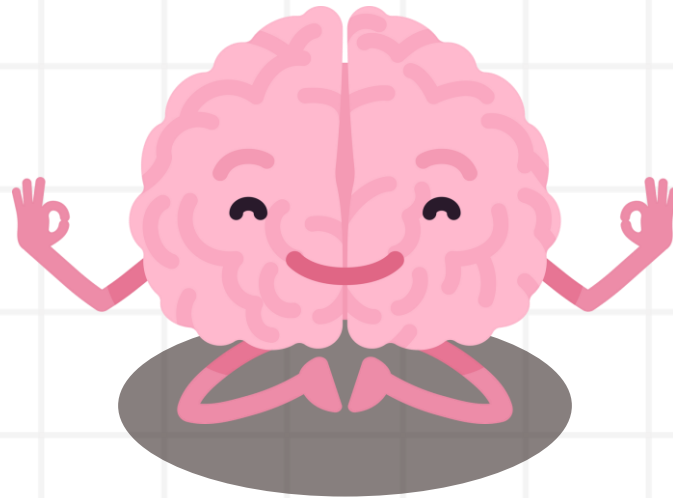


STROKE PREVENTION

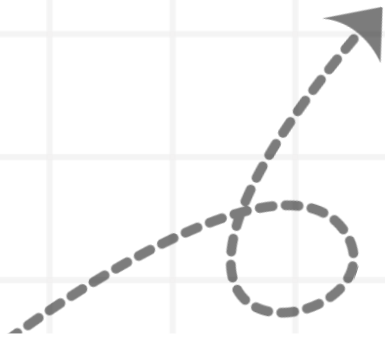
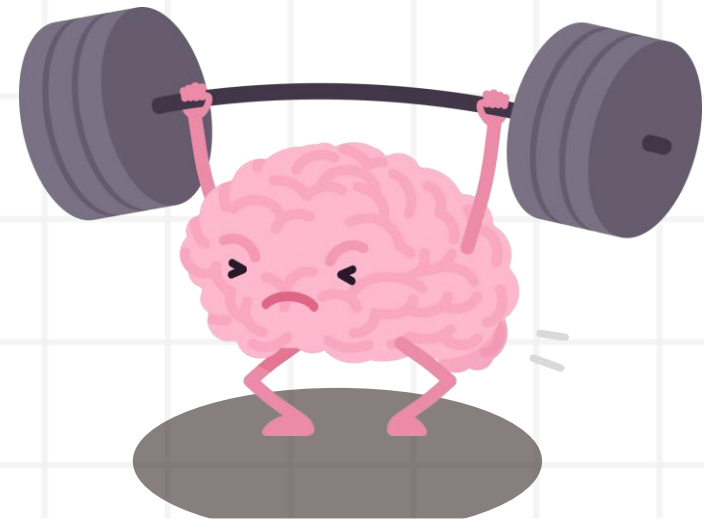
How to take care for your
brain?



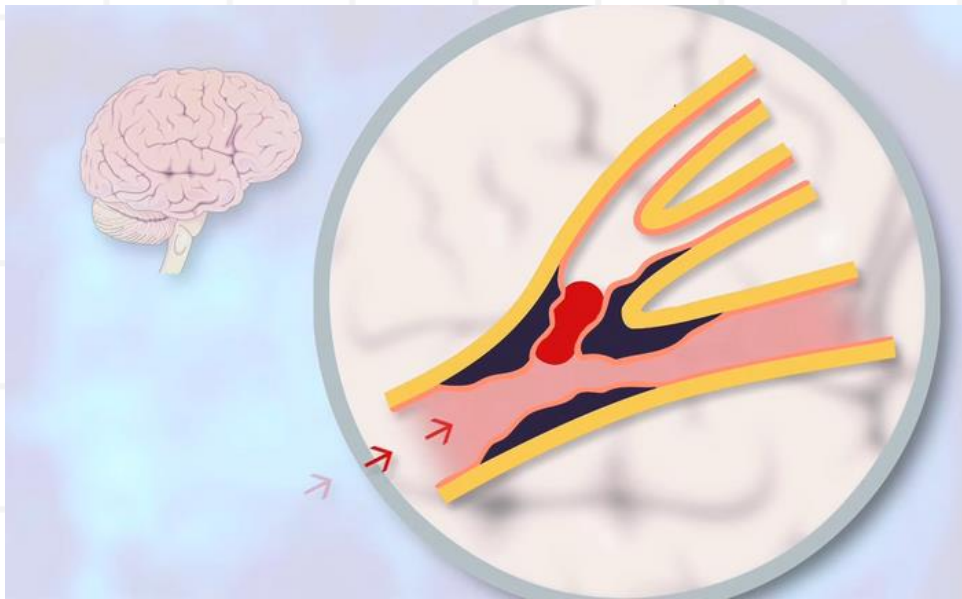
Elsa Fuchs, Clinical nurse specialist MScSI, Department of clinical neurosciences, Geneva University Hospital

