

How To Detect A Stroke

Did you know that women are more likely to get a stroke than men are, and that strokes are listed as the 5th most common cause of death in the US by the National Stroke Association? This is why it's important to know the warning signs you feel and notice when someone has a stroke so you can act quickly in the event of one.

Stroke symptoms come on suddenly, without warning, so you must immediately take action to improve the odds of completely recovering. Continue reading so you can detect a stroke by knowing what a stroke feels and looks like.

What Does a Stroke Feel Like

A stroke can affect any part of the body; therefore, the symptoms of a stroke can vary from person to person. Knowing the different signs that are felt during a stroke will help you detect them in an emergency. Some of the most common feelings people have felt during a stroke are a tingling sensation and numbness in the body and face.

Paralysis of the face and body can occur. People have also noted feeling dizziness and having problems with their vision in one or both eyes. Sometimes the person can feel a sudden, sharp headache or other physical sensations. However, many who have a stroke note that they don't feel any pain at all.

What Does It Feel Like To Have A Stroke?

Knowing the common signs for recognizing a stroke is important because it can help save lives and prevent cognitive damage if caught early enough. Symptoms of a stroke can look like; limping of the body and drooping on half of the face. In addition, if you notice someone having difficulty comprehending things being spoken or are using slurred speech, those are also signs of a stroke. Furthermore, a person may display trouble walking or standing and maintaining their balance.

You can give a small test to see if someone is suffering from a stroke. For example, when a person cannot smile, raise their arms, or answer a simple question upon request, that can be a good indicator of a stroke. If they have difficulty with one of these tests, then immediate medical attention is advised.

What Do You Smell When You Have a Stroke?

Do you smell something burning? It is a common misconception that smelling toast or something burning is a sign of stroke, but there is no evidence to prove that “phantosmia” is an indicator. However, if you smell something that isn’t present, you should see a doctor to rule out any serious illness.

A stroke can affect and change your sense of taste and/or smell. For example, it can make your sense of taste or smell more pronounced, while others have described losing their sense of smell or taste altogether.

Act Quickly To Save Lives

If you notice yourself or a loved one potentially experiencing the symptoms of a stroke, you must seek medical attention immediately. Thankfully, by better understanding what signs and symptoms could indicate a stroke, you’re better prepared to act should one occur.

Prompt diagnosis and treatment offer the best chances of survivability and favorable outcomes, so time is truly of the essence.