

High Cholesterol and Stroke Risk

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What is a Stroke?

- **A stroke happens when blood from the body can no longer reach the brain.**
- Stroke kills brain cells
- 5th leading cause of death in the U.S.
- Leading cause of preventable adult disability



Signs & Symptoms



B

BALANCE

Does the person seem dizzy?

Ask if there is a sudden loss of balance.



E

EYES

Is there difficulty seeing clearly?

Ask if there are sudden changes in vision.



F

FACE

Does the face look uneven?

Ask the person to smile.



A

ARMS

Does one arm drift down?

Ask the person to raise both arms.



S

SPEECH

Does the person sound strange?

Ask the person to repeat a simple phrase.



T

TIME

If you observe any of these signs,
it's time to call 911.

**DO NOT DELAY. DO NOT DRIVE YOURSELF.
DO CALL 911.**

Stroke Risk Factors

Non-Modifiable

- Age
- Gender
- Race/Ethnicity
- Prior stroke or TIA
- Congenital heart defects

Modifiable

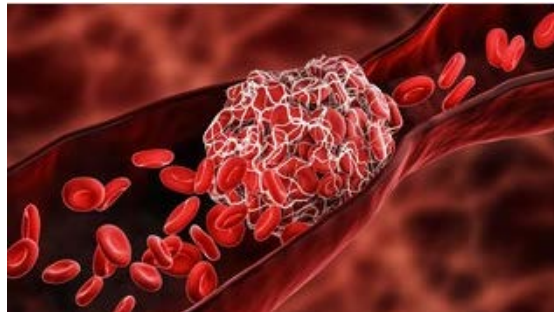
- Hypertension
- Atrial fibrillation
- **Hyperlipidemia**
- Diabetes
- Peripheral vascular disease
- Coronary Artery Disease
- Smoking

What is Cholesterol?

- Fat-like substance throughout the body
- Our bodies make cholesterol and we also obtain cholesterol through our diet
- 3 types of cholesterol
 - HDL=Good
 - LDL=Bad
 - VLDL=Bad
- Too much cholesterol causes buildup in blood vessels (atherosclerosis)
- Simple blood test to identify cholesterol levels

Cholesterol and Strokes

- Plaques and buildup in blood vessels can occur anywhere throughout the body, including in your brain
 - Can cause the blood vessels to get smaller and prevent blood from moving easily
 - Can break and cause a blood clot to form possibly blocking blood flow
- Less or no blood reaching areas of the brain lead to a stroke



How to Control Cholesterol

What raises cholesterol levels

- Increasing age
- Genetics or family history
- Overweight or obesity
- Smoking

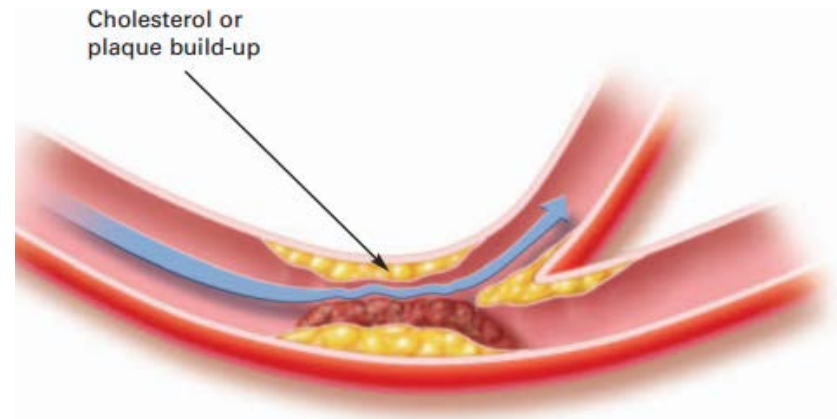
What lowers cholesterol levels

- Healthy eating
- Exercise or activity



Preventing Strokes

- Do you have family members who smoke? If so, ask them to stop.
- Ask your family members if they have high cholesterol, if so, they need to control it.



Preventing Strokes

- Make sure your family members are partaking in physical activity during the week. Even just walking up and down the street counts!



Preventing Strokes

- Ask about your family's diet. Make sure they are cooking with foods low in fat and salt.
 - Using lots of fruits and vegetables is great place to start!
- If you have family members who are diabetic, make sure they are following their doctor's orders to keep it under control.



How can YOU do?

1. Share the B.E. F.A.S.T. acronym with your friends and family
2. Educate your friends and family on the risk factors that can lead to stroke
3. Know your risks and work to improve them
4. Immediately call 9-1-1 if you see someone having sudden stroke symptoms

Questions?

Thank yall!

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