence: 0.83954227

00:00:52.582 --> 00:00:54.841 we have one on the right and the left

NOTE Confidence: 0.83954227

00:00:54.841 --> 00:00:56.956 and then same thing and that supplies

NOTE Confidence: 0.83954227

00:00:56.956 --> 00:00:59.030 the back of the brain and these

NOTE Confidence: 0.83954227

00:00:59.030 --> 00:01:00.480 are called the vertebral arteries.

NOTE Confidence: 0.83954227

00:01:00.480 --> 00:01:02.475 So this blood is brought from the  
NOTE Confidence: 0.83954227

00:01:02.475 --> 00:01:04.832 heart to the brain via these systems  
NOTE Confidence: 0.83954227

00:01:04.832 --> 00:01:06.986 and supplies to different parts of  
NOTE Confidence: 0.83954227

00:01:07.056 --> 00:01:08.791 the brain that controls everything  
NOTE Confidence: 0.83954227

00:01:08.791 --> 00:01:10.526 that we do and think.  
NOTE Confidence: 0.83954227

00:01:10.530 --> 00:01:12.906 Now let's talk about what a stroke is.  
NOTE Confidence: 0.83954227

00:01:12.910 --> 00:01:14.786 I'm sure a lot of you have  
NOTE Confidence: 0.83954227

00:01:14.786 --> 00:01:16.490 heard of the term stroke,  
NOTE Confidence: 0.83954227

00:01:16.490 --> 00:01:18.576 or maybe even have had one yourself,  
NOTE Confidence: 0.83954227

00:01:18.580 --> 00:01:20.659 or know someone that's had a stroke.  
NOTE Confidence: 0.83954227

00:01:20.660 --> 00:01:22.746 So there are two types of strokes.  
NOTE Confidence: 0.83954227

00:01:22.750 --> 00:01:24.235 The most common type is  
NOTE Confidence: 0.83954227

00:01:24.235 --> 00:01:25.423 called an ischemic stroke,  
NOTE Confidence: 0.83954227

00:01:25.430 --> 00:01:27.902 and this is when there's a blood clot  
NOTE Confidence: 0.83954227

00:01:27.902 --> 00:01:29.422 that's preventing blood from getting  
NOTE Confidence: 0.83954227

00:01:29.422 --> 00:01:31.389 to a certain area of the brain.

NOTE Confidence: 0.83954227

00:01:31.390 --> 00:01:32.880 It's blocking off that artery.

NOTE Confidence: 0.83954227

00:01:32.880 --> 00:01:34.365 The second type is called

NOTE Confidence: 0.83954227

00:01:34.365 --> 00:01:35.256 a hemorrhagic stroke.

NOTE Confidence: 0.83954227

00:01:35.260 --> 00:01:37.048 This is a lot less common,

NOTE Confidence: 0.83954227

00:01:37.050 --> 00:01:39.426 and this is one that blood vessel actually

NOTE Confidence: 0.83954227

00:01:39.426 --> 00:01:41.596 breaks, so those are the two types.

NOTE Confidence: 0.83954227

00:01:41.600 --> 00:01:44.345 And the mostly there are the blood clot type,

NOTE Confidence: 0.83954227

00:01:44.350 --> 00:01:45.469 the ischemic stroke.

NOTE Confidence: 0.83954227

00:01:45.469 --> 00:01:47.334 So that's probably the ones

NOTE Confidence: 0.83954227

00:01:47.334 --> 00:01:48.640 you've heard of most.

NOTE Confidence: 0.83954227

00:01:48.640 --> 00:01:50.578 So a couple of stroke facts.

NOTE Confidence: 0.83954227

00:01:50.580 --> 00:01:50.910 Unfortunately,

NOTE Confidence: 0.83954227

00:01:50.910 --> 00:01:52.560 stroke is extremely common in

NOTE Confidence: 0.83954227

00:01:52.560 --> 00:01:54.550 the world and our country every

NOTE Confidence: 0.83954227

00:01:54.550 --> 00:01:56.386 40 seconds someone has a stroke.

