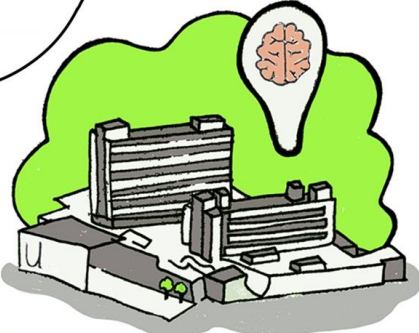
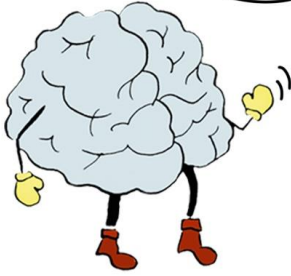
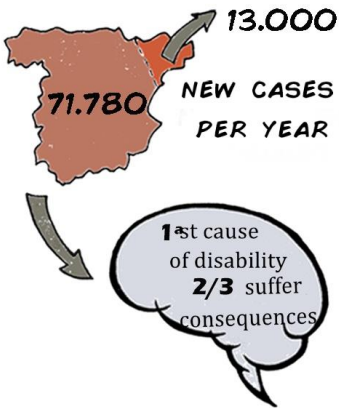


WELCOME! IF YOU ARE READING THIS, IT IS BECAUSE YOU ARE JOINING US AT THE CELEBRATION OF THE "1ST LOCAL STROKE-DAY MEETING FOR PATIENTS AND CAREGIVERS".

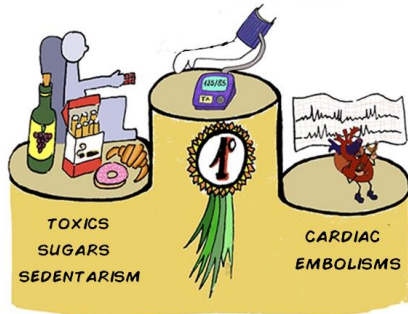


GERMANS TRIAS I PUJOL HOSPITAL
(BADALONA, BARCELONA, SPAIN)

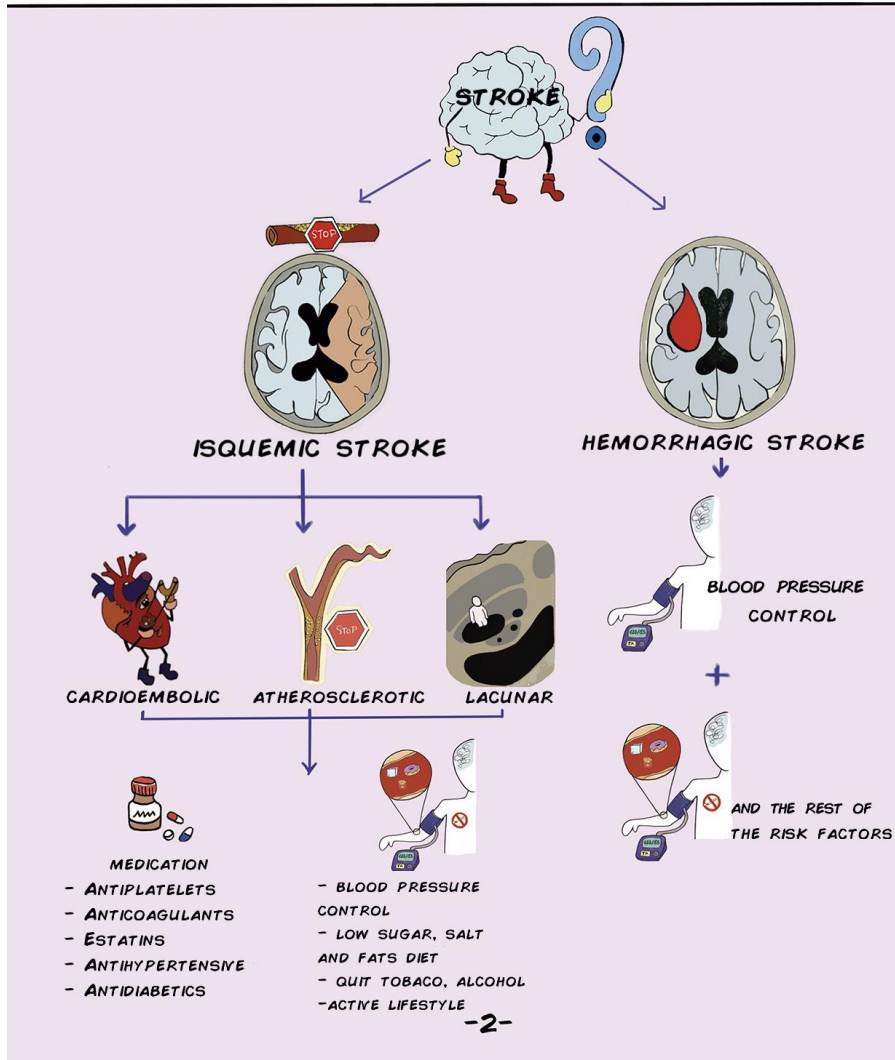
AS YOU KNOW, YOU ARE NOT ALONE. STROKE IS A VERY COMMON ACQUIRED NEUROLOGICAL DISEASE THAT CAN BE PREVENTED...



