

CARECONNECT

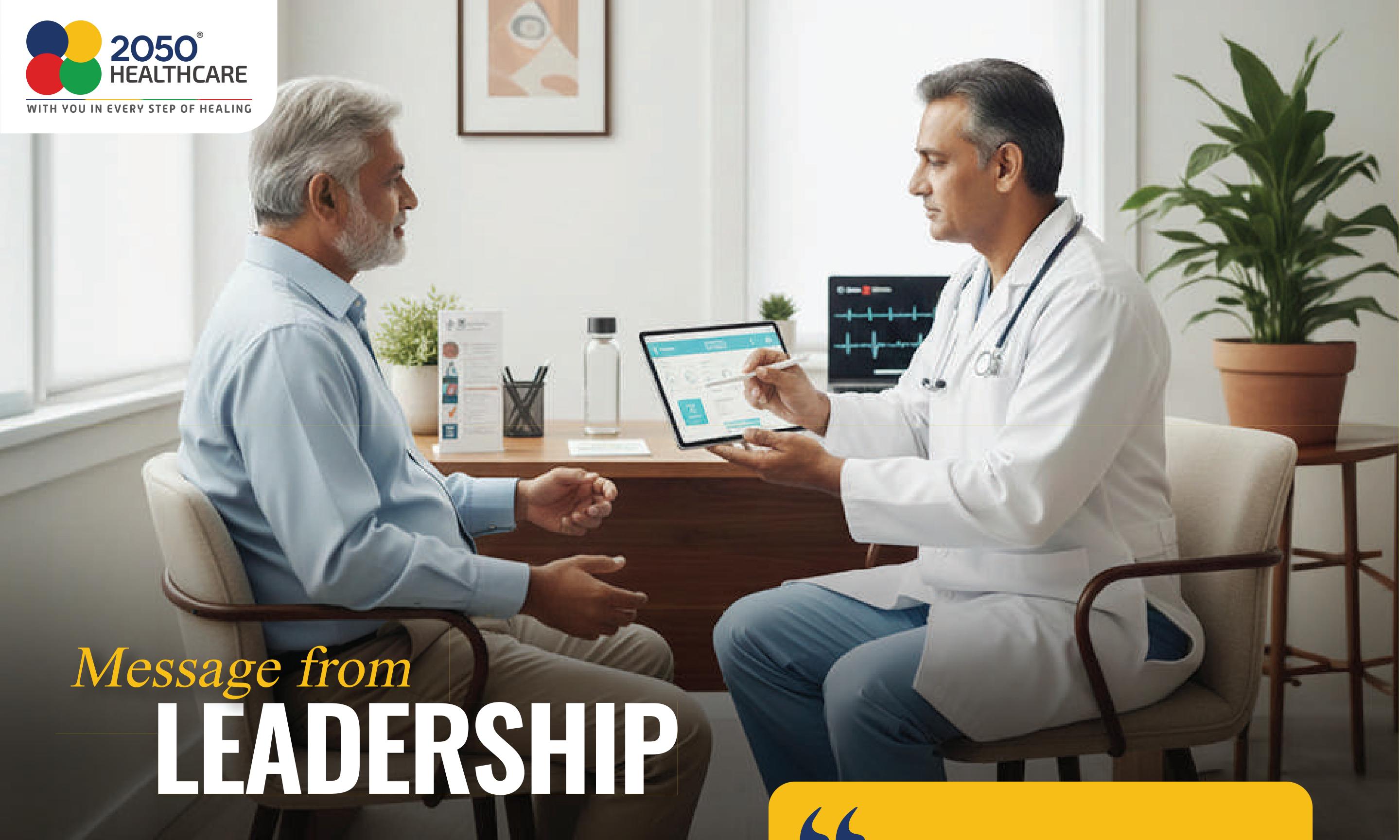
Volume 2 Issue **IX**

September 2025



Stroke Prevention & Post-Stroke **Rehabilitation**

FAST SIGNS, RISK FACTORS, REHAB TIMELINES & CAREGIVER GUIDE



Message from **LEADERSHIP**

While stroke remains one of the leading causes of disability, the encouraging truth is that a large percentage of strokes are preventable — and recovery can be significantly improved with structured, early rehabilitation.

Every day, our care teams support individuals and families navigating the vulnerable period after a stroke. From managing mobility challenges to speech difficulties, cognitive decline, or emotional instability, the journey can feel overwhelming. That is exactly where the right guidance, hands-on support, and consistent therapy redefine what recovery looks like.

In this month's edition of Care Connect, we focus on "Stroke Prevention & Post-Stroke Rehabilitation" — empowering you with the knowledge to identify early warning signs, understand risks, recognize the importance of FAST action, and appreciate the life-changing role of rehabilitation.

Together, we remain committed to strengthening every patient's recovery experience and ensuring they regain independence, dignity, and hope — one step at a time.