NOTE Confidence: 0.83954227

00:01:56.390 --> 00:01:57.678 The good news is,  
NOTE Confidence: 0.83954227

00:01:57.678 --> 00:01:59.926 is that 80% of strokes are preventable.  
NOTE Confidence: 0.83954227

00:01:59.926 --> 00:02:02.197 Stroke is also the number 5 leading  
NOTE Confidence: 0.83954227

00:02:02.197 --> 00:02:04.269 cause of death in the country and  
NOTE Confidence: 0.83954227

00:02:04.269 --> 00:02:06.080 a leading cause of disability.  
NOTE Confidence: 0.83954227

00:02:06.080 --> 00:02:08.054 So it's a very important thing to  
NOTE Confidence: 0.83954227

00:02:08.054 --> 00:02:10.062 discuss and to know about because  
NOTE Confidence: 0.83954227

00:02:10.062 --> 00:02:11.897 it's extremely common and like.  
NOTE Confidence: 0.83954227

00:02:11.900 --> 00:02:14.798 I just said, a lot of them are preventable.  
NOTE Confidence: 0.83954227

00:02:14.800 --> 00:02:16.942 So talk to your health care  
NOTE Confidence: 0.83954227

00:02:16.942 --> 00:02:18.770 provider about your stroke risk.  
NOTE Confidence: 0.83954227

00:02:18.770 --> 00:02:20.807 The next thing we're going to discuss,  
NOTE Confidence: 0.83954227

00:02:20.810 --> 00:02:21.914 our stroke risk factors.  
NOTE Confidence: 0.83954227

00:02:21.914 --> 00:02:23.294 We classify these as modifiable  
NOTE Confidence: 0.83954227

00:02:23.294 --> 00:02:24.320 or non modifiable.  
NOTE Confidence: 0.83954227

00:02:24.320 --> 00:02:26.120 Modifiable means that these are things

NOTE Confidence: 0.83954227

00:02:26.120 --> 00:02:28.407 you can change that are in your control.

NOTE Confidence: 0.83954227

00:02:28.410 --> 00:02:30.447 The first thing is high blood pressure.

NOTE Confidence: 0.83954227

00:02:30.450 --> 00:02:32.202 Many of you have probably heard

NOTE Confidence: 0.83954227

00:02:32.202 --> 00:02:33.708 about high blood pressure or

NOTE Confidence: 0.83954227

00:02:33.708 --> 00:02:35.118 might even have it yourselves.

NOTE Confidence: 0.83954227

00:02:35.120 --> 00:02:36.620 The important thing is to

NOTE Confidence: 0.83954227

00:02:36.620 --> 00:02:38.120 find out if you have

NOTE Confidence: 0.8712445

00:02:38.193 --> 00:02:40.322 it in the 1st place, because a lot

NOTE Confidence: 0.8712445

00:02:40.322 --> 00:02:42.240 of times you don't feel any symptoms

NOTE Confidence: 0.8712445

00:02:42.302 --> 00:02:44.168 when you have high blood pressure.

NOTE Confidence: 0.8712445

00:02:44.170 --> 00:02:46.193 So people don't know that they have

NOTE Confidence: 0.8712445

00:02:46.193 --> 00:02:48.710 it the way that you find out is you

NOTE Confidence: 0.8712445

00:02:48.710 --> 00:02:50.710 go to your health care provider.

NOTE Confidence: 0.8712445

00:02:50.710 --> 00:02:52.663 Or are you going to check somewhere

NOTE Confidence: 0.8712445

00:02:52.663 --> 00:02:54.666 and then you discuss options with

NOTE Confidence: 0.8712445

00:02:54.666 --> 00:02:56.874 your doctor or health care provider?  
NOTE Confidence: 0.8712445

00:02:56.880 --> 00:02:58.782 The other thing is smoking or  
NOTE Confidence: 0.8712445

00:02:58.782 --> 00:03:00.899 tobacco use as many of you know,  
NOTE Confidence: 0.8712445

00:03:00.900 --> 00:03:02.748 this can cause cancer heart disease.  
NOTE Confidence: 0.8712445

00:03:02.750 --> 00:03:04.787 It can also cause stroke is a  
NOTE Confidence: 0.8712445

