

The Impact of Heart Stroke on Individuals and the Proactive Steps for Cardiovascular Health

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DESCRIPTION

Heart stroke, also known as a stroke or Cerebrovascular Accident (CVA), is a serious medical condition that occurs when there is a disruption in blood supply to the brain. This interruption can result from a blockage (ischemic stroke) or bleeding (hemorrhagic stroke), leading to damage or death of brain cells. Heart strokes are a significant health concern globally, causing long-term disability and, in some cases, proving fatal. In this study, we will discuss into the causes, symptoms, and prevention of heart strokes to raise awareness about this critical health issue.

Causes of heart stroke

Ischemic stroke: This type of stroke occurs when a blood clot or plaque blockage reduces blood flow to the brain. Common causes include atherosclerosis, where arteries become narrow due to the buildup of cholesterol and other substances, and embolism, where a blood clot forms elsewhere in the body and travels to the brain.

Hemorrhagic stroke: This type results from the rupture of blood vessels in the brain, causing bleeding and subsequent damage. Hypertension (high blood pressure) is a significant risk factor for hemorrhagic strokes, weakening blood vessel walls over time.

Transient Ischemic Attack (TIA): Often referred to as a "mini-stroke," a TIA is a temporary disruption of blood flow to the brain, usually lasting for a few minutes. While TIAs do not cause permanent damage, they serve as a warning sign, indicating an increased risk of a full-blown stroke in the future.

Symptoms of heart stroke

Recognizing the signs and symptoms of a heart stroke is crucial for prompt medical intervention, which can significantly improve the chances of recovery. Common symptoms include:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Difficulty speaking or understanding speech.

- Severe headache, often accompanied by dizziness and loss of coordination.
- Blurred or double vision.

It is essential to note that these symptoms can vary, and not all individuals will experience the same signs. The acronym FAST is a helpful tool to remember the key signs of a stroke:

- F: Face drooping
- A: Arm weakness
- S: Speech difficulty
- T: Time to call emergency services

Prevention of heart stroke

Healthy lifestyle: Adopting a healthy lifestyle is crucial in preventing heart strokes. This includes maintaining a balanced diet rich in fruits, vegetables, and whole grains, engaging in regular physical activity, and avoiding excessive alcohol consumption and smoking.

Blood pressure control: High blood pressure is a significant risk factor for strokes. Regular monitoring and management of blood pressure through lifestyle modifications and medication can significantly reduce the likelihood of a stroke.

Diabetes management: Individuals with diabetes are at an increased risk of strokes. Proper management of blood sugar levels through medication, diet, and exercise is essential in stroke prevention.

Cholesterol management: Elevated cholesterol levels contribute to the buildup of plaque in arteries, increasing the risk of ischemic strokes. Adopting a heart-healthy diet and, if necessary, taking medication to control cholesterol levels is vital.

Regular exercise: Engaging in regular physical activity helps maintain cardiovascular health and reduces the risk of stroke. Aim for at least 150 minutes of moderate-intensity exercise per week.

Quit smoking: Smoking is a major risk factor for heart strokes. Quitting smoking can significantly improve overall health and reduce the risk of stroke.

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CONCLUSION

Heart stroke is a severe and potentially life-threatening condition that requires immediate medical attention. Understanding the causes, recognizing symptoms, and adopting preventive measures are crucial steps in minimizing the risk of strokes. By promoting a healthy lifestyle, managing underlying health conditions, and

raising awareness, individuals can take proactive steps to protect their cardiovascular health and reduce the impact of heart strokes on their lives. Remember, acting quickly in the event of a stroke can make a significant difference in the outcome, so familiarize yourself with the signs and seek emergency medical help if needed.