

You cannot prevent a stroke.

**But you can  
REVERSE the**

**STROKE DAMAGE**

**Discover latest  
Techniques @**

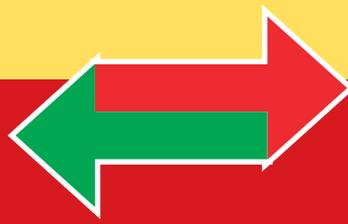
The MIOT

**Stroke**



**Restore Centre**

**Call: 105710. Reach us within 3 hours**



*Dear friends,*

*We all know that strokes can strike suddenly and without any warning. And you have probably seen the impact it can have on its victims. Someone you knew to be perfectly normal and full of life, unable to speak, paralysed, disfigured within seconds.*

*The unfortunate reality is that our awareness STOPS here.*

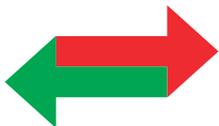
*We neither know what causes strokes nor why TIME is so critical.*

*We rarely recognize signs nor are we aware of the treatments.*

*Today, the MIOT Stroke Restore Centre offers cutting-edge treatments that can restore a Stroke victim to a normal, productive life.*

***All you have to do is call 105710.***

**The MIOT Str  ke Restore Centre**



## Who is at **risk**?

Anyone can have a stroke at any age. However, your chances of a stroke increase based on your age and family history.

High blood pressure, high cholesterol, diabetes, smoking, poor diet and lack of exercise, being overweight or obese (particularly around the abdomen), heart disease and drinking too much alcohol increase your risk.

## What happens during a **stroke**?

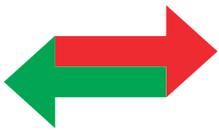
During a stroke, a clot that has formed within your blood vessels blocks blood flow to the critical centres of your brain. Centres that help you move, speak, hear, remember, feel - everything that makes you a healthy, productive person. Deprived of oxygen, the cells in these centres can die, causing permanent damage. It can leave you in a vegetative state, permanently dependent on a caregiver.



## CAN the damage be limited or **reversed**?

**YES.** It is possible when the stroke-causing blocks are cleared and blood flow is restored to these centres. It can only happen when correct treatment is done within the 'golden window' (within 3 - 6 hours of the stroke occurring) at a Centre that is manned and equipped to treat Strokes.





## Why is the Centre so **critical**?

Oxygen restoration to cells in the shortest possible time is what makes all the difference in a loved one recovering from a stroke. This can be done only in Centres where the location and extent of block is diagnosed accurately and correct treatment is given quickly by experienced Specialists - ***all within the 'golden window'***.



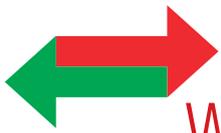
Remember, when you take your loved one to the RIGHT Centre right at the start, it saves precious cells from being lost forever. You give him the best chance for a complete recovery.

## Is clot dissolving medication **effective** in all cases?

***Not necessarily.*** Clots in smaller blood vessels can be cleared with clot dissolving medication, which is administered intravenously. This is the commonly used treatment in most centres.

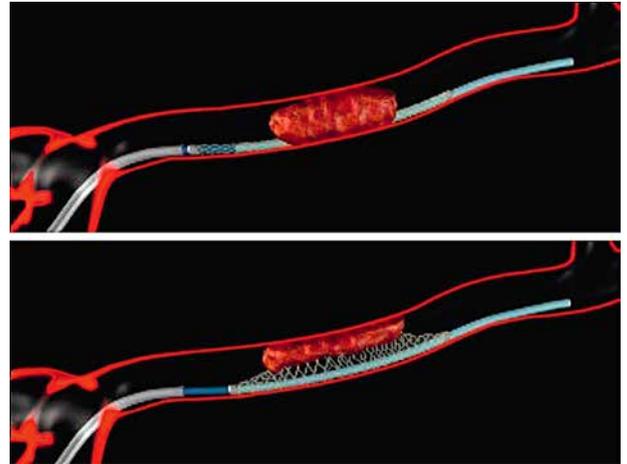
Unfortunately, it is ***not as effective*** when the block is in a larger vessel, often resulting in poor outcomes despite timely treatment. Clots in larger vessels can be cleared by inter-arterial thrombolysis, where the Interventional Neuro-radiologist delivers the clot dissolving medication directly into the block, using a catheter. It works faster, but carries the risk of bleeding.