At 2050 Healthcare, we believe that timely action and the right rehabilitation can completely change the outcome for someone who has suffered a stroke.

What is a Stroke?

A stroke occurs when blood flow to a part of the brain is blocked (ischemic stroke) or when a blood vessel bursts (hemorrhagic stroke). Without oxygen, brain cells begin to die within minutes — making stroke a medical emergency requiring immediate attention.

FAST Signs – The Life-Saving Test



F

Face drooping

One side of the face looks uneven or droops



A

Arm weakness

Sudden weakness or numbness in one arm



S

Speech difficulty

Slurred speech or trouble finding words



T

Time to act fast

Rush to the nearest hospital immediately

→ *Acting within the first “Golden Hour” can save a life and significantly reduce disability.*

Major Risk Factors of Stroke

Medical Risks

- High blood pressure
- Diabetes
- Heart disease
- High cholesterol
- Previous mini-stroke (TIA)

Lifestyle Risks

- Smoking
- Lack of physical activity
- Obesity
- High-salt or high-fat diet
- Excessive alcohol consumption

Other Risks

- Age above 55
- Family history of stroke

Importance of **Early Rehabilitation**

Early rehab — starting within 24–48 hours for many patients — can dramatically improve recovery outcomes.

Rehab Helps With:

- Improving balance & movement
- Regaining speech & communication
- Relearning daily activities
- Reducing spasticity and stiffness
- Managing emotional changes
- Preventing long-term disability

Typical Rehabilitation Timeline

First Week

- Early mobilization
- Breathing & swallowing exercises
- Basic movement training

First 1-3 Months

- Intensive physiotherapy
- Speech therapy
- Occupational therapy
- Cognitive training

3-12 Months

- Advanced gait & balance training
- Fine motor skill development
- Community reintegration

