

Common Mental and Physical Health Problems of Elderly: Care hints for Caregivers



CEREBRO VASCULAR DISEASE



Issued in the interest and for the care of the elderly by

THE DEPARTMENT OF GERIATRIC MENTAL HEALTH

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(Erstwhile King George's Medical University)

Cerebro Vascular Disease

Strokes

Brain strokes are just like heart strokes (heart attacks). Brain stroke occur when there is sudden damage to brain parenchyma, secondary to interruption of blood supply. This interruption may either because of narrowing of blood vessels and capillaries (arteriosclerotic changes) or because of embolic blockage of blood vessels. Another method of interruption is hemorrhage (high blood pressure, aneurysm). Both hemorrhage and embolism have sudden onset. The infarcts usually occur gradually, initially in the form of transient ischemic attacks (TIA) than major infarcts.

In major stroke sudden onset of weakness, paralysis of the part of body and difficulty in speaking may occur. In a right hemispheric stroke speech is not affected whereas in left hemispheric stroke speech is usually affected. Strokes are more common when there is sudden emotional upset and long standing uncontrolled diabetes mellitus and high blood pressure.

Management is usually conservative. The nature of stroke should be established by history and CT scan head.

After the cause has been established in a stroke management becomes easier. If the cause is high blood pressure, it should be lowered as early as possible. In hemorrhagic stroke if collection of blood is large enough either because of rupture of an aneurysm or rupture of blood capillaries due to high blood pressure, neurosurgical management should be taken into consideration.

In case of ischemic stroke aspirin is indicated and is given as early as possible to prevent further increment of infarct size. If the BP is high it should not be lowered suddenly as excessive lowering of BP may lead to increase in size of infarct.

Factors responsible for high blood pressure and hyperlipidemia (increased level of cholesterol), should be managed. Low salt and low fat diet, mild regular exercise and anti hypertensive with hypolipidemics should be taken regularly to prevent further strokes.

For further information & treatment contact:

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Prexaron



Citicoline 500mg Tab / 2ml-4ml Inj. / 1gm SR / Syp

Salvages neurons...salvages life

Azerva

Atorvastatin Calcium 10/20mg tab

Preferred Addition for Stroke Prevention

Cerecetam

400
800
1200

Piracetam tablets

THE NEUROPROTECTOR

Courtesy:

