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**Abstract:** The most effective methods of stroke treatment help if the disease is detected after the first symptoms and diagnosed within three hours, experts of the center say. Patients may be prescribed a thrombolytic drug to break up blood clots. Studies show that patients who are treated early with thrombolytic drugs have a better chance of recovery or recovery of disability or less disability than those who are not treated in time. Patients who have experienced a stroke have a high probability of recurrence of the disease. Within five years, one in four people who have had a stroke will have another stroke.

**Key words:** Stroke, thrombolytic drugs, the World Health Organization.

### Introduction

According to the forecasts of the World Health Organization, the number of deaths due to diseases of the circulatory system was 17 million in 2008, and it may increase to 25 million by 2030. The rate of death due to diseases of the circulatory system is one of the highest rates in the world, despite the fact that it is 55.4% of all causes of death in Uzbekistan. Of these, 83.9% occurred due to cerebrovascular diseases. Primary prevention of the disease by correcting the main controllable risk factors is important in reducing the disease and death and disability rates caused by it.

- In 2021, 1 in 6 deaths from cardiovascular disease was due to stroke.<sup>1</sup>
- Every 40 seconds, someone in the United States has a stroke.<sup>2</sup> Every 3 minutes and 14 seconds, someone dies of stroke.<sup>1</sup>
- American scientists reported the first signs of a stroke. A stroke is caused by an acute disruption of blood supply to the brain.
- Brain cells die in a few minutes due to lack of oxygen, but if the symptoms are detected in time, the patient can be effectively helped.
- Stroke is the third leading cause of death. For this reason, experts from the US Center for Disease Control and Prevention (CDC) informed the Express online publication about the five warning signs of this terrible disease.

When these symptoms are observed, it is necessary to immediately seek emergency care.

Eliminating the main causes of stroke is important to reduce the risk of developing the disease in the first place. It helps regulate blood pressure, reduce "bad" cholesterol, and maintain healthy blood sugar levels. The recovery period is individual for each patient. Some go home within weeks, while for some patients, it can take years to recover. Some complications can include paralysis and memory problems. Problems with understanding and forming speech may also remain.

"Some people will recover completely, while others may become disabled for a long time or for life," experts say.

### Analysis and results

The cause of a stroke is a violation of blood circulation in a certain area of the brain caused by blockage and rupture of blood vessels in the cerebral hemispheres. The cause of this blockage can

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be embolism or thrombosis. Cerebral artery rupture can occur due to hypertension, congenital vascular defects (weak vascular walls), aneurysms, and serious injuries.

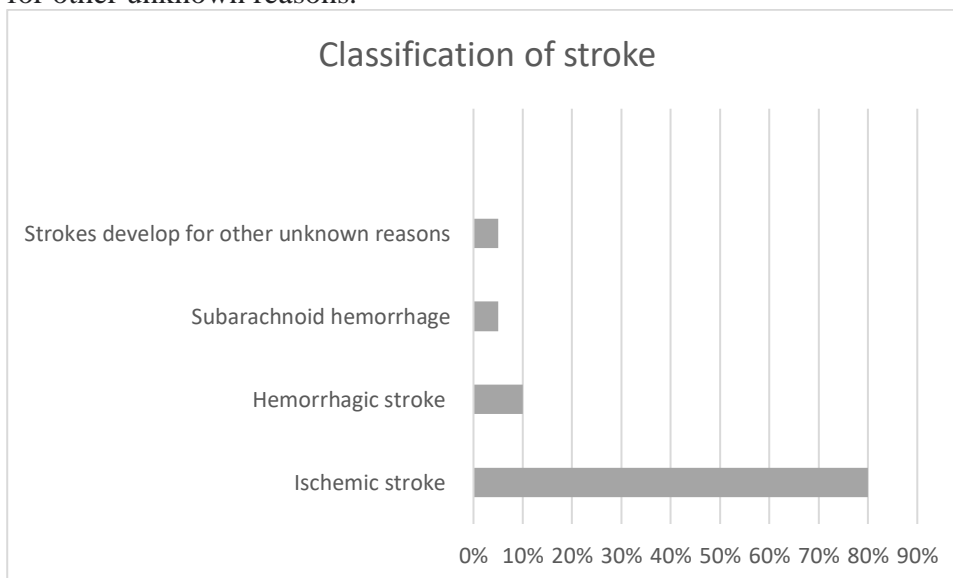
Factors that increase the likelihood of developing a stroke include:

- Age. The older a person is, the more likely he is to develop a stroke. The condition of blood vessels deteriorates with age, and chronic diseases affect cerebral circulation, which worsens with age.
- Taking certain medications. Some drugs (long-term use) increase the likelihood of developing heart disease. Oral contraceptives containing estrogens increase the risk of stroke.
- Arterial hypertension. Pregnant women or those taking contraceptives should be especially careful.
- Bad habits, especially smoking. Excessive consumption of alcohol and smoking is an important provocative factor for stroke. Cigarettes and alcohol together significantly increase the likelihood of developing cardiovascular diseases, which in turn contributes to the occurrence of strokes.
- Other diseases: diabetes, arterial hypertension, Fabry's disease, peripheral vascular disease, carotid artery stenosis, other cardiovascular diseases.

