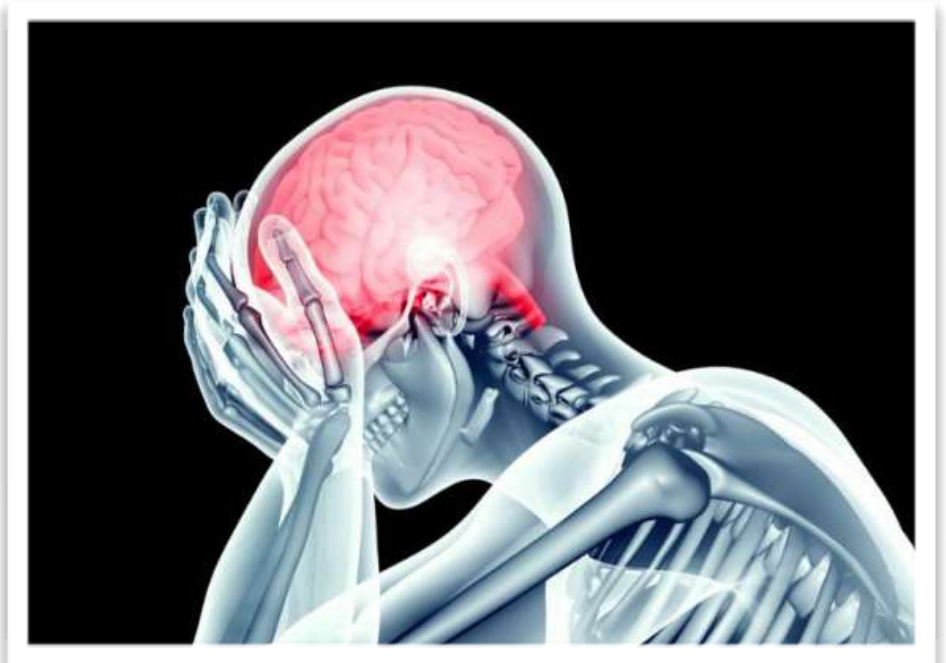


Silent Stroke

Without any warning, one of the dangerous threats a silent stroke poses is its ability to cause permanent damages to the brain of an individual who has suffered from it; these permanent damages can subsequently result in a severe and intense stroke.

According to Harvard Health, These areas of dead brain cells are smaller than with a traditional stroke and they impact less-functional areas of the brain, but researchers are finding that they can still have a significant and lasting impact on memory.



Silent strokes are actually far more common than strokes with symptoms. For every person who has a stroke with symptoms, about 14 others have a silent stroke. Researchers estimate that more than one-third of people over age 70 have had a silent stroke.

How To Detect Silent Stroke

Silent strokes signs and symptoms are often unrecognizable. Detecting it is nearly impossible. The best and the easiest way it can be detected is through a brain scan.

However, certain memory problems can indicate a possible silent stroke.

Also, experienced doctors can simply detect silent strokes by just observing or looking at some highlighted symptoms.

Here Are Some Of The Signs And Symptoms Of A Silent Stroke:

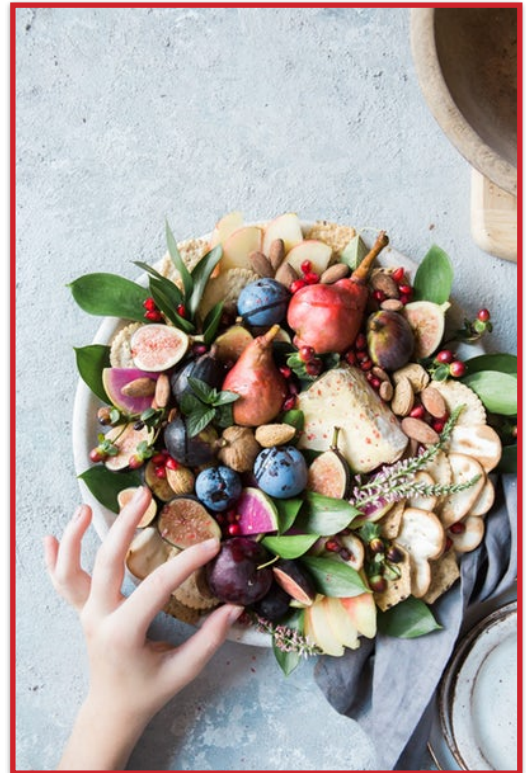
- Headaches.
- Thinking and memory problems.
- Dizziness.
- Noticeable weakness in the limb.
- Blurred vision.
- Severe fatigue.
- Tremors.
- Speech problems.

Habits And Lifestyles That Can Prevent Silent Stroke

Almost all the types of stroke are often caused by high blood pressure. Adjusting your way of living can prevent high blood pressure and hence prevent silent strokes too.

The following healthy lifestyles can decrease your chances of being affected by silent stroke:

- Check your blood pressure.
- Make sure your blood pressure is normal or closer to normal always.
- Keep tabs on your cholesterol.
- Make sure to maintain a normal blood sugar level at all times.
- Stay away from alcohol.
- Do not smoke
- Regular workout (exercise) can be very helpful.
- Make sure your daily diets are packed with enormous amount of healthy nutrients. Include whole grains, vegetables and fruits in your daily diets.



For a more information, visit the following link:

<https://www.health.harvard.edu/mind-and-mood/could-a-silent-stroke-erode-your-memory>