

Health Talk on Stroke held at ICG

Friday, 23rd May, 2014

As part of the regular Friday Health Talks, The International Centre Goa(ICG) in association with Manipal Hospitals organised a talk on the topic: “Stroke Prevention and its Treatment” by Dr. Aaron De Souza, Consultant-Neurology, Manipal Hospital .

Dr. De Souza described that in India, stroke; which is a sudden loss of function to the brain due to lack of blood supply, is the most common neurological disease after migraine and epilepsy. Stroke is so important because it is the third leading cause of death after heart disease and cancer. There are two types of stroke: haemorrhagic, when weakened or diseased blood vessels rupture and blood leads to the brain tissue; and ischaemic when blood clots stop the flow of blood to an area of the brain. It is known that 80% of ischaemic and 30% of haemorrhagic strokes die within one month. If stroke patients are alive after 6 months 30% of them are dependent on others even for basic functions.

In India, stroke has become a deadly disease and is more frequent because of high incidence of diabetes and lifestyle changes. “Inactivity, age family history and ethnicity, drinking, smoking, heart disease, obesity, unhealthy diet are among the main risk factors for a stroke” cautioned Dr. De Souza. He further explained that early warning signs such as unevenness in face, weakness in arms, and unclear speech should be treated with immediate medical attention. Primarily stroke can be prevented by regular exercise, abstinence of smoking, treatment of heart disease and administration of tablets to control BP and cholesterol.

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