

Life After a Stroke

Intro

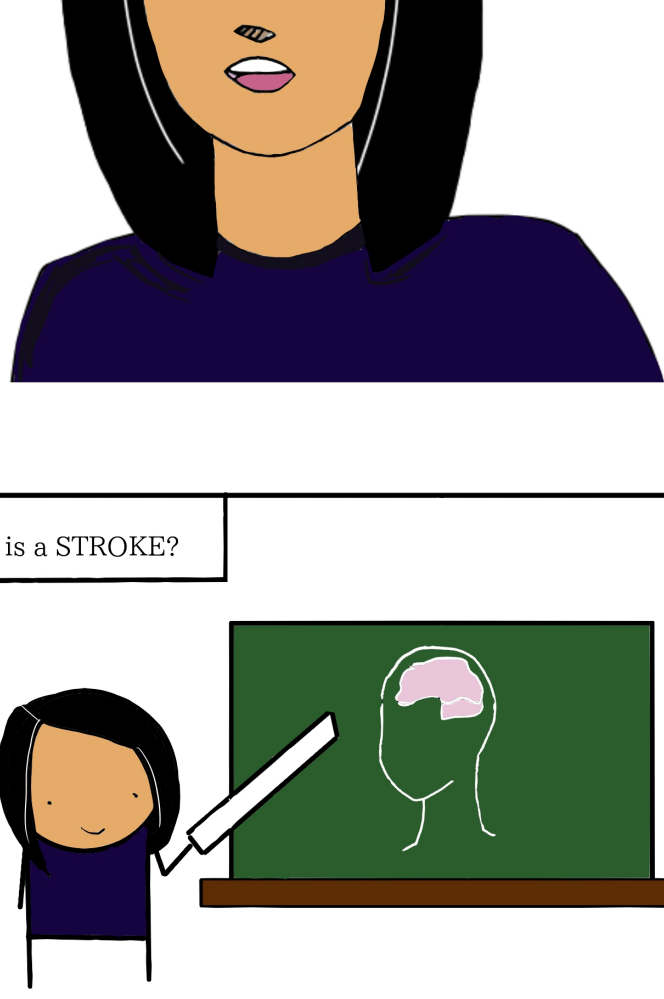
This is my grandma



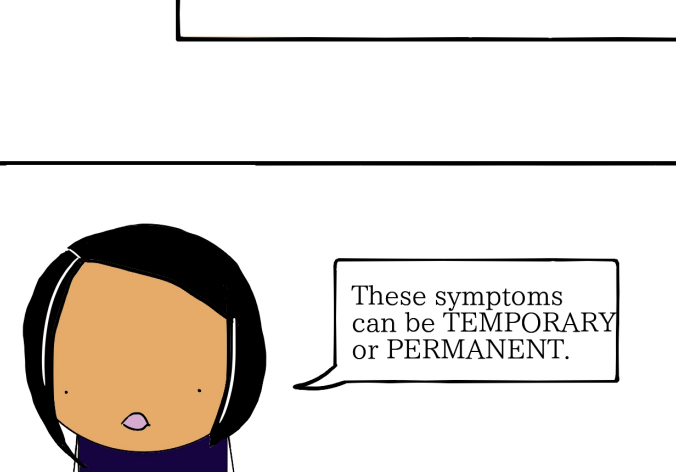
Hi!



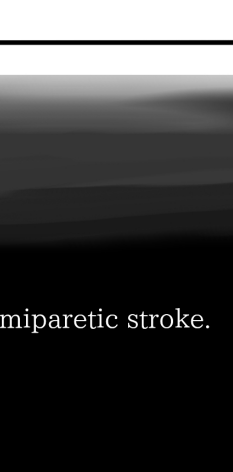
She lived in the Philippines and suffered from a stroke a couple of years ago and came here to America to get better.



What is a STROKE?