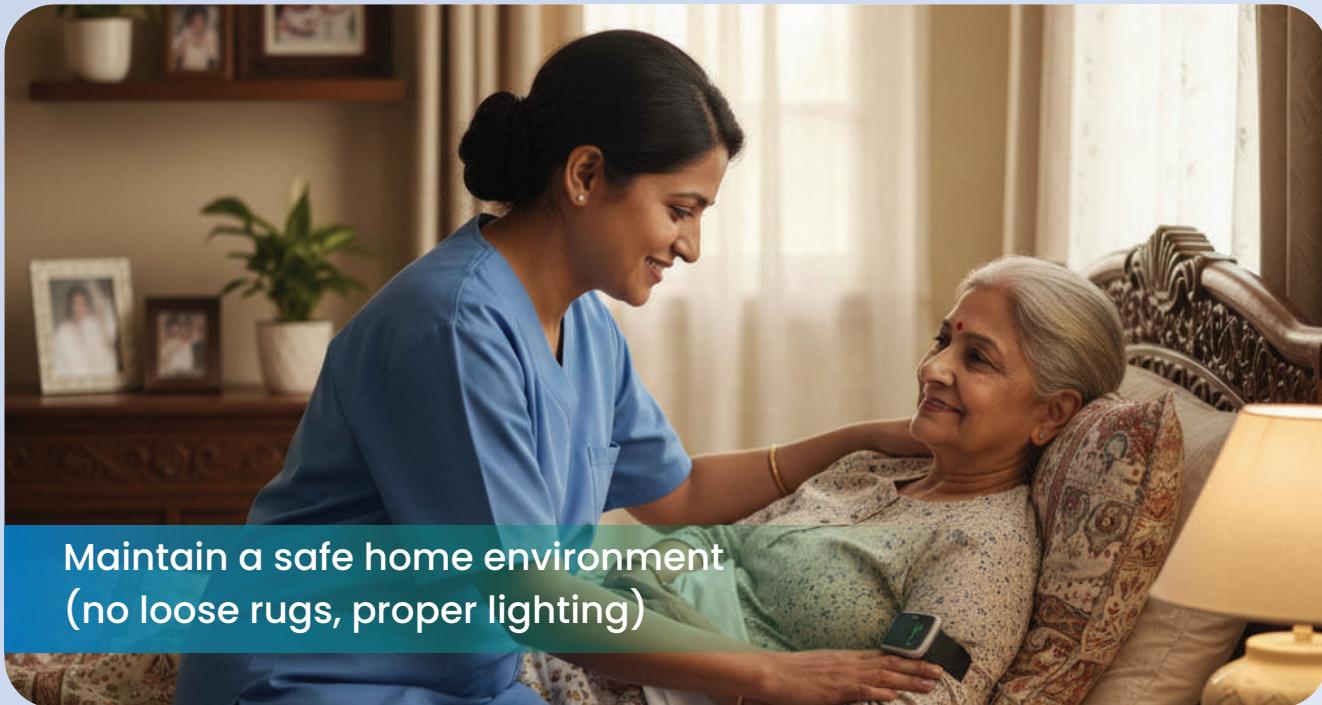
Beyond 1 Year

- Continual therapy to maintain strength
- Support for long-term independence



Caregiver Guide

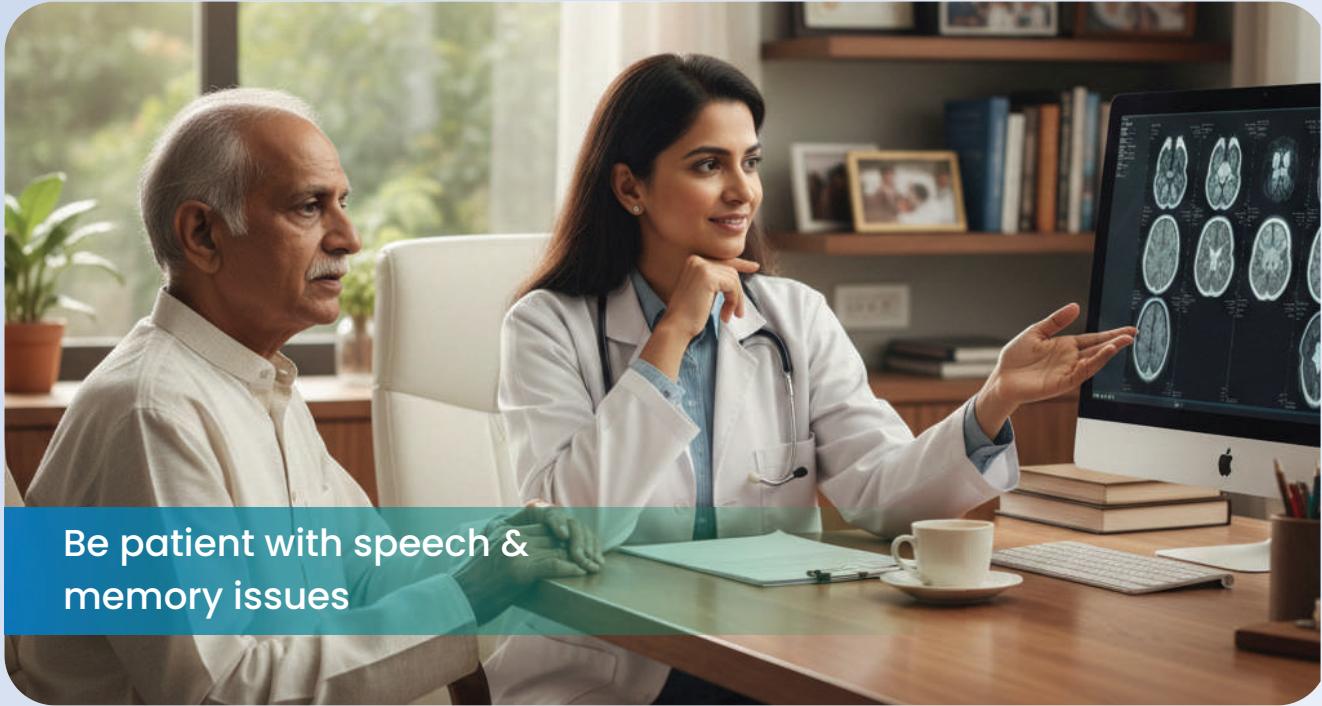
Supporting a Stroke Survivor



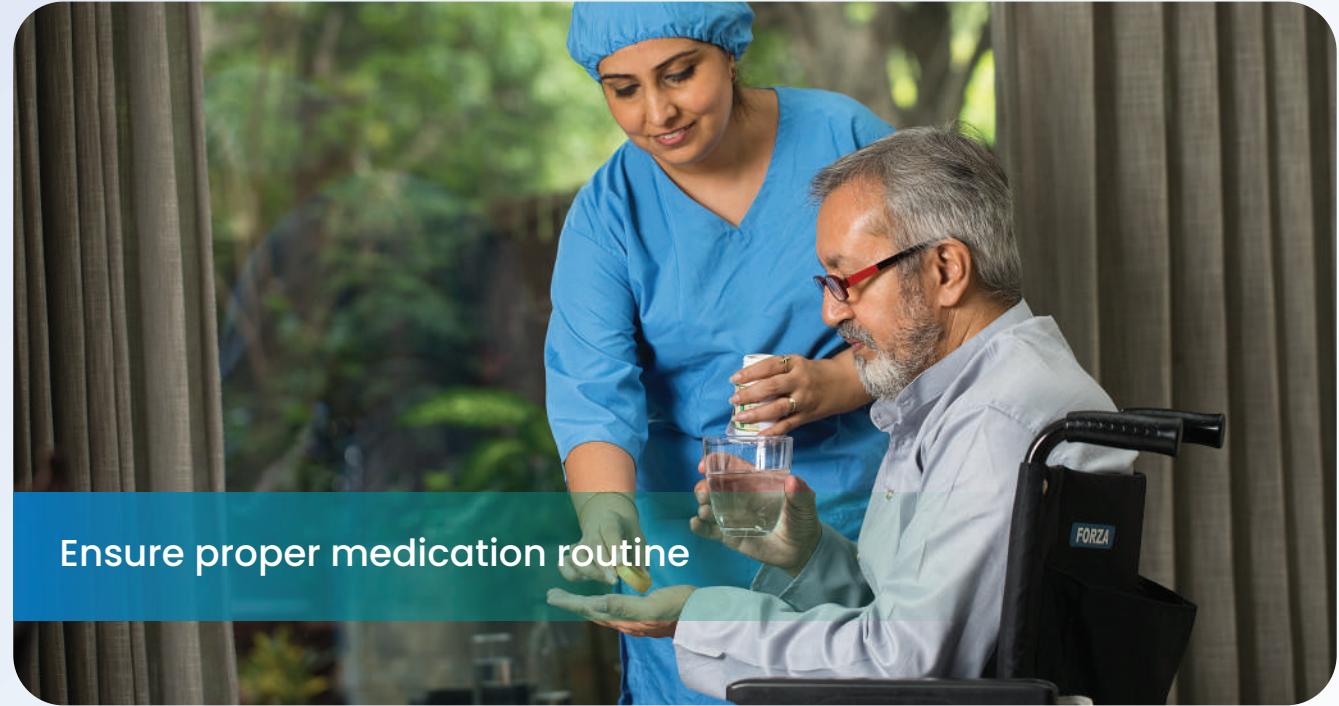
Maintain a safe home environment
(no loose rugs, proper lighting)



Encourage daily exercises prescribed
by therapists



Be patient with speech &
memory issues



Ensure proper medication routine



Provide emotional reassurance



Celebrate small progress milestones

Doctor's Corner

Q How can I reduce my risk of stroke?

A Maintain normal blood pressure, exercise regularly, quit smoking, control diabetes, and follow a low-salt, heart-healthy diet.

Q If symptoms disappear quickly, is it still serious?

A Yes. It may be a Transient Ischemic Attack (TIA) – a strong warning sign of a major stroke. Seek medical care immediately.

Q How soon should rehabilitation begin?

A For most patients, rehab should begin within 24–48 hours after stabilization in the hospital.

Q Can stroke survivors return to normal life?

A Yes. Many patients regain independence with continuous, structured rehab and proper support.

Q Is memory loss after stroke normal?

A Yes. Cognitive rehabilitation and speech therapy can improve memory, attention, and problem-solving skills.

Continued Focus

Stroke Prevention & Post-Stroke Recovery

Lifestyle Changes That Reduce Stroke Risk by Up to 80%