00:03:04.787 --> 00:03:06.460 very strong stroke risk factor.  
NOTE Confidence: 0.8712445

00:03:06.460 --> 00:03:08.462 We as health care providers know how  
NOTE Confidence: 0.8712445

00:03:08.462 --> 00:03:10.552 difficult it is to quit smoking and  
NOTE Confidence: 0.8712445

00:03:10.552 --> 00:03:12.304 we can provide you with different  
NOTE Confidence: 0.8712445

00:03:12.364 --> 00:03:14.380 tools to help physical inactivity and  
NOTE Confidence: 0.8712445

00:03:14.380 --> 00:03:16.350 obesity or other causes of stroke.  
NOTE Confidence: 0.8712445

00:03:16.350 --> 00:03:18.210 And again we recognize that these  
NOTE Confidence: 0.8712445

00:03:18.210 --> 00:03:19.750 are difficult changes to make.  
NOTE Confidence: 0.8712445

00:03:19.750 --> 00:03:21.580 Often people can afford certain  
NOTE Confidence: 0.8712445

00:03:21.580 --> 00:03:23.746 healthy food choices or you don't  
NOTE Confidence: 0.8712445

00:03:23.746 --> 00:03:25.882 have the means to go to the gym

NOTE Confidence: 0.8712445

00:03:25.882 --> 00:03:27.578 every day or to go exercise.

NOTE Confidence: 0.8712445

00:03:27.580 --> 00:03:29.596 But we can help you come up with

NOTE Confidence: 0.8712445

00:03:29.596 --> 00:03:31.486 small steps to make these changes

NOTE Confidence: 0.8712445

00:03:31.486 --> 00:03:33.478 and support you through the process.

NOTE Confidence: 0.8712445

00:03:33.480 --> 00:03:34.530 Having high cholesterol,

NOTE Confidence: 0.8712445

00:03:34.530 --> 00:03:34.880 diabetes,

NOTE Confidence: 0.8712445

00:03:34.880 --> 00:03:36.980 these are other stroke risk factors

NOTE Confidence: 0.8712445

00:03:37.038 --> 00:03:38.858 that you can talk to your health

NOTE Confidence: 0.8712445

00:03:38.858 --> 00:03:40.615 care provider about and ways to treat

NOTE Confidence: 0.8712445

00:03:40.615 --> 00:03:42.402 them and lower your risk for stroke.

NOTE Confidence: 0.8712445

00:03:42.402 --> 00:03:44.412 Atrial fibrillation is a certain

NOTE Confidence: 0.8712445

00:03:44.412 --> 00:03:46.745 type of heart arrhythmia or abnormal

NOTE Confidence: 0.8712445

00:03:46.745 --> 00:03:49.041 heart rhythm and the way that this

NOTE Confidence: 0.8712445

00:03:49.041 --> 00:03:51.066 causes a stroke is it causes your

NOTE Confidence: 0.8712445

00:03:51.066 --> 00:03:52.800 heart to not pump as effectively

NOTE Confidence: 0.8712445

00:03:52.800 --> 00:03:55.040 and the blood can pool there and  
NOTE Confidence: 0.8712445

00:03:55.040 --> 00:03:57.227 cause blood clots to form that then  
NOTE Confidence: 0.8712445

00:03:57.227 --> 00:03:59.424 travel to your brain so when you  
NOTE Confidence: 0.8712445

00:03:59.424 --> 00:04:01.272 know people don't always know that  
NOTE Confidence: 0.8712445

00:04:01.272 --> 00:04:02.844 they have this condition either.  
NOTE Confidence: 0.8712445

00:04:02.844 --> 00:04:04.740 That's why it's important to go  
NOTE Confidence: 0.8712445

00:04:04.801 --> 00:04:06.409 have your daughter listen to your  
NOTE Confidence: 0.8712445

00:04:06.409 --> 00:04:08.637 heart and if you feel any heart  
NOTE Confidence: 0.8712445

00:04:08.637 --> 00:04:09.735 palpitations or dizziness,  
NOTE Confidence: 0.8712445