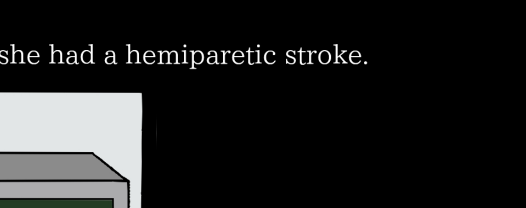
During a stroke, the flow of blood to the brain stops; caused by either a blood clot or plaque block, or popped blood vessel (in the brain).



Various symptoms of stroke may include impairment in:



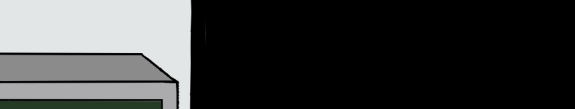
Speaking or understanding speech,



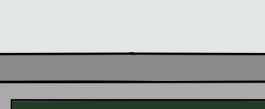
moving arms and legs,



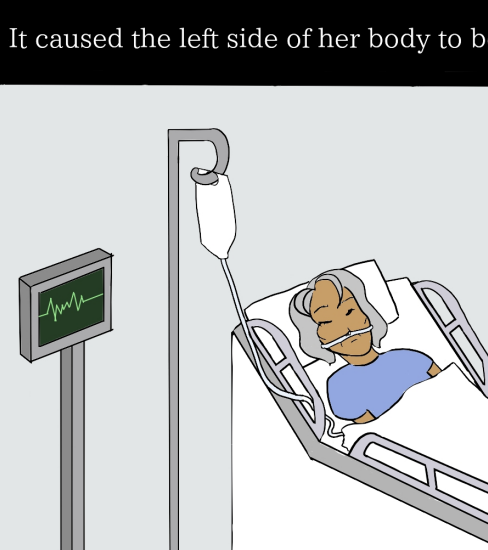
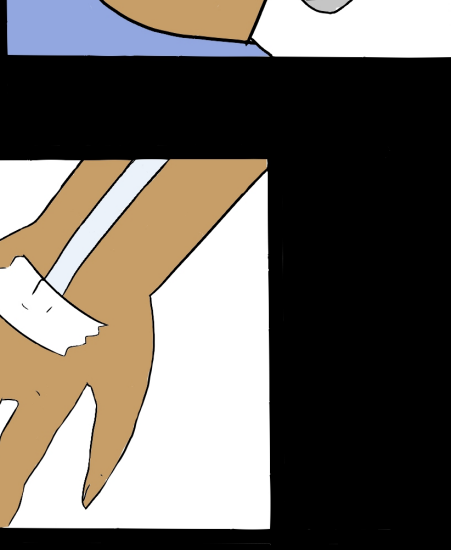
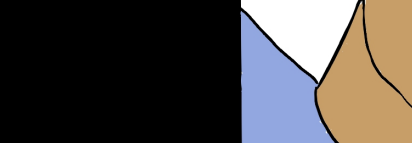
eating and more



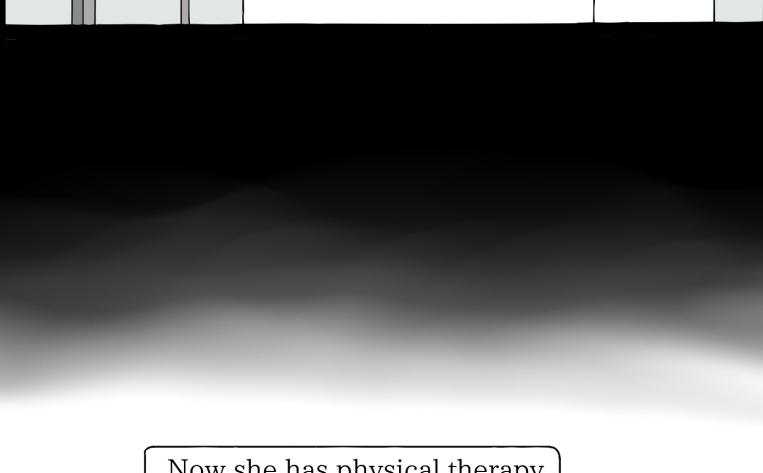
These symptoms can be TEMPORARY or PERMANENT.