PLAN

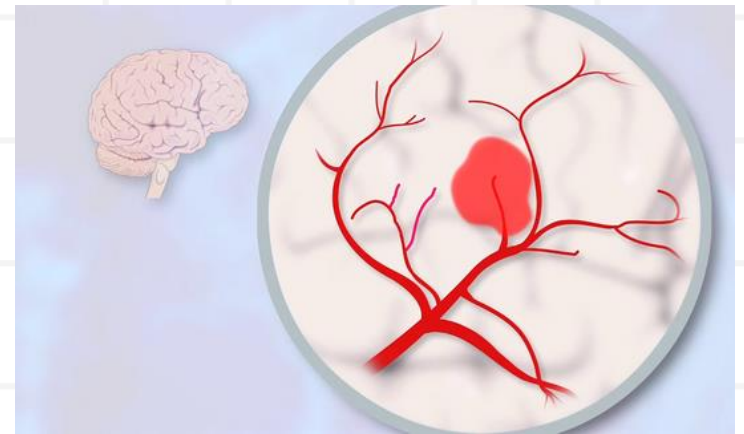
- **What is a stroke ?**
 - Atherosclerosis
 - Risks factors
- **Take action**
- **Why is it so hard to change ?**
 - Online tools
- **Take home messages**



WHAT IS A STROKE ?



Ischemic stroke
Non irrigated area
80%



Hemorrhagic stroke
Hemorrhage
20%

ATHEROSCLEROSIS



> 50% of strokes are due to atherosclerosis

- Big and small arteries

HUG, 2019



What is atherosclerosis ?



WHAT WE KNOW

>90% of strokes are attributable to **things we can control**

= modifiable risk factors

O'Donnell et al, 2016



WHAT WE KNOW



Stroke risks increase by :

- Things beyond our control
 - Age
 - Sex
 - Hereditary predisposition

- Things we can control
 - Blood pressure
 - Smoking
 - Cholesterol
 - Diabetes
 - Alcohol consumption
 - Physical activity
 - ...

HUG, 2019

TAKE ACTION ON

Choose **1 modifiable risk factor** you would like to work on :

