

THE NEWSLETTER BY 2050 HEALTHCARE



**CARECONNECT**

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# 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

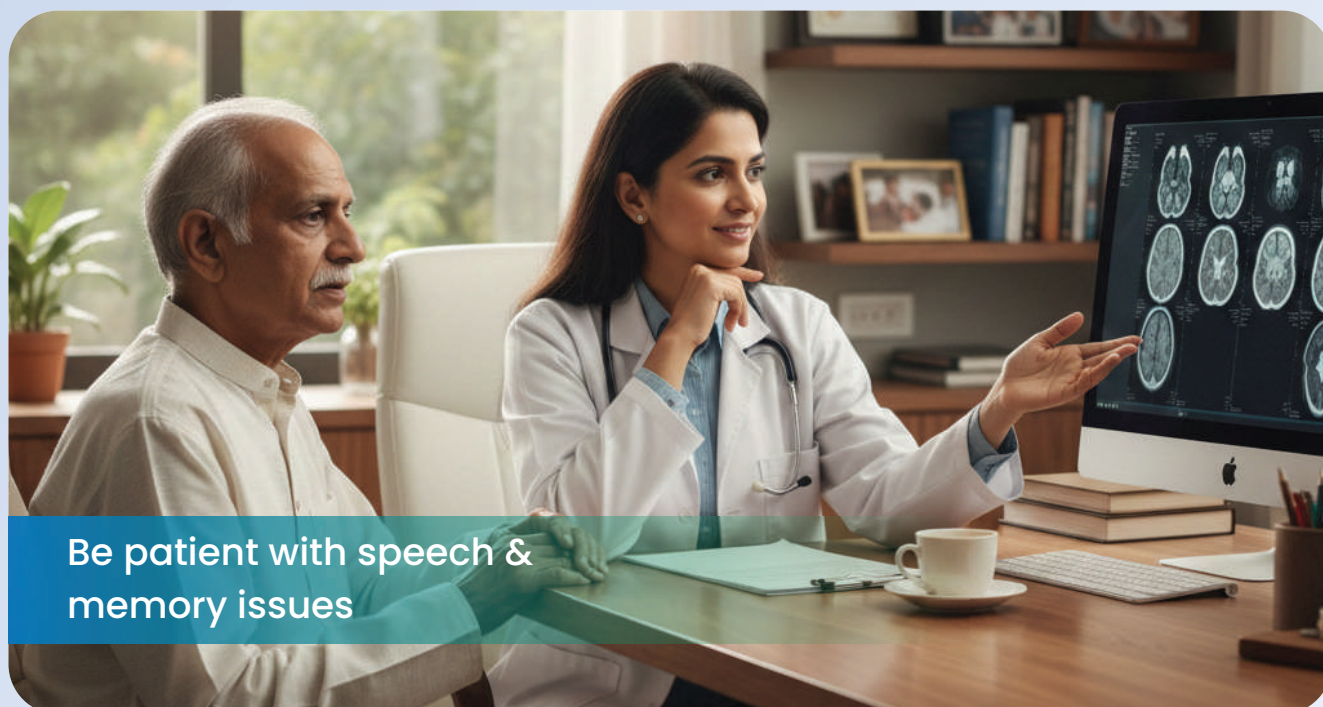
## Supporting a Stroke Survivor



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.



This month's continued focus reinforces one message: *Stroke recovery doesn't end at the hospital. It begins there.*



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