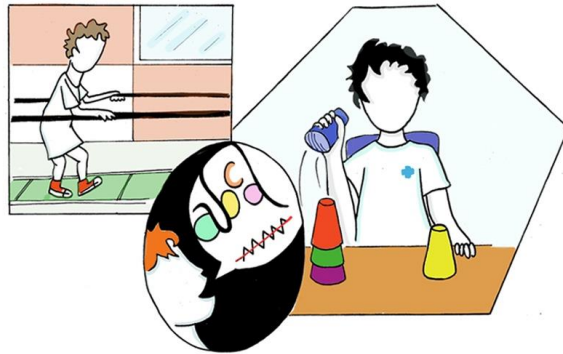
80% OF ALL STROKES ARE PREVENTABLE



DEPENDING ON THE SUBTYPE OF STROKE, THE SECONDARY PREVENTION TREATMENT DIFFERS. THE COMMON POINT IS THE CONTROL OF CARDIOVASCULAR RISK FACTORS.



REHABILITATION IS ESSENTIAL TO IMPROVE QUALITY OF LIFE AFTER STROKE. ITS MAIN GOALS ARE TO RESTORE FUNCTIONS TO THE MAXIMUM RECOVERY, TO ADAPT TO THE DISABILITY AND TO IMPROVE COMMUNICATION AND SWALLOWING.



THE KEYPOINTS THAT MUST BE TRAINED IN REHAB AT DISCHARGE:

HOW LONG SHOULD I UNDERGO REHABILITATION?

MOBILITY



SWALLOWING



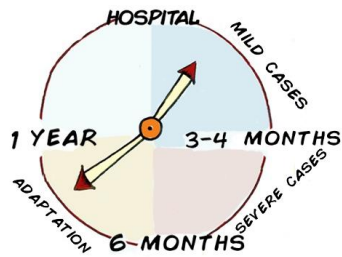
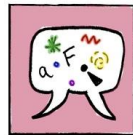
SENSIBILITY



ACTIVITIES OF DAILY LIVING (ADLs)



SPEECH



IT STARTS DURING HOSPITALIZATION AND CONTINUES AT DISCHARGE

DEPENDING ON THE TYPE OF STROKE, THERE IS A NOTABLE IMPROVEMENT IN THE FIRST 3-4 MONTHS (MILD CASES) OR 6 MONTHS (SEVERE CASES).

THERE IS AN ADAPTATION FROM THEN ON.

FOLLOWING A MEDITERRANEAN DIET IS KEY TO PREVENTING CARDIOVASCULAR RISK FACTORS.

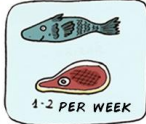
5 PIECES OF FRUIT



2-3 TIMES A WEEK



3 TIMES A WEEK



1-2 PER WEEK



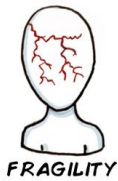
AFTER A STROKE, DIFFICULTY SWALLOWING MAY APPEAR, (DYSPHAGIA) WHICH PREVENTS PROPER NUTRITION.

- YOU WILL FOLLOW SPEECH THERAPY.
- YOU WILL ADAPT TEXTURES.
- POSTURAL CARE.



DUE TO THE ILLNESS AND THE LOSS OF INDEPENDENCE, EMOTIONAL DISORDERS MAY APPEAR, WHICH GENERATE FEAR AND INSECURITY IN PATIENTS AND FAMILY MEMBERS.

POST-STROKE COGNITIVE IMPAIRMENT MAY AFFECT MEMORY, LEARNING ABILITY, LANGUAGE AND INITIATIVE.



FRAGILITY



IRRITABILITY



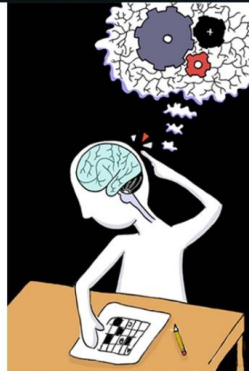
REJECTION



ANXIETY



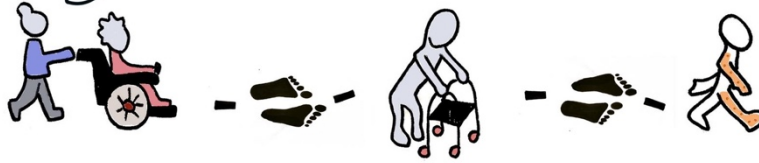
FATIGUE -4-



* WHAT WOULD YOU ADVISE TO A PERSON WHO HAS HAD A STROKE AND THEIR FAMILY?

PATIENCE

"IT IS A SLOW PROCESS. EVERY DAY THINGS HAPPEN.
IT HAS A LOT OF INTERNAL WORK DAY TO DAY.
YOU HAVE TO HAVE CONFIDENCE THAT YOU CAN IMPROVE".



"ASK FOR PSYCHOLOGICAL HELP AND FROM HEALTH PROFESSIONALS
WHEN YOU NEED IT, LOOK FOR ACTIVITIES THAT MOTIVATE YOU".

ACCOMPANIMENT



* HOW DID IT CHANGE YOUR LIFE?

SELFCARE

"I HAVE LEARNED TO TAKE CARE OF MYSELF MORE.
NOW I NEED HELP FOR SOME ACTIVITIES BUT I HAVE LEARNED
TO ACCEPT HELP FROM OTHERS".



-5-



-6-

FAST!



F
FACE



A
ARM



S
SPEECH

T TIME!



CALL 112 AS SOON AS POSSIBLE
IF SYMPTOMS SUGGESTIVE OF
STROKE APPEAR
(ALSO SUDDEN LOSS OF VISION)