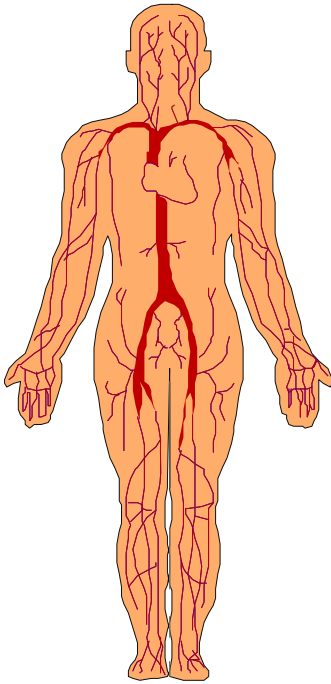


Stroke



A stroke occurs when the blood flow to the brain is decreased or stopped. The blood flow can be blocked from a blood clot, plaque or a leak in a blood vessel.

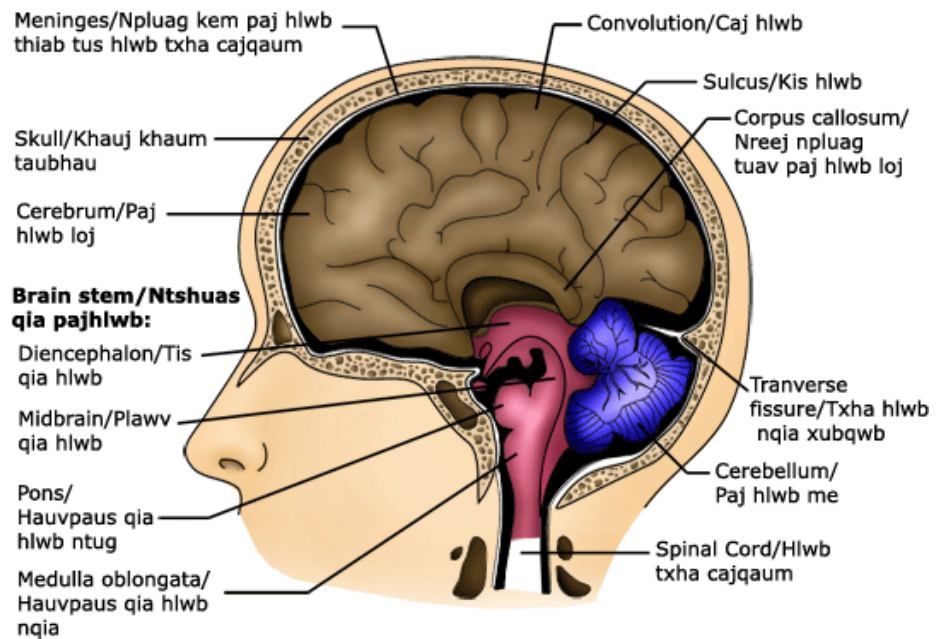
Sometimes the blood flow to the brain is blocked for a brief time. There will be signs of a stroke, but the signs go away in minutes to hours.

This is called a **TIA or transient ischemic attack** or “mini stroke”.

This is a strong warning that there is a problem and a stroke could occur in the future.

When the blood flow to the brain is blocked causing permanent damage, it is called a stroke.

Mob Stroke



Ib tug neeg twg muaj Stroke yog thaum tsis muaj ntshaav txaus dlha moog saum lub hlwb los yog thaum cov ntshaav ntseg. Cov ntshaav tuag los yog cov ntshaav rog yuav thaiv ua kuam cov roj ntshaav dlha tsis tau, los yog thaum ntshaav tuag txej moog tsua cov hlaab ntshaa miv.

Tej zag cov ntshaav dlha moog saum lub hlwb raug thaiv le ib plag. Yuav muaj tej yaam qha tas muaj stroke tabsis tej yaam kws qha nuav yuav pluj moog tom qab le ib nas this moog tsua ntau xuab moos.

Yaam nuav yog hu ua **TIA los yog Transient Ischemic attack log yog “mini stroke”**.

