

PRESS RELEASE

Stroke is quite common neurological disorder. It is one of the foremost causes of morbidity and second leading cause of mortality. Almost every 40 second, somebody develops stroke and at interval of 4 minutes, a person dies due to stroke at world level. In India, stroke is one of the most important causes of death. Prof RK Garg informed that due to control of risk factors, the incidence of stroke has been reduced significantly in developed nations like USA.

Dr Rajesh Verma highlighted about risk factors of stroke. The important risk factors for stroke are high blood pressure, diabetes, heart disorders, smoking, excessive consumption of alcohol, lipid accumulation in blood vessels, lack of exercise and reduced intake of green vegetables and fruits in the diet.

In India, Stroke (Paralysis) is on the rise and becoming epidemic. This is due to the fact that India is becoming hub of diabetes and uncontrolled high blood pressure. In 2025, India will be top nation in prevalence of diabetes in world. Our country is facing wrath of both communicable and non-communicable disorders.

Dr Rajesh Verma informed that World Stroke Organization is very much concerned about increased incidence of stroke particularly in developing nations. World Stroke Organization has issued a document on occasion of World stroke day (29th October, 2017) which impressed the world population to be more aware about risk factors and warning signs of stroke. WSO emphasized that stroke is a treatable disorder and public awareness, access to treatment and fast track treatment will reduce disability and death.

Every person needs to know about basic symptoms of stroke. The sudden weakness or numbness on one side of the body, trouble in speaking and understanding conversation, sudden

unconsciousness, acute diminution in vision and dizziness/imbalance are important symptoms.

A public symposium was held today in New OPD block to stress about causes of stroke and its possible treatment.

Dr Neeraj Kumar(Neurologist) mentioned that stroke should be treated similar to heart attack. The stroke patients should be treated at the earliest in care of experts and equipped hospitals.

The clotbuster(thrombolytic therapy) can be used which dissolves the clot and restores blood supply to the brain, provided the drug is administered within 4.5 hours. This therapy is available at King George Medical University administered emergency hospital. For this purpose, Neurology department has offered a helpline no: ~~888 7147 300~~ where anybody can call round the clock for timely and expedited treatment of stroke.

We also want to highlight the role of radiologist in acute stroke care. The trained interventional radiologist can pick up appropriate patients for endovascular treatment of stroke with help of advanced neuroimaging. The skilled radiologist can help in removing the clot with mechanical devices.

The stroke can give rise to various medical complications in post stroke phase leading to difficult and disabled life. The post stroke complications mentioned in the literature are: decrease memory, depression, language dysfunction, stiffness in muscles, bone fractures and persistent disability. These points have been described by Dr Sweta Pandey.

Dr Rajesh Verma, conducted the study to assess the memory impairment and other brain functions as consequent to stroke, which was published in world leading journal, (journal of the neurosciences).

This study was done on 102 patients of stroke, revealed 46(45.1 %) patients developed memory dysfunction and impaired other higher brain functions.

Important points to remember

1. Stroke is a preventable disorder.
2. The incidence of stroke can be reduced by controlling risk factors of stroke.
3. The important risk factors for stroke are: high blood pressure, Diabetes, Hyperlipidemia, smoking, tobacco use, excessive alcohol consumption, lack of physical activity, junk food habits and heart disorders.
4. The stroke patient can be treated by drug rtpa ,provided the patient arrived in the hospital within 4.5 hours.
5. For getting patients at appropriate time and gathering information of various aspects of stroke the neurology department has offered a helpline number

HELP LINE No 888 7147 300