00:04:09.740 --> 00:04:11.310 any symptoms along those lines?  
NOTE Confidence: 0.8712445

00:04:11.310 --> 00:04:14.366 You should just discuss it with your doctor.  
NOTE Confidence: 0.8712445

00:04:14.370 --> 00:04:16.038 The final thing to talk about  
NOTE Confidence: 0.8712445

00:04:16.038 --> 00:04:17.150 today is sleep apnea,  
NOTE Confidence: 0.8712445

00:04:17.150 --> 00:04:18.480 and this is another thing  
NOTE Confidence: 0.8712445

00:04:18.480 --> 00:04:20.210 where you know if you start.  
NOTE Confidence: 0.8712445

00:04:20.210 --> 00:04:21.824 If you stop breathing while you're

NOTE Confidence: 0.8712445

00:04:21.824 --> 00:04:23.539 sleeping or your snoring very heavily,

NOTE Confidence: 0.8712445

00:04:23.540 --> 00:04:24.930 it's just an important thing

NOTE Confidence: 0.8712445

00:04:24.930 --> 00:04:26.042 to be evaluated for.

NOTE Confidence: 0.8712445

00:04:26.050 --> 00:04:27.989 This is another risk factor for stroke.

NOTE Confidence: 0.8712445

00:04:27.990 --> 00:04:30.770 I know we covered a lot of things right now,

NOTE Confidence: 0.8712445

00:04:30.770 --> 00:04:32.438 and I don't expect you to

NOTE Confidence: 0.8712445

00:04:32.438 --> 00:04:33.550 remember all of them.

NOTE Confidence: 0.8712445

00:04:33.550 --> 00:04:35.742 The important thing is is that you can

NOTE Confidence: 0.8712445

00:04:35.742 --> 00:04:37.718 modify your risk for having a stroke,

NOTE Confidence: 0.8712445

00:04:37.720 --> 00:04:39.421 and it's important to you find out

NOTE Confidence: 0.8712445

00:04:39.421 --> 00:04:41.542 in the first place if you have any

NOTE Confidence: 0.8712445

00:04:41.542 --> 00:04:42.882 of these conditions by talking

NOTE Confidence: 0.8712445

00:04:42.942 --> 00:04:44.390 to your healthcare provider.

NOTE Confidence: 0.8712445

00:04:44.390 --> 00:04:45.880 Next we'll talk about non

NOTE Confidence: 0.8712445

00:04:45.880 --> 00:04:46.774 modifiable risk factors.

NOTE Confidence: 0.8712445

00:04:46.780 --> 00:04:48.852 These are things that are not under  
NOTE Confidence: 0.8712445

00:04:48.852 --> 00:04:50.638 our control, such as age, gender,  
NOTE Confidence: 0.8712445

00:04:50.638 --> 00:04:51.826 ethnicity and family history.  
NOTE Confidence: 0.8712445

00:04:51.830 --> 00:04:54.030 So if you know your mother or your  
NOTE Confidence: 0.8712445

00:04:54.030 --> 00:04:56.280 father or your sibling had a stroke,  
NOTE Confidence: 0.8712445

00:04:56.280 --> 00:04:57.978 you likely are at a higher  
NOTE Confidence: 0.8712445

00:04:57.978 --> 00:04:59.550 risk for stroke and again,  
NOTE Confidence: 0.8712445

00:04:59.550 --> 00:05:02.097 just because we can change is if you know  
NOTE Confidence: 0.8712445

00:05:02.097 --> 00:05:04.594 that you have one of these risk factors,  
NOTE Confidence: 0.8712445

00:05:04.600 --> 00:05:06.364 talk to your health care provider  
NOTE Confidence: 0.8712445

00:05:06.364 --> 00:05:08.773 because you might be able to work on  
NOTE Confidence: 0.8712445

00:05:08.773 --> 00:05:10.537 the modifiable risk factors and needs.  
NOTE Confidence: 0.8624266

00:05:10.540 --> 00:05:12.472 Just help you know that you are  
NOTE Confidence: 0.8624266

00:05:12.472 --> 00:05:14.400 at a higher risk for stroke,  
NOTE Confidence: 0.8624266

00:05:14.400 --> 00:05:16.479 so just to hammer this point home,  
NOTE Confidence: 0.8624266

00:05:16.480 --> 00:05:18.559 can you lower your risk of stroke?