Qhov nuav yog ib yaam qha tas yuav muaj teebmeem hab yuav muaj stroke tsua yaav pem suab.

Thaum cov ntshaav dlha moog saum lub hlwb raug thaiv ua tsua lub hlwb puas tag tag lawm, qhov nuav hu ua stroke.

Mob Stroke

Ib tug neeg twg muaj Stroke yog thaum tsis muaj ntshav txaus dlhia mus saum lub hlwb los yog thaum cov ntshav nres. Cov ntshav tuag los yog cov ntshav rog yuav thaiv ua kom cov roj ntshav dlhia tsis tau, los yog thaum ntshav tuag txej mus rau cov hlab ntsha me.

Tej zaum cov ntshav dlhia mus saum lub hlwb raug thaiv li ib pliag. Yuav muaj tej yam qhia tias muaj stroke tabsis tej yam uas qhia no yuav ploj mus tom qab li ib nas this mus rau ntau xuab moos.

Yam no yog hu ua **TIA los yog Transient Ischemic attack log yog “mini stroke”**.

Qhov no yog ib yam qhia tias yuav muaj teebmeem thiab yuav muaj stroke rau yaav tom ntej .

Thaum cov ntshav dlhia mus saum lub hlwb raug thaiv ua rau lub hlwb puas tiag tiag lawm, qhov no hu ua stroke.

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Tests can be done to find the type, location and cause of the blockage to the blood flow of the brain.

Signs

The effects of a stroke depend on the location and amount of damage to the brain.

Signs are sudden and may include:

- Numbness, tingling or weakness in the face, arm or leg, often only on one side of the body
- Confusion or trouble understanding
- Problems speaking
- Problems seeing out of one or both eyes
- Dizziness or trouble with balance, coordination or walking
- Sudden severe headache with no known cause

Your Care

Call **9-1-1** as soon as you have any signs of a stroke

The goal of care is to stop further damage to the brain. It is key to get to the hospital right away

Kev soj ntsuam yuav qha tau seb yaam mob yog dlaab tsis tag, qhov chaw kws mob nuav nyob qhov twg hab yaam kws thaiv cov ntshaav tsis pub moog tsua saum lub hlwb nuav yog dlaab tsis.

Yaam Qha

Yuav mob le cag los nyob ntawm seb yaam mob ho kawj qhov twg tuaj hab seb mob hov ntau tsua ntawm lub hlwb lawm.

Tej yaam kws yuav qha yug yeej yuav tshwm sim saisai hab yuav muaj le nuav:

- Yus lub cev yuav loog, caus yaum los yog lub phlu tsis ua num zoo, ntau zag ib saab caaj npab los yog ib txhais ceg yuav loog hab caws yaum
- Yuav muaj kev tsis meej pem los yog yuav muaj teebmeem tos taub lwm tug
- Yuav muaj teebmeem has lug
- Yuav muaj teebmeem pum kev ntawm ib saab qhov muag los yog ob lub qhov muag tuab sis yuav tsis pum kev
- Yuav muaj kev kiv taub hau los yog muaj teebmeem moog kev tsis ncaaj hab tsis paub moog kev
- Ca le muaj kev mob tau hau heev tamsim hov es tsis paub xyov yog ua cag ho mob

Kev tu tus kheej

Hu rau **9-1-1** sai le sai tau yog hnov yus lub cev hloov mob lawm

Lub hom phaj kws tu tus kheej yog yuav paab kuam txhob ua mob rua lub hlwb heev ntxiv. Moog pem tsev kho mob tamsim hov yog ib qhov kws tseemceeb yuav pab tau yug sai

Kev soj ntsuam yuav qhia tau seb yam mob yog dab tsis tiag, qhov chaw uas mob nov nyob qhov twg thiab yam uas thaiv cov ntshav tsis pub mus rau saum lub hlwb yog dab tsis.

Yam Qhia

Yuav mob li cas los nyob ntawm seb yam mob nyob rau qhov twg thiab seb mob hov ntau rau ntawm lub hlwb.