As for my grandma, she had a hemiparetic stroke.



It caused the left side of her body to be paralyzed.

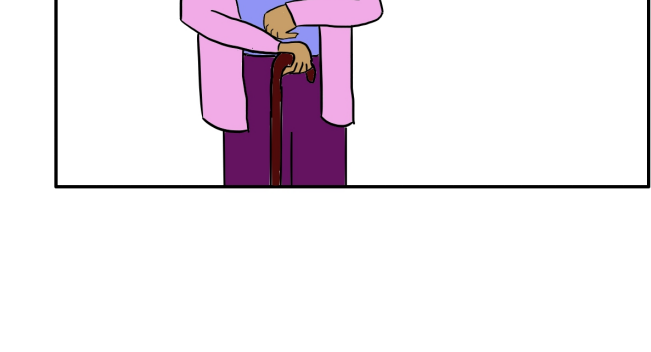
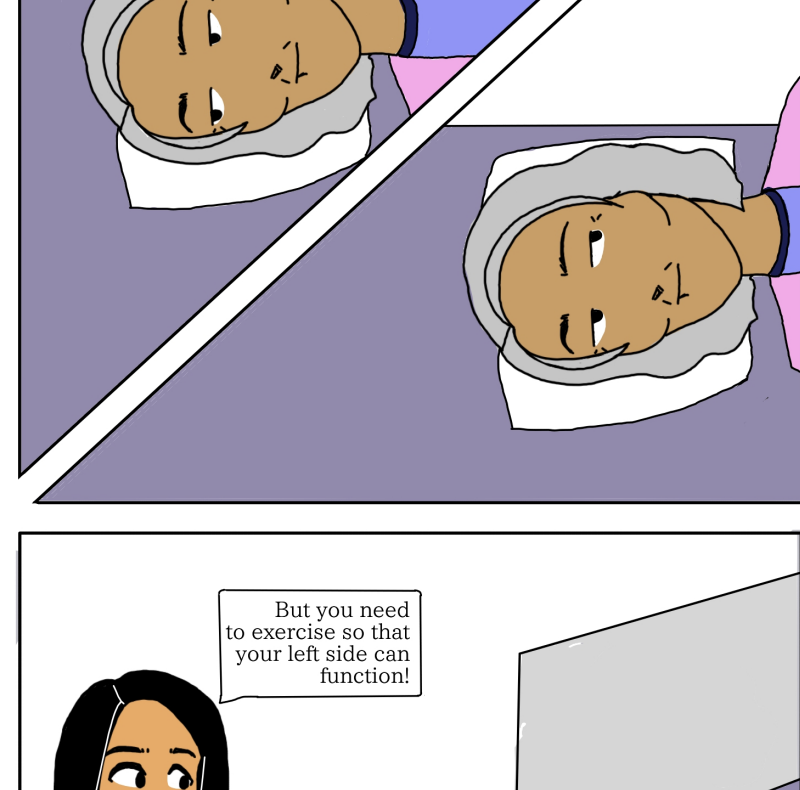
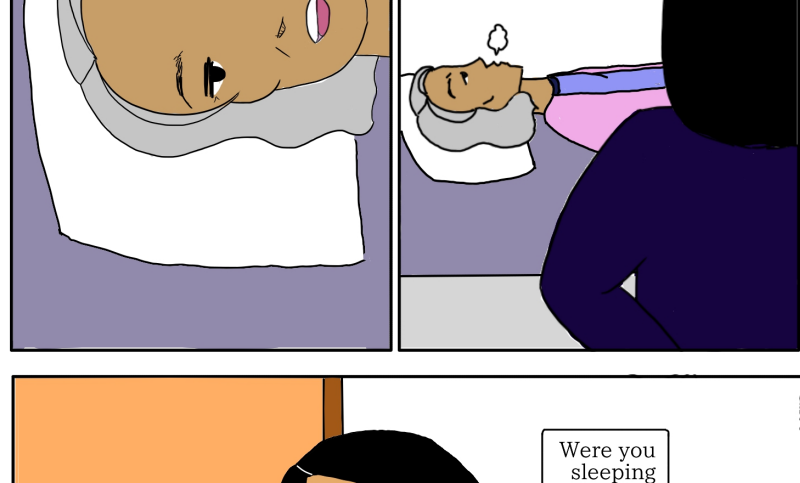


