

中风

Stroke

A stroke occurs when the blood flow to the brain is decreased or stopped. The blood flow can be blocked from a blood clot, plaque or a leak in a blood vessel. Sometimes the blood flow to the brain is blocked for a brief time.

If you have signs of a stroke, but the signs go away in minutes to hours this is called a TIA or transient ischemic attack or “mini stroke”. This is a strong warning that there is a problem and a stroke could occur in the future.

When the blood flow to the brain is blocked causing permanent damage, it is called a stroke. Tests can be done to find the type, location and cause of the blockage to the blood flow of the brain.

Signs

The effects of a stroke depend on the location and amount of damage to the brain. Signs are sudden and may include:

- Numbness, tingling or weakness in the face, arm or leg, often only on one side of the body
- Confusion or trouble understanding
- Problems speaking
- Problems seeing out of one or both eyes
- Dizziness or trouble with balance, coordination or walking
- Sudden severe headache with no known cause

当流向脑部的血液减少或停止时就会发生中风。血流会由一块血栓、一个斑块或一个血管泄漏而遭到阻塞。有时流向脑部的血只是短暂受到阻塞。

如果您有中风症状，但是这些症状在几分钟至几个小时之后消失，这称为TIA或短暂性脑缺血或“小中风”。这是强烈警告，告诉您有问题并且将来可能发生中风。

当流向脑部的血流受到阻塞，造成永久性损伤时，这称为中风。流向脑部的血流受到阻塞时，可通过做检查来发现阻塞的类型、位置和原因。

症状

中风的影响取决于脑损位置和程度。症状会很突然，可能包括：

- 麻木，面部、手臂或腿部有麻刺或虚弱感，该现象经常只是在身体的一侧
- 意识混乱或理解有困难
- 说话有问题
- 一只眼睛或双眼看东西有问题
- 晕眩或难以保持平衡、动作不协调或走路有问题
- 原因不明的突然性剧烈头痛

Your Care

Call 911 as soon as you have any signs of a stroke. The goal of care is to stop further damage to the brain. It is important to get to the hospital right away.

Sometimes it takes a few days to see what type of damage has occurred. It is hard to predict how you will recover from a stroke. Care is planned based on your needs. It may include:

- Therapy for rehabilitation
- Exercise to strengthen your muscles
- Adapting your activity to use the strong side of your body
- Learning how to talk and communicate
- Learning ways to eat and drink safely

Risk Factors

You are at risk for a stroke if you:

- Have high blood pressure, diabetes, high blood cholesterol, heart disease or a prior stroke
- Are from a family where others have had a stroke
- Are overweight
- Are inactive or do not exercise
- Have a lot of stress
- Eat foods high in cholesterol and fat
- Smoke or use tobacco
- Drink too much alcohol
- Use street drugs
- Have a head injury or a bleeding disorder

If you have any of these risk factors, talk to your doctor or nurse about ways to manage them.

医疗护理

一有任何中风症状就请立即拨打911。 医疗护理的目的是停止对脑部进一步的损伤。立刻去医院至为重要。

有时要花几天时间才能知道发生了何种类型的损伤。很难预测中风康复的效果。医疗护理计划将根据您的需要进行，其中可能包括：

- 康复理疗
- 进行锻炼以增强肌肉
- 调整您的活动，以使您可用身体强壮的一侧
- 学习说话及沟通的方法
- 学习安全饮食、饮水的方法

风险因素

如有下列情形，您有患中风的风险：

- 有高血压、糖尿病、高血液胆固醇、心脏病或有过中风
- 有家族中风史
- 体重过量
- 不活动或不锻炼
- 有很多压力
- 吃高胆固醇和高脂肪食物
- 吸烟或嚼（嗅）用烟草
- 过多饮酒
- 使用街头毒品
- 头部受伤或有出血疾病

如果您有任何这些危险因素，请向您的医生或护士了解控制这些因素的方法。

To Prevent a Stroke

- Treat high blood pressure, diabetes, high cholesterol and heart disease if present
- Quit smoking
- Exercise
- Eat a healthy diet and lose weight if you are overweight
- Limit alcohol to 1 to 2 drinks a day
- Avoid falls and injuries

Talk to your doctor or nurse if you have any questions or concerns.

如何避免中风

- 治疗高血压、糖尿病、高胆固醇和心脏病（如果有这些病）
- 戒烟
- 锻炼
- 如果您体重过量，请健康饮食并减肥
- 将饮酒量限制到一天1到2杯
- 避免摔倒和受伤

如果您有任何疑问或关注事宜，请告知您的医生或护士。