

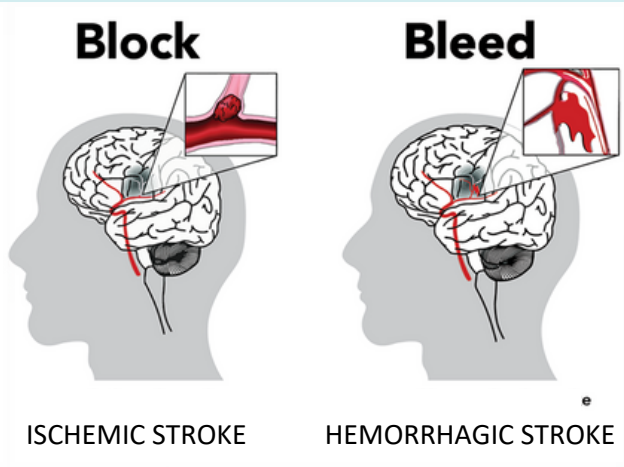
## Types of Strokes

### Ischemic Stroke

A blockage or blood clot in a blood vessel in the brain. This is the most common type of stroke.

### Hemorrhagic Stroke

Also known as a brain bleed. An artery in the brain ruptures and blood seeps into brain tissue.



### Transient Ischemic Attack (TIA)

A brief blockage in the artery that usually lasts less than an hour, also called a mini stroke. This is a warning that a more serious stroke may happen.

This pamphlet has been put together by The Brain Stormers. They are a peer-led, volunteer-based group made up of stroke and brain injury survivors. They went through feelings of helplessness, loneliness, isolation and fear.

**They want to let you know that you are not alone.**

The volunteers share a passion of wanting to help other survivors and their caregivers through their journey.

The Brain Injury Society offers non-medical, community support services to assist stroke survivors and their caregivers with the adjustment to life after stroke.

### Brain Injury Society

#2 – 996 Main Street

Penticton, BC

☎ 250-490-0613

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You have  
experienced a  
**Stroke**



**Brain Injury Society**

Education • Support • Housing



## BE KIND TO YOURSELF

You are not alone

### Did you know that?

A stroke is a brain injury  
A brain injury can be a hidden disability  
Each stroke and brain injury is different

**F**ACE is it drooping?  
**A** RMS can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away.

ACT **FAST** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

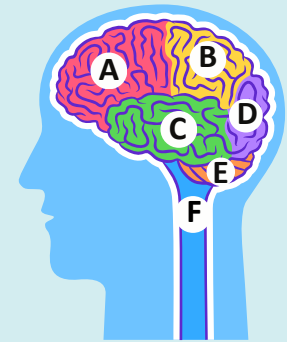
A brain injury can be a hidden disability. In the iceberg below what is seen above the waterline is visible to others. What is below the waterline is not visible to others.

### What others may see about you

Speech problems  
Physical changes  
Doesn't look different or sick

### What others may not see about you

Sleep issues  
Balance issues  
Memory problems  
Fatigue  
Depression  
Trouble communicating  
Dizziness  
Vision problems  
Noise sensitivity  
Anxiety  
Pain  
Trouble focusing  
Frustration  
Difficulty controlling emotions



**A.** Lack of focus, language difficulty, irritability: **Frontal Lobe**

**B.** Difficulty reading, spatial misconception: **Parietal Lobe**

**C.** Blurred vision, spots: **Occipital Lobe**

**D.** Problems with short-term and long-term memory: **Temporal Lobe**

**E.** Difficulty walking, slurred speech: **Cerebellum**

**F.** Changes in breathing, difficulty swallowing: **Brain Stem**

### How can I reduce my risk of a (another) stroke?

Regular exercise, healthy eating, limiting alcohol and managing blood pressure can reduce the risk of stroke. Other risk factors can be reduced through lifestyle changes and medication.

## Types of Brain Injuries

### Acquired Brain Injury

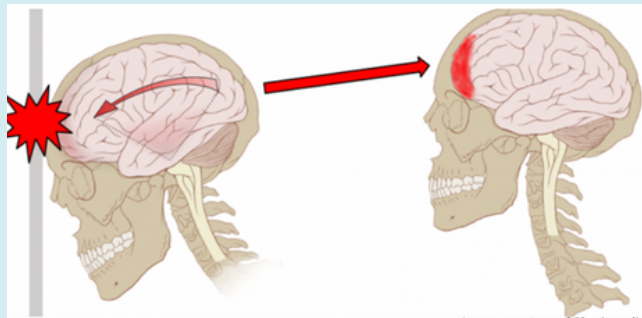
Damage to the brain caused by internal factors, such as lack of oxygen, pressure from a tumor or a stroke.

### Traumatic Brain Injury

An injury to the brain caused by a trauma to the head. Examples are road traffic accidents, assaults and falls.

### Concussion

A concussion is a mild traumatic brain injury. While most people with a concussion do recover, some will have symptoms that last for days or even weeks. A more serious concussion can last for months or longer.



Symptoms can vary from mild to severe

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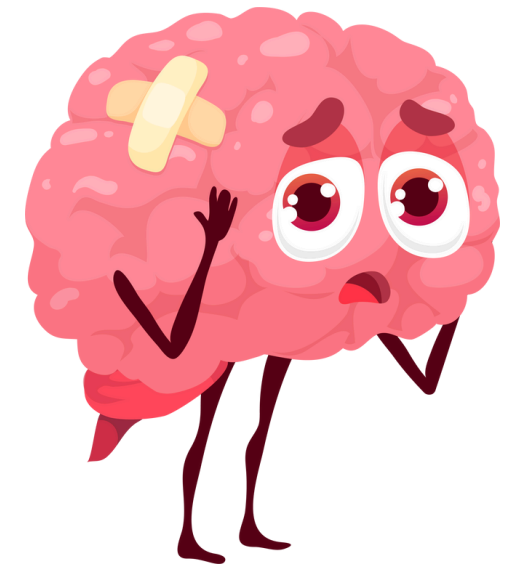
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# You have experienced a Brain Injury



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Education • Support • Housing



## BE KIND TO YOURSELF

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### Did you know that?

A brain injury can be a hidden disability

Each brain injury is different

Traumatic Brain Injury (TBI) is the leading cause of death and disability of people from birth to age 44

*source: Braintrauma.org*

Concussions are 80% to 95% of TBIs

*source:health-infobase.canada.ca*

Even a concussion (mild brain injury) can have long term effects

Up to 90 percent of people surviving Intimate Partner Violence experience a brain injury

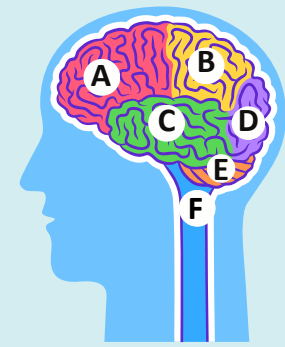
*source:journals.lww.com/Family & Community Health*

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### Safety and Prevention

Wear a helmet

Wear seatbelts

Be visible in traffic, be aware of your surroundings

Practice fall prevention

Review medications with your Doctor or Pharmacist

Seek medical attention immediately after a head injury or impact