

A warning sign that needs to be taken seriously

TIA

What is TIA?

TIA – transient ischemic attack – is a brief and temporary lack of oxygen in one of the brain's blood vessels. The number of people in Sweden experiencing TIA is currently estimated at around 10,000 each year. However, there may be more cases, as it is unlikely that everyone seeks care for TIA. TIA is caused by a small clot that dissolves. The symptoms usually pass quickly, within a few minutes or hours. The upper time limit for TIA is 24 hours. If symptoms last longer, this is a case of stroke.

Those who experience TIA may have stroke symptoms, the most common being:

- Paralysis, weakness, fumbling or reduced sensitivity in an arm or leg, or in both
- Drooping of one side of the mouth
- Difficulties speaking
- Loss of vision in one eye or half of the field of vision

Go to an emergency hospital immediately if you experience any of these symptoms!

Do not wait. Do not go to a health centre – TIA investigation requires equipment which is only available at a hospital.



TIA has top priority

The National Board of Health and Welfare's national guidelines for stroke care give both stroke and TIA top priority: priority 1! This means urgent investigation and treatment at a hospital.

One in ten people who have had a TIA have a stroke within two days. Around a quarter of those who have a stroke have already had one or more TIAs. It is therefore important to go to the nearest emergency hospital even if the symptoms have passed.

Investigation and treatment can significantly reduce the risk of stroke. Effective treatment of TIA can prevent at least a thousand cases of stroke each year – in Sweden alone!

Help us in the fight against stroke

Make a donation to
the Stroke Fund

swish: 123 90 05 307
tel: 0200 - 88 31 31
www.strokefonden.se



Get to a hospital quickly

In the event of TIA, the following hospital examinations may be carried out:

- Neurological examination
- Taking blood samples
- Blood pressure check
- ECG
- Computed tomography (layered X-ray of the brain)
- Ultrasound of the carotid artery (for most patients) or the heart (in certain cases)

Preventive treatment can include:

- Medication to prevent blood clots
- Medication to lower blood pressure
- Medication against high blood lipids
- Operation on the carotid artery if necessary (in the case of serious atherosclerosis/obstruction)
- Lifestyle changes – such as exercising, eating healthily, only drinking alcohol in moderation and (of course) stopping smoking for those who smoke

What is stroke?

- Stroke is a collective term for ischemic stroke (blood clot) and bleeding in the brain. Ischemic stroke is about six times more common than bleeding in the brain.
- Around 25,000 people have strokes in Sweden each year, around 20% of whom are of working age.
- Stroke is the most common cause of neurological disability and the third most common cause of death in Sweden.
- Stroke can often be prevented!
- Even minor stroke can result in difficulties with fine motor skills, pain, mental fatigue, memory problems and balance problems.

Do you want to find out more?

The Swedish Stroke Association is a non-profit organisation that raises awareness of stroke, its causes and consequences, and how to reduce the risk of stroke.

We also carry out opinion-forming work, and strive to achieve our vision of “A dignified life after stroke”.

We have local stroke associations across the country, providing support, a sense of community and information for people affected by stroke and their families.

TIA and stroke

– seek emergency treatment!

The aim of this leaflet is to focus on taking TIA extremely seriously. You should always go straight to an emergency hospital if symptoms of TIA appear, even if these symptoms have passed. Doing so will improve the chances of preventing stroke.

Common symptoms of TIA:

- Paralysis, weakness, fumbling or reduced sensitivity in one half of the body
- Drooping of one side of the mouth
- Difficulties speaking
- Loss of vision in one eye or half of the field of vision

The Swedish Stroke Association is a non-profit organisation for people affected by stroke, their families and others. We work together with more than 80 local associations to support members, provide information and influence society. Our local associations provide knowledge, support and a sense of community for people affected by stroke and their families. Join us – we need you!

You are not alone – together, we are stronger!



www.strokeforbundet.se
info@strokeforbundet.se
tel: 08 - 721 88 20