NOTE Confidence: 0.8624266

00:05:18.560 --> 00:05:19.234 Yes, absolutely.

NOTE Confidence: 0.8624266

00:05:19.234 --> 00:05:21.593 Make an appointment to see your doctor

NOTE Confidence: 0.8624266

00:05:21.593 --> 00:05:24.003 talk about all of the risk factors and

NOTE Confidence: 0.8624266

00:05:24.003 --> 00:05:26.157 have them discuss these things with you.

NOTE Confidence: 0.8624266

00:05:26.160 --> 00:05:28.592 The next thing we'll discuss is how to

NOTE Confidence: 0.8624266

00:05:28.592 --> 00:05:31.046 tell if someone is having a stroke.

NOTE Confidence: 0.8624266

00:05:31.050 --> 00:05:32.850 It's really important to recognize

NOTE Confidence: 0.8624266

00:05:32.850 --> 00:05:34.650 stroke symptoms because then you

NOTE Confidence: 0.8624266

00:05:34.707 --> 00:05:36.590 can get yourself or your loved one.

NOTE Confidence: 0.8624266

00:05:36.590 --> 00:05:38.220 The care that they need.

NOTE Confidence: 0.8624266

00:05:38.220 --> 00:05:38.878 Very quickly.

NOTE Confidence: 0.8624266

00:05:38.878 --> 00:05:40.523 There's an acronym out there

NOTE Confidence: 0.8624266

00:05:40.523 --> 00:05:41.810 called Fast F AST.

NOTE Confidence: 0.8624266

00:05:41.810 --> 00:05:44.085 Don't worry about memorizing this at all,

NOTE Confidence: 0.8624266

00:05:44.090 --> 00:05:45.725 but once you're familiar with

NOTE Confidence: 0.8624266

00:05:45.725 --> 00:05:47.680 the idea of what these are,  
NOTE Confidence: 0.8624266

00:05:47.680 --> 00:05:50.605 then I think you can help recognize a stroke.  
NOTE Confidence: 0.8624266

00:05:50.610 --> 00:05:52.566 And if you remember the acronym,  
NOTE Confidence: 0.8624266

00:05:52.570 --> 00:05:53.220 that's great.  
NOTE Confidence: 0.8624266

00:05:53.220 --> 00:05:55.873 F stands for face drooping, A stands for.  
NOTE Confidence: 0.8624266

00:05:55.873 --> 00:05:58.260 Arm Weakness S stands for speech difficulty.  
NOTE Confidence: 0.8624266

00:05:58.260 --> 00:06:00.980 T is time to call 911 facial drooping.  
NOTE Confidence: 0.8624266

00:06:00.980 --> 00:06:03.700 Having weakness on one side of the body.  
NOTE Confidence: 0.8624266

00:06:03.700 --> 00:06:05.400 Any sort of speech problem  
NOTE Confidence: 0.8624266

00:06:05.400 --> 00:06:06.760 whether that's slurred speech,  
NOTE Confidence: 0.8624266

00:06:06.760 --> 00:06:09.140 not able to get the words out,  
NOTE Confidence: 0.8624266

00:06:09.140 --> 00:06:11.522 not able to understand if someone's  
NOTE Confidence: 0.8624266

00:06:11.522 --> 00:06:13.110 looking like they're confused  
NOTE Confidence: 0.8624266

00:06:13.172 --> 00:06:14.966 not able to understand you these  
NOTE Confidence: 0.8624266

00:06:14.966 --> 00:06:16.959 can all be signs of a stroke,  
NOTE Confidence: 0.8624266

00:06:16.960 --> 00:06:19.074 a couple other things just to know

NOTE Confidence: 0.8624266

00:06:19.074 --> 00:06:21.531 that aren't in this acronym are vision

NOTE Confidence: 0.8624266

00:06:21.531 --> 00:06:23.751 loss or double vision and dizziness.