Now she has physical therapy everyday to get her left side moving again.



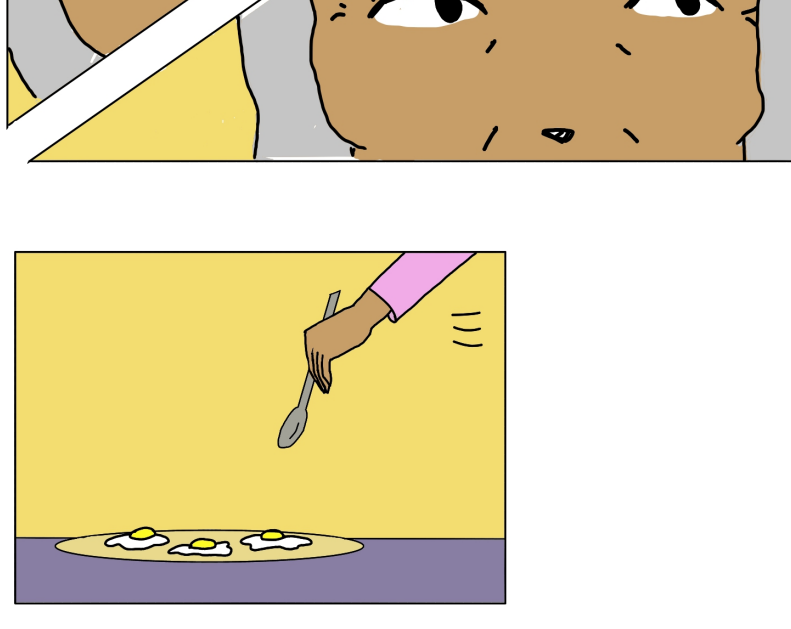
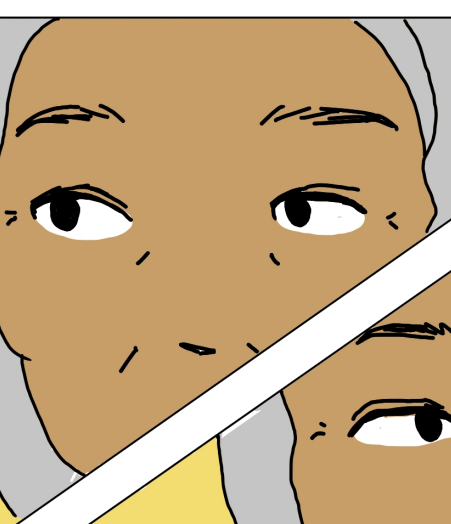
