

## PRESS RELEASE

Stroke is quite a common neurological disorder. It is one of the foremost causes of morbidity and second leading cause of mortality. Almost every 40 seconds, somebody develops stroke and a person dies of stroke every 4 minutes. In India, stroke is one of the most important causes of death.

The important risk factors for stroke are high blood pressure, diabetes, heart disorders, smoking, excessive consumption of alcohol, lipid accumulation in blood vessels, lack of exercise and reduced intake of green vegetables and fruits in the diet.

In India, Stroke (Paralysis) is on the rise and becoming epidemic. This can be attributed to rising numbers of diabetes and uncontrolled high blood pressure. In 2025, India will be the leading nation in terms of prevalence of diabetes worldwide. Our country is facing wrath of both communicable and non-communicable disorders.

**Honorable Vice Chancellor (Prof M L B Bhatt)** chaired the session and pointed importance of timely recognizing and treating stroke. All facilities are available for management of stroke and thrombolysis. He also launched a stroke helpline number (**08887147300**). He also helped in developing a stroke corridor for minimizing door to needle time for patients eligible for stroke thrombolysis.

**Dr R K Garg (Head of department, Neurology)** took initiative to strengthen this thrombolysis facility available at trauma center. Round the clock neurologist is available for managing such a patient. Central government has included stroke in its National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS). This programme itself tells the importance of spreading awareness, taking preventive steps and treating stroke in time.

**Dr Rajesh Verma (Professor, Neurology)** informed that World Stroke Organization is very much concerned about increased incidence of stroke particularly in developing nations. World Stroke Organization has issued a document on occasion of World stroke day(29<sup>th</sup> October,2016) which impressed the world population to be more aware about risk factors and warning signs of stroke. WSO emphasized that stroke is a treatable disorder and public awareness, access to treatment and fast track treatment will reduce disability and death.

Every person needs to know about basic symptoms of stroke. The sudden weakness or numbness on one side of the body, trouble in speaking and understanding conversation, sudden unconsciousness, acute diminution in vision and dizziness/imbalance are important symptoms.

**Dr Neeraj Kumar (Assistant Professor, Neurology)** emphasized the need of early identification of stroke symptoms, prompt referral to hospital with facility for thrombolysis. The rTPA (recombinant tissue plasminogen activator) is a clot buster injection to be administered in < 4.5 hours of ischemic stroke onset. This injection dissolves the clot and restores blood supply to the brain. The minimum investigation required is a plain CT head. Our emphasis is to reduce the time delay between arrival to administration of injection for maximum benefit. This will reduce stroke mortality and associated morbidity.

**Dr Haider Abbas (Head of department Emergency Medicine)** will be available for all ICU help and smoothening the functioning of this thrombolysis programme.

Thank you all.

Looking forward for your cooperation in spreading awareness about this rising epidemics of stroke.