NOTE Confidence: 0.8624266

00:06:23.760 --> 00:06:25.920 So if you're not able to.

NOTE Confidence: 0.8624266

00:06:25.920 --> 00:06:27.420 Walk if you're walking on study

NOTE Confidence: 0.8624266

00:06:27.420 --> 00:06:29.100 or you have the sudden sensation

NOTE Confidence: 0.8624266

00:06:29.100 --> 00:06:30.660 at the room is spinning.

NOTE Confidence: 0.8624266

00:06:30.660 --> 00:06:32.900 These can all be signs of a stroke.

NOTE Confidence: 0.8624266

00:06:32.900 --> 00:06:34.290 And remember T for time.

NOTE Confidence: 0.8624266

00:06:34.290 --> 00:06:35.690 It's time to call 911.

NOTE Confidence: 0.8624266

00:06:35.690 --> 00:06:37.643 So what do you do if someone's

NOTE Confidence: 0.8624266

00:06:37.643 --> 00:06:38.480 having a stroke?

NOTE Confidence: 0.8624266

00:06:38.480 --> 00:06:40.982 As I just said, you need to call 911.

NOTE Confidence: 0.8624266

00:06:40.990 --> 00:06:42.943 You don't want to send a message

NOTE Confidence: 0.8624266

00:06:42.943 --> 00:06:43.780 to your doctor.

NOTE Confidence: 0.8624266

00:06:43.780 --> 00:06:45.454 You don't want to leave a

NOTE Confidence: 0.8624266

00:06:45.454 --> 00:06:46.570 voicemail for your doctor.  
NOTE Confidence: 0.8624266

00:06:46.570 --> 00:06:48.238 You don't wanna take a nap.  
NOTE Confidence: 0.8624266

00:06:48.240 --> 00:06:50.256 I can't tell you how many times I  
NOTE Confidence: 0.8624266

00:06:50.256 --> 00:06:51.932 have seen patients arrive after  
NOTE Confidence: 0.8624266

00:06:51.932 --> 00:06:54.158 trying to sleep off their symptoms.  
NOTE Confidence: 0.8624266

00:06:54.160 --> 00:06:56.806 Call 911 it is imperative for you to get  
NOTE Confidence: 0.8624266

00:06:56.806 --> 00:06:59.838 to the emergency room as soon as possible.  
NOTE Confidence: 0.8624266

00:06:59.840 --> 00:07:01.838 The faster that you get there,  
NOTE Confidence: 0.8624266

00:07:01.840 --> 00:07:04.094 the faster the team of stroke experts  
NOTE Confidence: 0.8624266

00:07:04.094 --> 00:07:06.518 to evaluate you every minute or second.  
NOTE Confidence: 0.8624266

00:07:06.520 --> 00:07:07.399 That goes by.  
NOTE Confidence: 0.8624266

00:07:07.399 --> 00:07:09.450 There are as part of the brain  
NOTE Confidence: 0.8624266

00:07:09.524 --> 00:07:11.858 dying off that can be irreversible.  
NOTE Confidence: 0.8624266

00:07:11.860 --> 00:07:13.911 So the sooner you can be eligible  
NOTE Confidence: 0.8624266

00:07:13.911 --> 00:07:15.869 to possibly get these treatments,  
NOTE Confidence: 0.8624266

00:07:15.870 --> 00:07:16.584 the better,

NOTE Confidence: 0.8624266

00:07:16.584 --> 00:07:19.083 and you can really save someone's life

NOTE Confidence: 0.8624266

00:07:19.083 --> 00:07:21.330 and major disability by calling 911

NOTE Confidence: 0.8624266

00:07:21.330 --> 00:07:24.209 and getting them to the emergency room.

NOTE Confidence: 0.8624266

00:07:24.210 --> 00:07:25.203 Time is brain.

NOTE Confidence: 0.8624266

00:07:25.203 --> 00:07:26.527 As I said before,

NOTE Confidence: 0.8624266

00:07:26.530 --> 00:07:28.402 every second that goes by that

NOTE Confidence: 0.8624266

00:07:28.402 --> 00:07:30.432 there is not blood reaching the

NOTE Confidence: 0.8624266

00:07:30.432 --> 00:07:32.574 parts of the brain that supply

NOTE Confidence: 0.8624266

00:07:32.574 --> 00:07:34.500 in different parts of our body.