Tej yam uas yuav qhia yus yeej yuav tshwm sim saisai thiab yuav muaj li nov:

- Yus lub cev yuav loog, caus yaum los yog lub phlu tsis ua hauj lwm zoo, ntau zaus ib sab caj npab los yog ib txhais ceg yuav loog thiab caws yaum
- Yuav muaj kev tsis meej pem los yog yuav muaj teebmeem tos taub lwm tus
- Yuav muaj teebmeem hais lus
- Yuav muaj teebmeem pom kev ntawm ib sab qhov muag los yog ob lub qhov muag yuav tsis pom kev
- Yuav muaj kev kiv taub hau los yog muaj teebmeem mus kev tsis ncaj thiab tsis paub mus kev
- Cia li muaj kev mob tau hau heev tamsim ntawv es tsis paub xyov yog ua cas ho mob

Kev tu tus kheej

Hu rau **9-1-1** sai li sai tau yog hnov yus lub cev hloov mob lawm

Lub hom phiav uas tu tus kheej yog yuav pab kom txhob ua mob rau lub hlwb heev ntxiv. Mus pem tsev kho mob tamsim ntawv yog ib qhov uas tseemceeb yuav pab tau yus sai

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It often takes a few days to see what type of damage has occurred. It is hard to predict recovery from a stroke.

Care is planned based on your needs. It may include:

- Therapy for rehabilitation
- Exercise to strengthen your muscles
- Adapting your activity to use the strong side of your body
- Learning how to talk and communicate
- Learning ways to eat and drink safely

Risk Factors

You are at risk for a stroke if you:

Have high blood pressure, diabetes, high blood cholesterol, heart disease or a prior stroke

- Are from a family where others have had a stroke
- Are overweight
- Are inactive or do not exercise
- Have a lot of stress
- Eat foods high in cholesterol and fat
- Smoke or use tobacco
- Drink too much alcohol
- Use street drugs

Ntau zag yuav siv ob peb nub mas ha le yuav paub tas yaam dlhaab tsis ua rau yug mob. Yog thau muaj stroke lawv, yeej tsis paub tas thau twg le mam zoo rov lug le

Kev npaaj saib xyuas yug tus kheej nyob ntawv seb yug lub cev zoo le cag xwb. Tej zag yuav muaj le nuav:

- Kev Khu Rehabilitation (Therapy for rehabilitation)
- Siv lub cev uas dlag zug kuam yug cov leeg muaj zug
- Hloov siv sab cev kws tseem muaj zug ua dlej nu
- Xyu kawm has lug hab thaam lug dlua
- Xyu kawm lwm yaam kev xyuam xim tshab kws paab yug kev noj zaub noj mov hab haus dlej

Cov kev kws yuav muaj teebmeem

Koj yuav muaj stroke yog tas koj:

Muaj ntshaav sab, ntshaav qabzib, ntshaav rog, kev mob plawv ua ntej muaj stroke

- Koj puas yog yug lug ntawm ib tsev neeg kws tau muaj stroke lug lawm
- Rog dlhau heev lawm
- Tsis moog ua dlag zug kuam nto fws hab tsis ua dlab tsis le
- Muaj kev ntxhu sab ntau heev
- Noj tej yaam mov kws muaj rog ntau heev
- Haus luam yeeb hab siv yeeb
- Haus dlej cawv ntau dlhau heev lawm
- Siv tshuaj yuav lug ntawm lwg tug tuab neeg kws tsis yog kws kho mob

Ntau zau yuav siv li ob peb hnuv mas thiaj li yuav paub tias yam dab tsis ua rau yus mob. Yog thaum muaj stroke lawm, yeej tsis paub tias thaum twg li mam zoo rov los li

Kev npaj saib xyuas yus tus kheej nyob ntawv seb yus lub cev zoo li cas xwb. Tej zaum yuav muaj li nov:

- Kev Kho Rehabilitation (Therapy for rehabilitation)
- Siv lub cev ua dag zog kom yus cov leeg muaj zog
- Hloov siv sab cev uas tseem muaj zog ua tau hauj lwm
- Xyaum kawm hais lus thiab tham lus dua
- Xyaum kawm lwm yam kev xyuam xim tshiab uas pab yus kev noj zaub noj mov thiab haus dej

