

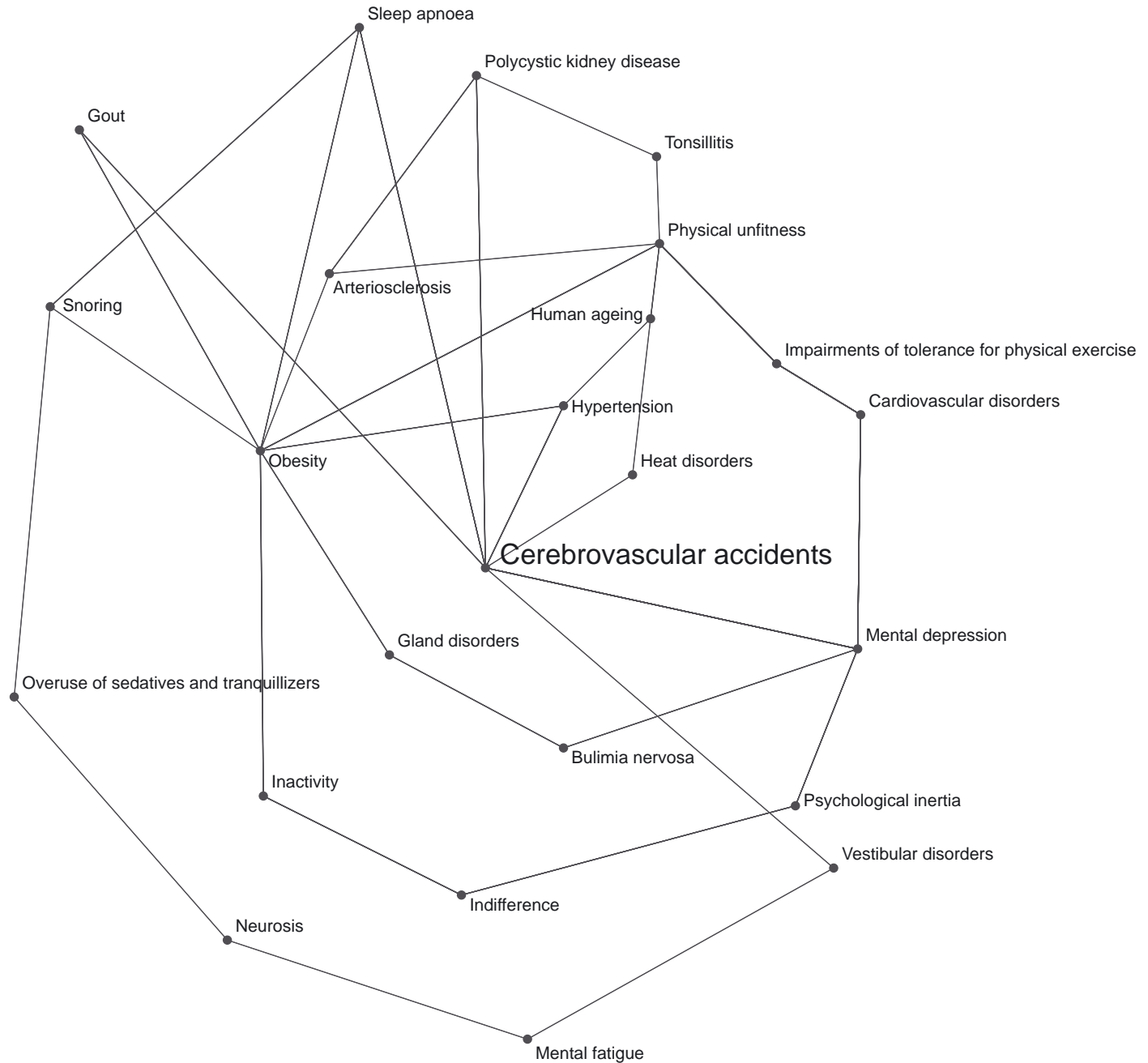
Figure 10.2.2. Stroke

Database: World Problems and Issues

Link type: aggravated by problems (loops only)

Network nodes: 25

UIA database: <http://db.uia.org/scripts/sweb.dll/uiaf?DD=PR&CL=2&DR=E1684>



A stroke (also known as a cerebro-vascular accident, cerebral haemorrhage, cerebral infarction or apoplexy) is the sudden insensibility or bodily disablement caused by a blockage or a leak in a blood vessel in the brain, causing the death of brain cells. The main cause of cerebro-vascular accidents is arterial hypertension. Cerebro-vascular accidents are more frequent in alcoholics than in non-drinkers. Short people are more likely to have strokes than taller people: there is an average 16 percent decrease in the risk of stroke for men with every 10 cm increase in height. Emotional states affected the risk of stroke. A study of more than 2,400 people over the age of 65 found that those who reported "less depression" had a 26 percent reduced risk of stroke. Another study of 2,500 adults aged 65 and older, found that those who agreed with statements such as "I enjoyed life" and "I was happy" had as much as a 41% reduction in their risk of developing a stroke. Poor sleep, particularly that associated with snoring and sleep apnoea, may precipitate stroke. This is because the shock of periodic oxygen starvation of the brain elevates blood pressure, a known risk factor for stroke. Nearly 40 percent of strokes happen while patients are sleeping or within an hour of waking.