NOTE Confidence: 0.8624266

00:07:34.500 --> 00:07:36.795 This is going to be dying off and it

NOTE Confidence: 0.8624266

00:07:36.795 --> 00:07:38.820 could potentially be irreversible.

NOTE Confidence: 0.8624266

00:07:38.820 --> 00:07:39.181 Finally,

NOTE Confidence: 0.8624266

00:07:39.181 --> 00:07:41.708 we'll talk about a couple of stroke

NOTE Confidence: 0.8624266

00:07:41.708 --> 00:07:43.677 treatment options and this is this

NOTE Confidence: 0.8624266

00:07:43.677 --> 00:07:45.459 relates to the importance of time.

NOTE Confidence: 0.8624266

00:07:45.460 --> 00:07:47.120 These medications are time sensitive.  
NOTE Confidence: 0.8624266

00:07:47.120 --> 00:07:49.080 Unfortunately so many people arrive  
NOTE Confidence: 0.8624266

00:07:49.080 --> 00:07:51.040 to the emergency room outside  
NOTE Confidence: 0.8624266

00:07:51.101 --> 00:07:52.799 of the time window because they  
NOTE Confidence: 0.8624266

00:07:52.799 --> 00:07:53.931 did not know to  
NOTE Confidence: 0.8817782

00:07:53.997 --> 00:07:55.744 call 911. They thought they would  
NOTE Confidence: 0.8817782

00:07:55.744 --> 00:07:57.990 try to rest for a little while.  
NOTE Confidence: 0.8817782

00:07:57.990 --> 00:07:59.874 They put a message into their  
NOTE Confidence: 0.8817782

00:07:59.874 --> 00:08:00.816 doctor and unfortunately,  
NOTE Confidence: 0.8817782

00:08:00.820 --> 00:08:02.584 the medications that weekend and procedures  
NOTE Confidence: 0.8817782

00:08:02.584 --> 00:08:04.898 we can do our all time sensitive's.  
NOTE Confidence: 0.8817782

00:08:04.900 --> 00:08:07.188 The first one is a clot busting medication  
NOTE Confidence: 0.8817782

00:08:07.188 --> 00:08:09.300 called tissue plasminogen activator or TPA.  
NOTE Confidence: 0.8817782

00:08:09.300 --> 00:08:11.804 And this is exactly what it sounds like.  
NOTE Confidence: 0.8817782

00:08:11.810 --> 00:08:14.026 It goes in and it breaks up that  
NOTE Confidence: 0.8817782

00:08:14.026 --> 00:08:15.969 blood clot and restores blood flow

NOTE Confidence: 0.8817782

00:08:15.969 --> 00:08:18.400 to that certain part of the brain.

NOTE Confidence: 0.8817782

00:08:18.400 --> 00:08:19.692 It doesn't always work,

NOTE Confidence: 0.8817782

00:08:19.692 --> 00:08:21.630 but it is an effective medication

NOTE Confidence: 0.8817782

00:08:21.695 --> 00:08:23.092 that we offer, and again,

NOTE Confidence: 0.8817782

00:08:23.092 --> 00:08:25.199 it people are only eligible if they

NOTE Confidence: 0.8817782

00:08:25.199 --> 00:08:27.089 arrive within a certain timeframe.

NOTE Confidence: 0.8817782

00:08:27.090 --> 00:08:28.338 It's either 3 hours,

NOTE Confidence: 0.8817782

00:08:28.338 --> 00:08:30.730 4 1/2 hours depending on the person,

NOTE Confidence: 0.8817782

00:08:30.730 --> 00:08:32.385 and again you don't need

NOTE Confidence: 0.8817782

00:08:32.385 --> 00:08:33.709 to remember those times,

NOTE Confidence: 0.8817782

00:08:33.710 --> 00:08:35.696 you just know to call 911.

