

# Stroke types



## Transient Ischemic Attack (TIA)

A transient ischemic attack (TIA) is a "warning stroke" or "mini-stroke" that causes stroke-like symptoms. These last a short time, with complete recovery in 24 hours. A TIA does not cause lasting damage to the brain. But having a TIA is a sign that you may be at risk for a stroke. Approximately one-third of all strokes are preceded by a TIA.

It is important to know the symptoms of a TIA and what to do. Get help right away, even if your symptoms go away. The symptoms of a TIA are the same as those of a stroke. They can happen fast, and they usually go away within minutes or hours. They can include:

- Weakness or loss of feeling in your face, arm, or leg. This often happens on one side of your body.
- Trouble walking.
- Trouble moving your arms or legs.
- Trouble talking or understanding what people are saying.
- Trouble seeing.
- Seeing two of one object (*double vision*).
- Feeling dizzy.
- Feeling confused.
- Loss of balance or coordination.
- Feeling sick to your stomach (*nauseous*) and throwing up (*vomiting*).
- A very bad headache for no reason.

### What increases the risk?

Certain things may make you more likely to have a TIA. Some of these are things that you can change, such as:

- Being very overweight (*obese*).
- Using products that contain nicotine or tobacco, such as cigarettes and e-cigarettes.
- Taking birth control pills.
- Not being active.
- Drinking too much alcohol.
- Using drugs.

Other risk factors include:

- Having an irregular heartbeat (*atrial fibrillation*).
- Being African American or Hispanic.
- Having had blood clots, stroke, TIA, or heart attack in the past.
- Being a woman with a history of high blood pressure in pregnancy (*preeclampsia*).
- Being over the age of 60.
- Being male.
- Having family history of stroke.
- Having the following diseases or conditions:
  - High blood pressure.
  - High cholesterol.
  - Diabetes.
  - Heart disease.
  - Sickle cell disease.
  - Sleep apnea.

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- Migraine headache.
- Long-term (*chronic*) diseases that cause soreness and swelling (*inflammation*).
- Disorders that affect how your blood clots.

## Follow these instructions at home:

### Medicines

- Take over-the-counter and prescription medicines only as told by your doctor.
- If you were told to take aspirin or another medicine to thin your blood, take it exactly as told by your doctor.
  - Taking too much of the medicine can cause bleeding.
  - Taking too little of the medicine may not work to treat the problem.

### Eating and drinking

- Eat 5 or more servings of fruits and vegetables each day.
- Follow instructions from your doctor about your diet. You may need to follow a certain diet to help lower your risk of having a stroke. You may need to:
  - *Eat a diet that is low in fat and salt.*
  - *Eat foods that contain a lot of fiber.*
  - *Limit the amount of carbohydrates and sugar in your diet.*
- Limit alcohol intake to 1 drink a day for nonpregnant women and 2 drinks a day for men. One drink equals 12 oz of beer, 5 oz of wine, or 1½ oz of hard liquor.

### General instructions

- Keep a healthy weight.
- Stay active. Try to get at least 30 minutes of activity on all or most days.
- Find out if you have a condition called sleep apnea. Get treatment if needed.
- Do not use any products that contain nicotine or tobacco, such as cigarettes and e-cigarettes. If you need help quitting, ask your doctor.
- **Do not** abuse drugs.
- Keep all follow-up visits as told by your doctor. This is important.

### Summary

- A transient ischemic attack (TIA) is a "warning stroke" that causes stroke-like symptoms that go away quickly.
- A TIA is a medical emergency. Get help right away, even if your symptoms go away.
- A TIA does not cause lasting damage to the brain.
- Having a TIA is a sign that you may be at risk for a stroke. Lifestyle changes and medical treatments can help prevent a stroke.

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.

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## 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