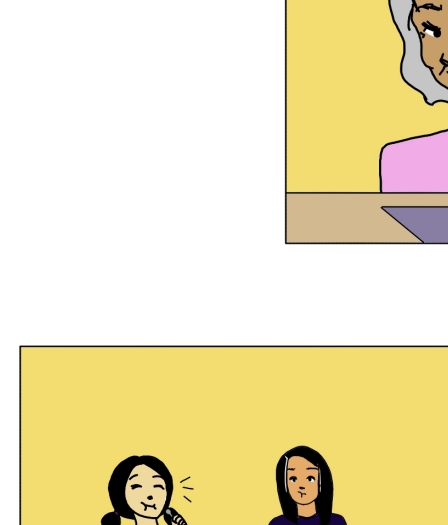
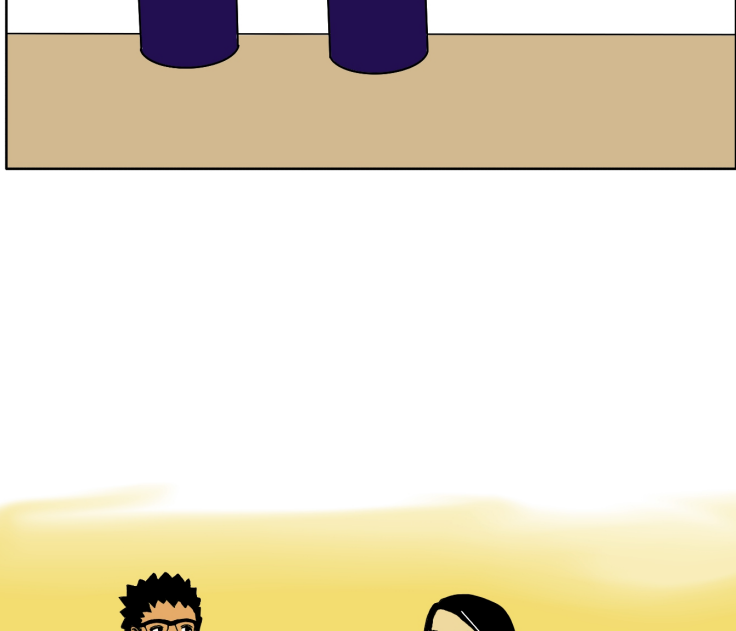
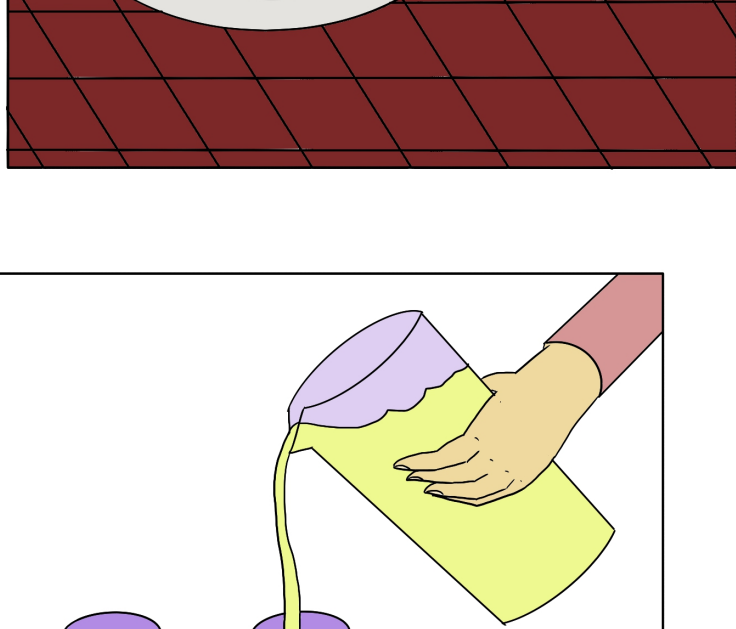
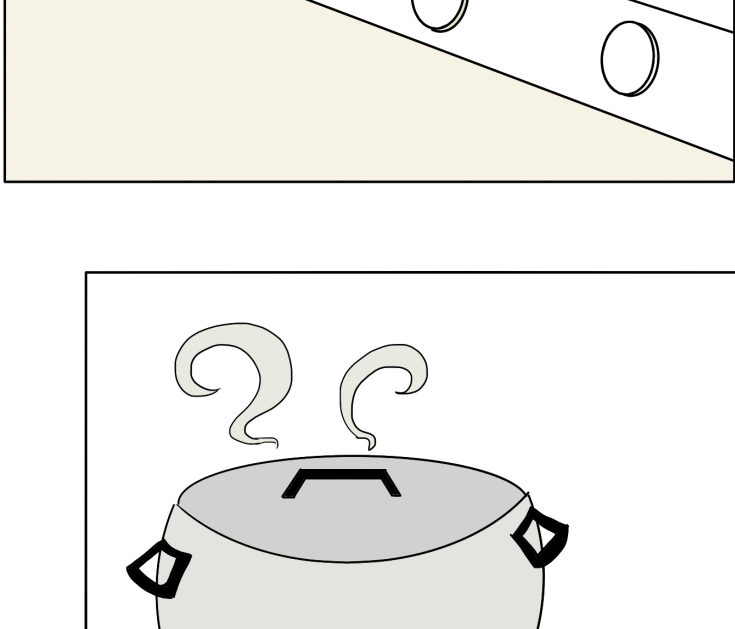
Life After a Stroke

