Steps to Recovery After a Stroke

**Abstract**

Strokes are the leading cause of long-term disability and the third leading cause of death in the United States. Strokes attacks typically occur in people who are 65 years and older, but it can still happen to younger adults. A stroke occurs when the blood flow to the brain fails, two main types of strokes are when there is a blockage of an artery(ischemic stroke) or a leaking of a blood vessel (hemorrhagic stroke). The cause of strokes could be from high blood pressure, blood thinners, trauma, and fatty deposits in the blood vessels. Since most of these causes usually not found in younger adults, what are the causes of strokes in young adults? Medication is usually given to the patient to help with the effects or help prevent another stroke. Physical and psychological therapy can be useful to help the patient gain independence and help cope with long-term disabilities they may have. Some of the long-term disabilities that result from strokes are paralysis, aphasia, hemiplegia, and dysphagia. A stroke is a form of cardiovascular disease, so it makes sense that keeping the heart and blood vessels as healthy as possible should be able to reduce the risk of a stroke. Can people make a full recovery from a stroke and be independent, and if so, what is the most effective treatment? To help prevent strokes from occurring. Switching up a lifestyle or medical treatment can help with a lot of medical conditions. Most of the controllable risk factors for stroke relate to cardiovascular fitness. There are plenty of other preventions, such as improvements on a diet, controlling blood pressure, reducing stress, and quitting smoking.

References

Galski, T., Bruno, R. L., Zorowitz, R., & Walker, J. (1993). Predicting length of stay, functional outcome, and aftercare in the rehabilitation of stroke patients. The dominant role of higher-order cognition. *Stroke*, *24*(12), 1794–1800. doi: 10.1161/01.str.24.12.1794

Kalra, L., Dale, P., & Crome, P. (1993). Improving stroke rehabilitation. A controlled study. *Stroke*, *24*(10), 1462–1467. doi: 10.1161/01.str.24.10.1462

Perna, R., & Temple, J. (2015, July 12). Rehabilitation Outcomes: Ischemic versus Hemorrhagic Strokes. Retrieved from https://www.hindawi.com/journals/bn/2015/891651/

The Internet Stroke Center. (n.d.). Retrieved from http://www.strokecenter.org/patients/about-stroke/stroke-statistics/