**Classification**

Several types of stroke are distinguished:

- Ischemic stroke (cerebral infarction). This is the most common type, accounting for about 80% of cases. This type of stroke is a severe lack of blood circulation in a certain area of the brain.
- Hemorrhagic stroke (hematoma inside the brain). This is a blood injury to a certain part of the brain. It accounts for about 10% of all cases.
- Subarachnoid hemorrhage. This condition develops as a result of rupture of cerebral blood vessels. Subarachnoid hemorrhage accounts for approximately 5% of all cases.
- Common stroke. This is a collective term for massive strokes. A generalized stroke is a type of severe stroke that presents with general brain symptoms.
- Lacunar stroke. This is a type of ischemic stroke. This type of stroke is characterized by narrowing of small arteries. This name is given because the injection is located in the lacunae of the infarct, into which this fluid is injected. According to statistics, lacunar stroke accounts for 20% of ischemic stroke. It is observed in approximately equal amounts between men and women. Most often, this pathology is diagnosed in people aged 48-75 years. The most common cause of lacunar stroke is atherosclerosis on the background of arterial hypertension.
- Spinal cord stroke. This type of stroke is a severe lack of blood circulation in the spinal cord. Ischemic or hemorrhagic brain stroke is often the cause of spinal cord stroke. 5% of strokes develop for other unknown reasons.



SIGNS AND SYMPTOMS OF STROKE

Symptoms of pathology are manifested as follows:

- Sudden weakness, insomnia, facial muscle paralysis (usually on one side of the body);
- Loss of speech;
- Visual impairment of one or both eyes;
- Dizziness and acute headache;
- Loss of balance and sudden gait disturbance.

When these symptoms occur, it is necessary to call an ambulance immediately!

The most common symptoms of a stroke are divided into two conditional groups:

- General cerebral symptoms. These are symptoms associated with injury to the cerebral hemispheres. These symptoms include dizziness and numbness.
- Heart symptoms. These include sudden paresis, paralysis, as well as visual disturbances, changes in the position of the pupil, slurred speech, incoordination, excitable neck muscles, etc.

It is very important to be able to correctly perceive the symptoms of the disease, because the treatment will have a positive outcome only if it is started 3-6 hours after the vascular injury. The initial symptoms of a hemorrhagic stroke are bleeding in the brain, and those of an ischemic stroke are associated with the appearance of a necrotic area in the brain. These signs can be detected using instrumental diagnostics, in particular CT, MRI and EEG.

IDENTIFY

Stroke is diagnosed on the basis of the most important diagnostic studies, in particular computer tomography (CT) and magnetic resonance imaging (MRT). In most cases, it is possible to distinguish between this pathology and other types of "new" brain hemorrhages with the help of computer tomography.

With the help of MRI, it is possible to determine areas of ischemia, as well as to assess the spread of ischemic brain damage. MRT allows to distinguish hemorrhagic stroke from ischemic type, as well as to determine the exact location of the affected area and its size. In addition, with the help of MRI, other diseases with similar symptoms can be excluded.

In ischemic stroke, a number of additional studies were conducted, including ultrasound examination of the vessels of the neck and brain (UTT), echocardiography, cerebral angiography.

STROKE TREATMENT METHODS

General therapeutic treatment of stroke is aimed at normalizing the cardiovascular system, restoring respiratory function, reducing brain swelling, as well as preventing its recurrence and correcting its complications.

In an ischemic stroke, blood circulation and the damaged area are restored by means of antiaggregant, anticoagulant, neuroprotector (cavinton, etc.) and nootropic (picamilon) drugs. If necessary, surgical treatment is performed. The normal functioning of the brain is supported by antioxidants, vitamins, and drugs to improve tissue metabolism.

In hemorrhagic stroke, angioprotectors, vasoactive drugs were prescribed. The most effective method in the treatment of hemorrhagic stroke is surgical intervention.

CONSEQUENCES

A stroke can lead to long-term coma, paralysis, or paresis of muscles in certain parts of the body. A stroke can cause cognitive and memory loss. A severe stroke can cause the patient's death.

STROKE PREVENTION

Stroke prevention is done by regular blood pressure measurement. People with hypertension should be especially careful and follow all the recommendations of the doctor, such as taking prescribed medications, exercising regularly, and making dietary restrictions. Stopping smoking and controlling blood sugar levels can reduce the risk of developing the disease.

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A stroke does not happen suddenly. You may not think about a stroke at this age, but women aged 35-64 are 3 times more likely to have this disease than men. According to statistics, 60 percent of female stroke patients die.

What actually happens in the body after a stroke? First of all, blood circulation in a certain part of the brain decreases or stops altogether. This is caused by blood clots that block an artery or capillary in the brain, or when a blood vessel ruptures in the brain. In both cases, cells in the affected part of the brain stop receiving oxygen and begin to die. Many people have a question, why women have a high risk of getting sick? One of the main reasons for this is mainly overweight. For overweight people, the risk of any disease increases several times.

### Conclusion

That's why it's so important for everyone to monitor their blood pressure, cholesterol, blood sugar, and heart rate. If a person feels that his weight is more than normal, he should immediately consult a doctor. If the results of the examination confirm the risk of stroke, it is necessary to immediately change the lifestyle and start treatment. In fact, stroke symptoms can develop over several years. During this period, patients must have time to recover health.

It is necessary to eat products useful for the brain

Beets are one of the most effective foods available at any grocery store to help prevent stroke. This vegetable is rich in nitrite, which lowers blood pressure. Some experts believe that beets can improve blood circulation in the brain and stimulate the growth of blood vessels. Therefore, it is recommended to include beets in the diet and follow the rules of healthy eating. It is also necessary to eat more vegetables, fruits, fish, lean meat, and grain products. It is better to reduce the consumption of fast food and sugar as much as possible.

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