A simple guide for patients and families

Stroke (Brain Attack)





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Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

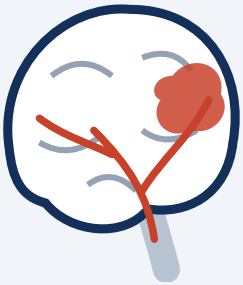
Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What is a stroke?

A stroke happens when blood supply to a part of the brain **suddenly stops**. Without oxygen, brain cells start dying within minutes. That part of the body — face, arm, leg, speech or vision — stops working properly. It is a **medical emergency**, like a heart attack.



Blocked vessel
A clot blocks a blood vessel. About 8 in 10 strokes.



Bleeding
A weak blood vessel bursts inside the brain. About 2 in 10 strokes.

Mini-stroke (TIA): a warning sign

Sometimes the signs of stroke go away within minutes or hours. This is a **TIA**. Do not ignore it — a big stroke may follow within days. See a doctor **the same day**.

Recognise a stroke: BE FAST

Stroke signs come **suddenly**. Remember these six letters:

B — **Balance**
Sudden loss of balance, giddiness, cannot walk

E — **Eyes**
Sudden loss of vision or double vision

F — **Face**
One side of the face droops; crooked smile

A — **Arm / leg**
Weakness or numbness of one arm or leg

S — **Speech**
Slurred speech, cannot speak or understand

T — **Time**
Call 108 now. Note the time it started.

Time is brain

Every minute of delay, about **2 million brain cells** die. The sooner treatment starts, the better the recovery.

What to do immediately

1. Call **108** or go straight to the **nearest hospital with a CT scan**. Do not wait for symptoms to settle.
2. Note the time the patient was **last seen normal**.
3. Lay the patient on one side if vomiting or drowsy.
4. Carry the list of current medicines and old reports.

Do NOT

- Give water, food or tablets by mouth — swallowing may be affected
- Put a BP tablet under the tongue
- Waste time on home remedies, massage or waiting till morning

Treatment that can reverse a stroke

- **Clot-dissolving injection** (thrombolysis) — works only if given within **4.5 hours**, after a CT scan.
- **Clot removal** through a thin tube (thrombectomy) — for selected large clots, in specialised centres.

Who is at risk?

Up to 9 in 10 strokes are linked to risk factors that **can be controlled**.

- High blood pressure — the biggest cause
- Diabetes
- Smoking, gutkha, tobacco
- High cholesterol
- Irregular heartbeat (AF), heart disease
- Alcohol
- Overweight, no exercise
- Too much salt and oily food

Stroke in young people

Stroke can happen at any age. In young people, heart problems, blood clotting problems and tobacco are important causes, so they need full tests.

Tests and treatment in hospital

CT / MRI brain	Shows whether it is a clot or bleeding — this decides the treatment
Blood tests	Sugar, cholesterol, kidney, clotting
ECG, Echo	Heart rhythm and heart as a source of clots
Doppler of neck	Narrowing of neck arteries

In the first days

- Medicines to prevent new clots, control BP, sugar and cholesterol
- Swallowing check before giving food; a feeding tube for some time if needed
- Physiotherapy from the early days
- Some bleeding strokes need surgery

Before going home, ask

- Which medicines, how long, and what each is for?
- Which exercises should we do at home?
- When is the next visit?

Preventing another stroke

After one stroke, the risk of another is high — but it can be **reduced a lot**.



Take medicines every day, for life

Blood thinners (aspirin, clopidogrel; or anticoagulants for AF), cholesterol medicine (statin), BP and sugar medicines. **Never stop** them on your own.



Check your numbers

Keep BP usually below **130/80**, sugar and cholesterol at the level your doctor advises.



Stop all tobacco

Cigarette, bidi, gutkha, mishri — all increase risk.



Regular follow-up

Visit your doctor as advised, even when you feel well.

> Blood thinners: tell every doctor and dentist you take them. Report black stools, blood in urine or unusual bleeding.

A healthy lifestyle



Less salt — under 1 teaspoon a day



Vegetables, fruit, dal, whole grains



Avoid alcohol



Walk 30 minutes, 5 days a week



Keep a healthy weight



Sleep well; treat snoring

Food tips

- Avoid papad, pickles, farsan, chips and packaged food — they hide a lot of salt.
- Use less oil and ghee; avoid fried food and sweets.
- Do not stop medicines because of a diet or home remedy.

Recovery and care at home

The brain can re-learn. Most improvement happens in the **first 3–6 months**, but it can continue for longer with regular practice.



Physiotherapy every day

Exercises taught by the therapist, done daily at home.



Speech and swallowing therapy

Talk to the patient often; give soft food in an upright position.



Prevent bed sores

Change position every 2 hours; keep skin clean and dry.



Protect the weak arm

Support it on a pillow; do not pull the patient up by that arm.



Low mood is common

Sadness or crying spells after stroke can be treated — tell your doctor.

Remember

- Stroke is an emergency — **BE FAST**, call 108.
- Treatment within 4.5 hours can save the brain.
- Take medicines daily; never stop them yourself.
- Control BP, sugar, cholesterol; quit tobacco.
- Keep doing exercises — recovery continues.

My BP and sugar record

Date	BP	Sugar	Weight

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009
Consult 11 am – 3 pm · Tests 10 am – 5 pm
Hospital open 24 hours for emergencies

☎ **0253 2224411**

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009
Consult 6 pm – 8 pm

☎ **0253 2472111**

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.