



The best place for treatment of strokes by stroke specialist in Gurgaon

Tag: [treatment of strokes](#)

What is a stroke?

A stroke is a medical emergency which requires prompt attention and treatment to improve survival rates as well to minimize the adverse consequences that can result. Therefore the appropriate treatment by an expert on such neurological conditions such as Dr. Vikas Kathuria, [stroke specialist in Gurgaon](#), is necessary when it comes to the management of a stroke.

It is by far one of the most common medical emergencies that doctors have to deal in the modern day. A stroke is a disruption to the blood flow to the brain. This disruption can occur as a result of an obstruction to the blood flow which is caused by a blood clot or as a result of rupture of a vessel and bleeding into the brain tissue. Both of these incidents can lead to reduced blood supply and oxygen supply to brain tissue and even death of brain tissue which results in a stroke. A stroke manifests as neurological deficits which result from the loss of function of that area of the brain where the blood supply was cut off.

Therefore prompt and efficient treatment is required to salvage as much of the brain tissue as possible in order to limit the neurological deficits that will result. So if you are looking for brain stroke treatment in Gurgaon, then Dr. Vikas Kathuria is the doctor to go, because of the vast expertise he has to offer in the field of minimally invasive neurosurgery, which is considered one of the best techniques available for the management of a stroke, which helps the patient to recover with minimal deficits or no deficits at all.

Symptoms of a stroke:

Knowing the symptoms of a stroke is beneficial because it will help early detection of the onset of a stroke, initiating prompt treatment. The symptoms of a stroke include:

- Abnormalities and difficulties with speech such as slurring of speech
- Visual disturbances such as blurred vision or double vision
- Confusion, or inability to comprehend things

- Sudden onset numbness or paralysis in a part of or the whole limb, on one side or both sides
- Altered levels of consciousness associated with a severe headaches as well as nausea and vomiting
- Loss of coordination or balance

The treatment of a stroke:

As mentioned above a stroke can be caused by a blood clot or bleeding/hemorrhage.

Therefore the treatment plan for a patient who presents with a stroke also differs depending on the cause. An ischemic stroke where the blocked blood vessel is the cause, is treated with a variety of medication such as aspirin and TPAs which help to prevent further blockage of the vessel. If the extent of the stroke is severe, then emergency surgical methods are also implemented, where the clot is mechanically removed.

In the case of a hemorrhagic stroke, where bleeding is the main problem, the managements is based on preventing the continuation of the bleeding and reducing the intracranial pressure.

These goals are achieved are achieved using a combination of medications as well as interventional procedures.

Prevention of a stroke:

There are certain factors which have been associated with an increased risk of developing a stroke, and they include, medical conditions such as hypertension, diabetes, hyperlipidemia, and a strong family history of strokes. Therefore certain measures can be taken in order to reduce the risk of developing a stroke, such as:

- Keeping your blood pressure under control
- Always maintaining your blood sugar levels within the normal range
- Maintaining your blood cholesterol levels within the recommended range
- Consuming a diet that is rich in fiber, and maintaining a healthy weight
- Regular exercise