

# Stroke types



## Subarachnoid Hemorrhage

This type of stroke occurs when a blood vessel ruptures, causing bleeding between the brain and the layer that covers the brain. The bleeding puts pressure on the brain and stops blood from going to some areas of the brain. The main type of hemorrhagic stroke is intracerebral hemorrhage, which is most often due to chronic high blood pressure. Hemorrhagic stroke an emergency that needs immediate treatment.

You are more likely to get this condition if you:

- Smoke.
- Have high blood pressure.
- Drink too much alcohol.
- Are older than age 50.
- Are female, especially if you have stopped getting your period for a year or longer (*menopause*).
- Have a family history of burst blood vessels (*aneurysms*).
- Have a certain syndrome that leads to one of these:
  - *Kidney disease.*
  - *Disease of tissues like bones, blood, and fat (connective tissues).*

### Signs and Symptoms

Signs of this bleeding condition include:

- Sudden, very bad headache. It may feel like the worst headache you have ever had.

- Feeling sick to your stomach (*nausea*) or throwing up (*vomiting*), especially if you have other signs such as a headache.
- Sudden weakness or loss of feeling (*numbness*) in your face, arm, or leg, especially on one side of the body.
- Sudden trouble with any of these:
  - Walking.
  - Moving an arm or leg.
  - Talking.
  - Understanding what people say.
  - Swallowing.
  - Seeing out of one eye or both eyes.
- Sudden confusion.
- Seeing double.
- Loss of balance.
- Sensitivity to light.
- Stiff neck.
- Trouble staying awake.
- Passing out (*fainting*).

### Follow these instructions at home:

#### Medicines

- Take over-the-counter and prescription medicines only as told by your doctor.
- **Do not** take any medicines that contain aspirin or NSAIDs (like ibuprofen) unless your doctor says that it is safe to take them.

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## Lifestyle

- **Do not** use any products that have nicotine or tobacco. These include cigarettes and e-cigarettes. If you need help quitting, ask your doctor.
- Limit alcohol to 1 drink a day for nonpregnant women and 2 drinks a day for men. One drink is equal to:
  - 12 oz of beer.
  - 5 oz of wine.
  - 1½ oz of hard liquor.

## Eating and drinking

- Ask your doctor if it is safe for you to eat and drink. You may need tests to make sure that you can swallow safely (*swallow studies*).

## Driving

- **Do not** drive until your doctor says that it is safe to drive.
- **Do not** drive or use heavy machinery while taking prescription pain medicine.

## General instructions

- Do therapy as recommended. This may include:
  - Physical therapy (PT).
  - Occupational therapy (OT).
  - Speech-language therapy.
- Rest and limit activity as told by your doctor. Rest helps your brain to heal. Make sure you:
  - Get plenty of sleep.
  - Avoid activities that cause stress to your body or mind.

- Check your blood pressure as told by your doctor. Write down your blood pressure.
- Keep all follow-up visits as told by your doctors. This is important.

## Contact a doctor if:

- You have a stiff neck.
- You have a cough.
- You have a fever.

## Summary

- Subarachnoid hemorrhage is bleeding in the brain. It is an emergency. You must be treated in the hospital right away.
- Follow instructions from your doctor about eating, resting, and taking medicines.
- **Do not** take any medicines that contain aspirin or NSAIDs (like ibuprofen) unless your doctor says that it is safe to take them.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

### Get help right away if you have:

- ▲ A sudden, severe headache with no known cause
- ▲ Nausea or vomiting occurring with another symptom
- ▲ Sudden weakness or numbness of your face, arm or leg, especially on one side of your body
- ▲ Sudden trouble walking or difficulty moving your arms or legs
- ▲ Sudden confusion