Cov kev uas yuav muaj teebmeem

Koj yuav muaj stroke yog tias koj:

Muaj ntshav siab, ntshav qabzib, ntshav rog, kev mob plawv ua ntej muaj stroke

- Koj puas yog yug los ntawm ib tsev neeg uas tau muaj stroke los lawm
- Rog dhau heev lawm
- Tsis mus ua dag ua zog kom nto hws thiab tsis ua dab tsis li
- Muaj kev ntxhov siab ntau heev
- Noj tej yam mov uas muaj rog ntau heev
- Haus luam yeeb thiab siv yeeb
- Haus dej caw ntau dhau heev lawm
- Siv tshuaj yuav los ntawm lwm tus neeg uas tsis yog kws kho mob

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- Have a head injury or a bleeding disorder

If you have any of these risk factors, talk to your doctor or nurse about ways to manage them

To Prevent a Stroke

- Treat high blood pressure, diabetes, high cholesterol and heart disease if present
- Quit smoking
- Exercise
- Eat a healthy diet and lose weight if you are overweight
- Limit alcohol to 1-2 drinks a day
- Avoid falls and injuries

Talk to your doctor or nurse if you have any questions or concerns.

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- Raug mob ntawm taub hau hab muaj kev mob lug ntshaav

Yog has tas koj muaj tej yaam kws tau has lug saum nuav, has tsua koj tug kws kho mob los yog tus nurse kuam puab nrhav kev paab tsua koj

Kev tiv thaiv Stroke

- Yog tas taamsim nuav koj muaj ntshaav sab, ntshaav qabzib, ntshaav rog hab kev mob nplawv yuav tsum khu kuam zoo
- Txav luam yeeb
- Ua dlaag zug kuam nto fws
- Noj yaam zaub mov kws yuav paab tau yus lub cev. Yog tas yus rog dlhau los yuav tsum moog ua dlaag zug kuam yuag
- Yuav tsum paab yug tus kheej txhob haus dlej cawv luaj thuam, haus dlej cawv 1-2 khob ib nub twg xwb
- Tsis pub tus kheej qaug hab raug kev mob

Nrug koj tus kws kho mob thaam yog tas koj muaj lus nug hab nyuaj sab.

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- Raug mob ntawm taub hau thiab muaj kev mob los ntshav

Yog tias koj muaj tej yam uas tau hais los saum no, hais rau koj tus kws kho mob los yog tus nurse kom lawm nrhiav kev pab rau koj

Kev tiv thiav stroke

- Yog tias tam sim no koj muaj ntshav siab, ntshav qabzib, ntshav rog thiab kev mob nplawv yuav tsum kho kom zoo
- Txiaiv luam yeeb
- Ua dag zog kom nto hws
- Noj yam zaub mov uas yuav pab tau yus lub cev. yog tias yus rog dhau los yuav tsum mus uas dag zog kom yuag
- Yuav tsum pab yus tus kheej txhob haus dej cawv luaj thuam, haus dej cawv 1-2 kho ib hnuv twb xwb
- Tsis pub tus kheej ntog thiab raug kev mob

Nrog koj tus kws kho mob tham yog tias koj muaj lus noog thiab kev nyuaj siab

Cov txiaj ntsim: 2008 tsim los ntawm kev sib koom ua ke ntawm The Ohio State University Medical Center, Mount Carmel Health thiab Ohio Health, Columbus, Ohio. Askiv thiab lwm hom lus muaj rau txhua tus siv tau yam tsis muaj txwv dab tsi los ntawm www.healthinfotranslations.com. Txhais ua lus Hmoob Dawb los ntawm Kooshaum Hmoob Wausau, noog ua lus Hmoob Ntsuab. Tsim rau web los ntawm Healthy Roads Media ©2008. Muaj rau sawv daws siv nyob hauv www.hmonghealth.org thiab www.healthyroadsmedia.org. Pub luam coj mus siv qhia dawb rau lwm tus tau.

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