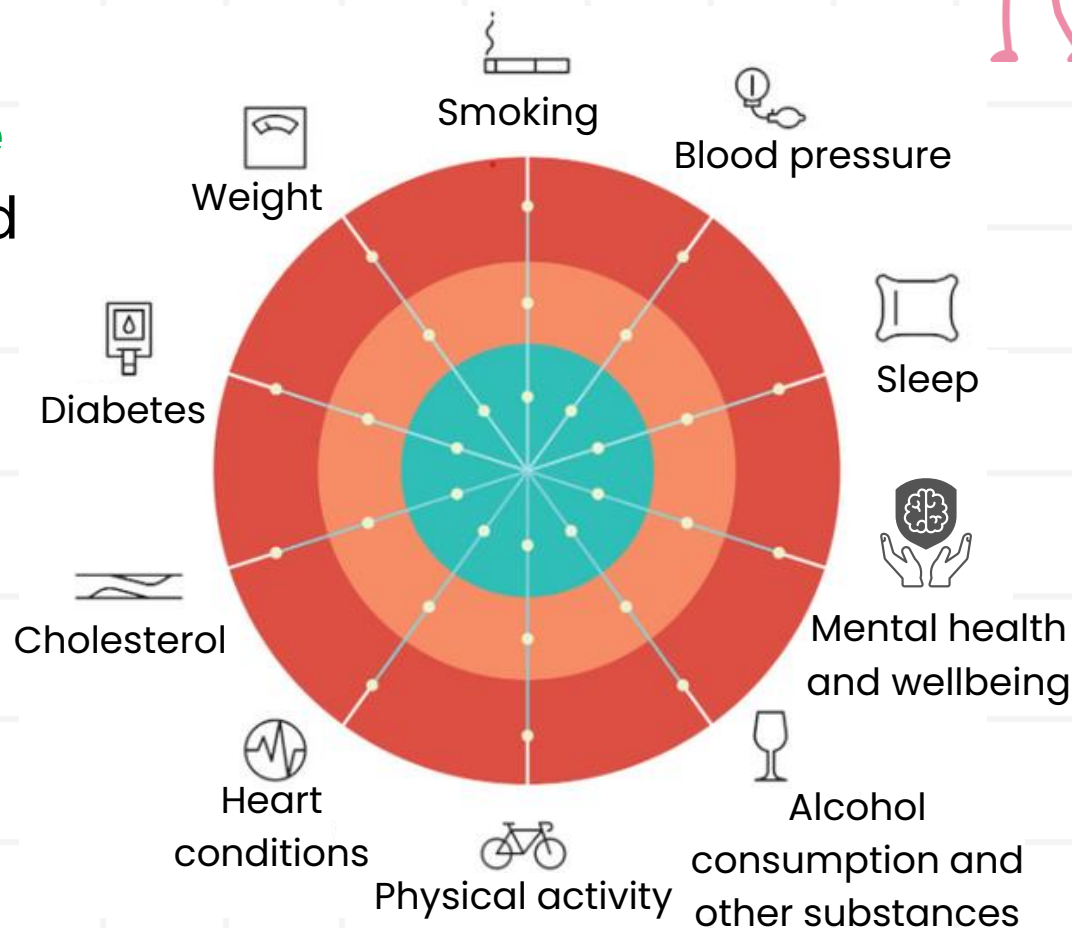


Figure 3 : Adapted from "Facteurs de risque cardiovasculaire", HUG, 2023

WHY IS IT SO HARD TO CHANGE ?

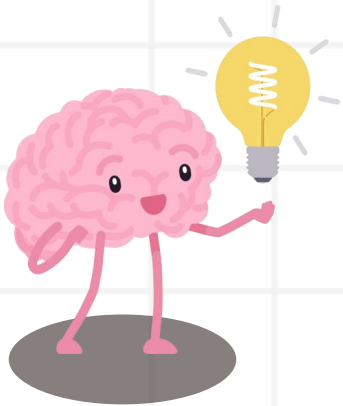
Many of us have valid reasons for not prioritizing our health

Set 1 "SMART" goal

- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Timely

Evaluate your motivation

Seek professional support



ONLINE TOOLS



To help you to **take action** and evaluate your risks

"Know your risk and prevent a stroke"



"Healthy Lifestyle"



"My action plan"



"Evaluate your cardiovascular risks"



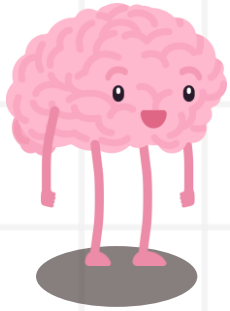
"Prevent Stroke"



ALSO SEEK PROFESSIONAL SUPPORT

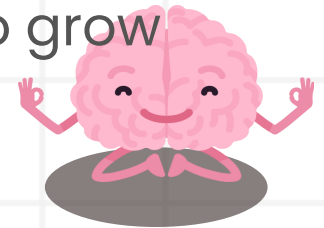


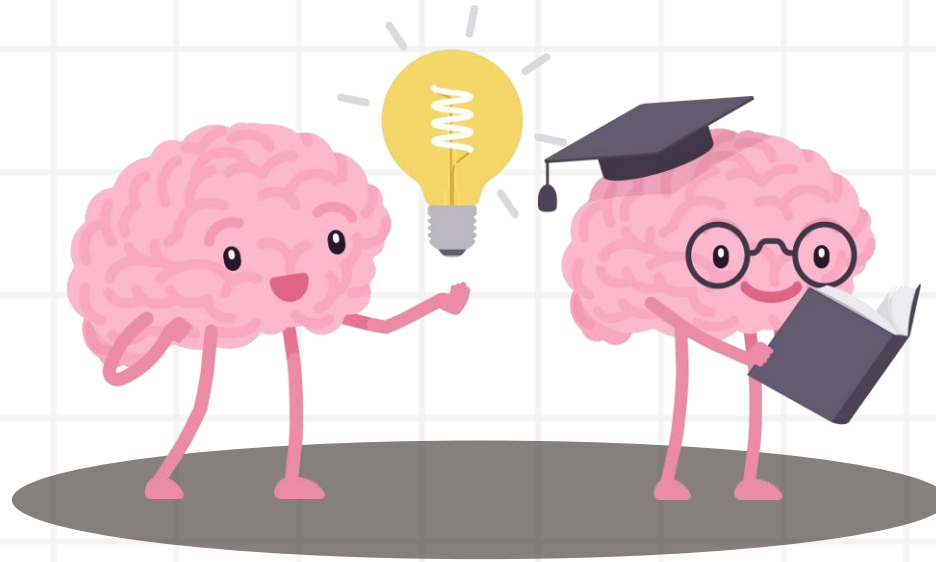
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CONCLUSION

- **Most strokes may be prevented** by **taking action**
- **Ambivalence** to change is **normal**: let's set **SMART** goals
 - **Together** we are **stronger**
 - **Lifelong learning**
 - **Celebrate progress**
- A **fail is an opportunity** to try differently and to grow





THANK YOU



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