NOTE Confidence: 0.8817782

00:08:35.700 --> 00:08:37.350 The second thing is a

NOTE Confidence: 0.8817782

00:08:37.350 --> 00:08:38.010 mechanical thrombectomy.

NOTE Confidence: 0.8817782

00:08:38.010 --> 00:08:39.750 This is a surgical procedure

NOTE Confidence: 0.8817782

00:08:39.750 --> 00:08:41.848 where a trained specialist will go

NOTE Confidence: 0.8817782

00:08:41.848 --> 00:08:43.328 insert a catheter either through  
NOTE Confidence: 0.8817782

00:08:43.328 --> 00:08:45.580 the groin or in different part and  
NOTE Confidence: 0.8817782

00:08:45.580 --> 00:08:47.596 will actually go and remove that  
NOTE Confidence: 0.8817782

00:08:47.596 --> 00:08:49.264 caught physically from the brain,  
NOTE Confidence: 0.8817782

00:08:49.264 --> 00:08:51.250 restoring blood flow to that area.  
NOTE Confidence: 0.8817782

00:08:51.250 --> 00:08:53.236 These are very effective treatment options,  
NOTE Confidence: 0.8817782

00:08:53.240 --> 00:08:55.354 but the important thing for you to  
NOTE Confidence: 0.8817782

00:08:55.354 --> 00:08:57.938 know is that there are time sensitive.  
NOTE Confidence: 0.8817782

00:08:57.940 --> 00:09:00.061 And every second counts and a lot  
NOTE Confidence: 0.8817782

00:09:00.061 --> 00:09:02.594 of people do arrive where it's too  
NOTE Confidence: 0.8817782

00:09:02.594 --> 00:09:04.534 late to offer these treatments.  
NOTE Confidence: 0.8817782

00:09:04.540 --> 00:09:07.366 Just a side note is if you have a  
NOTE Confidence: 0.8817782

00:09:07.366 --> 00:09:09.217 hemorrhagic or a bleeding stroke.  
NOTE Confidence: 0.8817782

00:09:09.220 --> 00:09:10.890 These treatments do not apply.  
NOTE Confidence: 0.8817782

00:09:10.890 --> 00:09:12.900 There is a different set of  
NOTE Confidence: 0.8817782

00:09:12.900 --> 00:09:14.560 treatments that people can get,

NOTE Confidence: 0.8817782

00:09:14.560 --> 00:09:16.558 and those are also time sensitive.

NOTE Confidence: 0.8817782

00:09:16.560 --> 00:09:19.120 If you want to learn more about stroke

NOTE Confidence: 0.8817782

00:09:19.120 --> 00:09:21.570 and how you can reduce your risk,

NOTE Confidence: 0.8817782

00:09:21.570 --> 00:09:22.906 you can go to

NOTE Confidence: 0.8817782

00:09:22.906 --> 00:09:23.240 [theseresourcesstrokeassociation.org](http://theseresourcesstrokeassociation.org),

NOTE Confidence: 0.8817782

00:09:23.240 --> 00:09:24.580 the American Heart Association,

NOTE Confidence: 0.8817782

00:09:24.580 --> 00:09:25.920 an American Stroke Association

NOTE Confidence: 0.8817782

00:09:25.920 --> 00:09:27.919 are a great place for resources.

NOTE Confidence: 0.8817782

00:09:27.920 --> 00:09:30.258 I am not personally affiliated with these,

NOTE Confidence: 0.8817782

00:09:30.260 --> 00:09:32.168 but there are great place where

NOTE Confidence: 0.8817782

00:09:32.168 --> 00:09:34.329 you can learn more about stroke.

NOTE Confidence: 0.8817782

00:09:34.330 --> 00:09:36.496 And then get your personal risk,

NOTE Confidence: 0.8817782

00:09:36.500 --> 00:09:37.586 respect or assessment.

NOTE Confidence: 0.8817782

00:09:37.586 --> 00:09:39.758 So together we can UN stroke.

NOTE Confidence: 0.8817782

00:09:39.760 --> 00:09:41.926 Thank you so much for listening.

NOTE Confidence: 0.8817782

00:09:41.930 --> 00:09:44.554 Have a great day.