Even though stroke is one of the leading causes of disability, research shows that most strokes can be prevented by adopting a few essential lifestyle habits. This month, as part of our continued focus on stroke awareness, we highlight practical steps that significantly lower risk:

Manage Blood Pressure— The #1 Prevention Step

Keeping BP below 120/80 dramatically reduces stroke risk. Regular monitoring, reducing salt intake, daily walks, and timely medication play a major role.



Keep Blood Sugar & Cholesterol Under Control

Uncontrolled diabetes or high LDL cholesterol can silently damage blood vessels, increasing the chance of stroke. Routine tests and balanced diets are key.



Quit Smoking & Reduce Alcohol Consumption

Smoking doubles stroke risk. Alcohol should be limited to safe levels, as heavy consumption increases both ischemic and hemorrhagic strokes.



Stay Active Every Day

Even 30 minutes of moderate activity—walking, cycling, or yoga—improves circulation, brain health, and heart function.



Eat a Brain-Healthy Diet

A diet rich in fruits, vegetables, whole grains, nuts, lean proteins, and omega-3 fatty acids helps protect blood vessels and reduce inflammation.





Corporate Office

#460, 12th Cross, MCHCES Layout, Thanisandra Main Road
(Near Manayata Tech Park), Bengaluru-560077

Registered Office

Idco Info Park, Office No- 525, DLF Cyber City,
Patia, Bhubaneswar, Odisha 751024

OUR PRESENCE

EAST ZONE

Bhubaneswar
Kolkata
Ranchi
Guwahati
Patna

WEST ZONE

Ahmedabad
Mumbai
Raipur
Bhopal
Pune
Nagpur

NORTH ZONE

Delhi
Chandigarh
Lucknow
Jaipur
Gurgaon
Dehradun

SOUTH ZONE

Bangalore
Chennai
Hyderabad
Kochi
Visakhapatnam
Vellore