

# Prevention and Management of Transient Ischemic Attack: A Mini-Stroke

Han Simon\*

Department of Neurology, King Saud bin Abdulaziz University for Health Sciences, Jeddah, Saudi Arabia

## Commentary

**Received:** 01-Mar-2023, Manuscript No. neuroscience-23-94071;

**Editor assigned:** 03-Mar-2023, Pre QC No. neuroscience-23-94071 (PQ);

**Reviewed:** 17-Mar-2023, QC No. neuroscience-23-94071;

**Revised:** 24-Mar-2023, Manuscript No. neuroscience-23-94071 (R);

**Published:** 31-Mar-2023, DOI:10.4172/neuroscience.7.1.006

**\*For Correspondence:**

Han Simon, Department of Neurology, King Saud bin Abdulaziz University for Health Sciences, Jeddah, Saudi Arabia.

**E-mail:** han.ay@Kalberta.ca

**Citation:** Simon H. Prevention and Management of Transient Ischemic Attack: A Mini-stroke. 2023;7:006.

**Copyright:** © 2023 Simon H. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

## DESCRIPTION

A transient ischemic attack, commonly known as a mini-stroke, occurs when there is a temporary disruption of blood flow to the brain. It is a warning sign that a more severe stroke may be imminent. Therefore, it is crucial to take preventive measures and manage mini-strokes effectively to reduce the risk of a full-blown stroke. All types of stroke, including TIA, are brought on by an obstruction in the blood supply to the brain. A transient interruption in cerebral blood flow, or the flow of blood to the brain, is what causes a TIA. The main distinction between a big stroke and the minor stroke caused by a TIA is the degree of tissue death (infarction) that may be seen through post-mortem imaging. Strokes can sometimes be asymptomatic or quiet, in contrast to TIAs, which by definition must be accompanied by symptoms. Silent stroke, also known as Silent Cerebral Infarct (SCI), is characterized by a persistent infarction that can be seen on imaging but no outward symptoms. The occurrence of major, mild, and quiet strokes in the same person can occur in any combination. Age more than 55, sex, family history, genetics, and race/ethnicity are risk factors that cannot be changed. Smoking, hypertension (high blood pressure), diabetes, hyperlipidemia, the degree of carotid artery stenosis (asymptomatic or symptomatic), and level of activity are all modifiable risk factors. In order to reduce the risk of TIA and stroke, therapeutic approaches frequently target the modifiable risk factors.

## Research & Reviews: Neuroscience

### Prevention

Prevention is always better than cure. The following preventive measures can help reduce the risk of mini-strokes:

**Maintain a healthy lifestyle:** Adopting a healthy lifestyle is essential in preventing mini-strokes. This includes regular exercise, a balanced diet, avoiding smoking and excessive alcohol consumption.

**Manage underlying medical conditions:** Conditions such as high blood pressure, diabetes, and high cholesterol can increase the risk of mini-strokes. It is crucial to manage these conditions effectively to reduce the risk of stroke.

**Manage stress:** Chronic stress can lead to hypertension, which increases the risk of mini-strokes. It is essential to manage stress levels through relaxation techniques such as yoga, meditation, and deep breathing exercises.

**Take prescribed medications:** Medication should be taken as prescribed by doctor. Skipping or altering the dose can increase the risk of mini-strokes.

### Management

Experiencing symptoms of a mini-stroke should seek medical attention immediately. The following are some management techniques for mini-strokes:

**Emergency treatment:** Suffering from the symptoms of mini-stroke, such as sudden weakness or numbness on one side of the body, difficulty speaking, or loss of vision, seek emergency medical attention immediately. Early treatment can help prevent further damage to the brain.

**Antiplatelet medication:** Antiplatelet medication, such as aspirin, can help prevent blood clots and reduce the risk of a full-blown stroke.

**Lifestyle changes:** Adopting a healthy lifestyle can help manage mini-strokes effectively. This includes regular exercise, a balanced diet, avoiding smoking and excessive alcohol consumption.

**Rehabilitation:** Rehabilitation is essential in managing the effects of a mini-stroke. This includes physical therapy, speech therapy, and occupational therapy.

Transient ischemic attacks, commonly known as mini-strokes, are warning signs that a more severe stroke may be imminent. Prevention is crucial in reducing the risk of mini-strokes, and it involves maintaining a healthy lifestyle, managing underlying medical conditions, managing stress, and taking prescribed medications. Management of mini-strokes involves emergency treatment, antiplatelet medication, lifestyle changes, and rehabilitation. With proper prevention and management, the risk of a full-blown stroke can be significantly reduced.