Exercise!

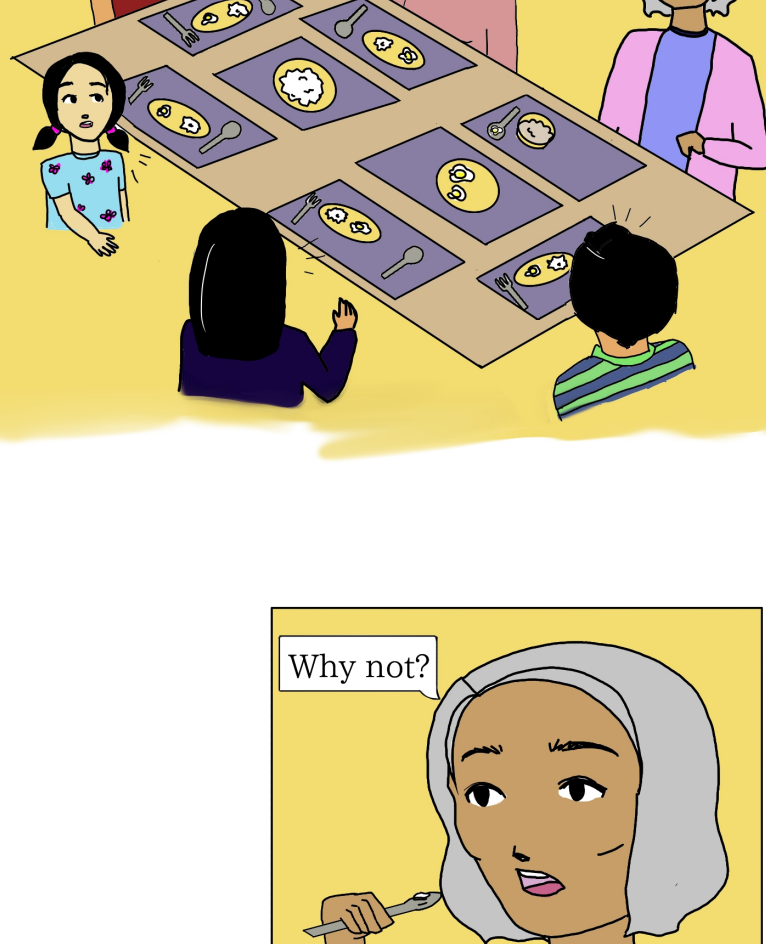


Life After a Stroke

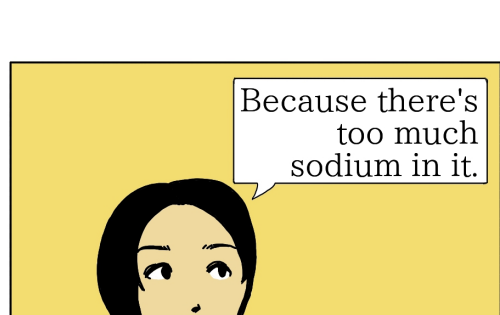
FOOD



You shouldn't be eating that!



Because there's too much sodium in it.



Oh.