***Mechanical Thrombectomy*** is the latest and most effective treatment for clearing blocks in large vessels. ***Twice as effective,*** patients recover the faculties lost during a stroke within hours of the procedure.



# What is **Mechanical Thrombectomy**?

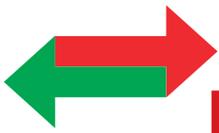
During a mechanical thrombectomy, which is performed in a Neuro Cath lab, a special device called a stent retriever (a tiny metal cage) is used to trap the clot and extract it completely without open surgery. It restores blood flow quickly, making it more effective and safer when dealing with larger blocks. It is today the preferred treatment at leading medical centres across the world.



## Do all **centres** offer **Mechanical Thrombectomy**?

MIOT International is one of the few centres offering it in India as it requires a combination of specialised interventional expertise, infrastructure and dedicated care. The MIOT Stroke Restore Centre is ready to handle any type of stroke **24x7x365**.





# Dedicated Care - the key to success

We have one of the most advanced and comprehensive **imaging facilities** for stroke diagnosis. Detailed CT scans with advanced CT Perfusion Studies and Angiography give our specialists complete information about the location, severity and areas affected by the stroke, before they begin treatment.

Our expert Neuro Endovascular specialist performs the procedure in the state-of-the-art **Neuro Cath Lab** (with special software for neuro applications).

Patients then recover in the dedicated **Stroke ICU unit**, under the care of an experienced team of intensivists, neurologists, neurosurgeons and specially trained nurses. It is this complete, specialised care that allows us to give our patients the best chance for a productive, active life - **even after a stroke**.



## What can you do to lessen your risk of a stroke?

There's no way to prevent a stroke but you can lower your risk of one with some adjustments to your lifestyle. If you have heart disease, High BP, diabetes or cholesterol, work with your doctor to keep them in check. A balanced diet and regular exercise can help you maintain a healthy weight. Quit smoking as it doubles your risk of a stroke. Finally, have regular health check-ups and don't ignore the warning signs!

## Know the Warning Signs: remember **F.A.S.T.**

There's no way to predict a stroke. However there are definite signs which can be easily recognized.

### ***You can do this by remembering F.A.S.T.***

**F** ■ **Face.** Ask the person to smile. Does any side of the face droop?

**A** ■ **Arms.** Ask the person to raise both arms. Does any arm drift downward?

**S** ■ **Speech.** Ask the person to repeat a simple phrase. Is their speech slurred, incoherent or strange?

**T** ■ **Time.** If you've observed any of these signs, call the MIOT Stroke Restore Centre at **105710**.



## **Warning signals missed. Valuable time lost. Precious brain cells lost. Would Mr. Ravi ever recover from these wrong turns in his Stroke treatment?**

When Mr. Ravi, a 62-yr old diabetic with blood pressure, developed mild weakness in the left side of his body, his family did not realise that a stroke was setting in. They took him to the nearest Nursing home which neither had the facilities nor understood the need for quick treatment. They advised a CT scan at a scanning centre, 8 kms away. Mr. Ravi got weaker, drowsy & finally lost consciousness at the centre. It was only then that his family panicked & rushed him to MIOT International. **Why did they wait?** Like most of us, they were unaware that a Stroke can damage our brain completely in a very short time, without correct treatment.

### **How did Mr. Ravi go from 'weak to unconscious'?**

When a clot stopped blood flow to Mr. Ravi's brain, it first affected oxygen supply to the brain cells controlling movement and his movements got weak. As time passed it affected cells controlling consciousness, which made him drowsy and then unconscious. Without timely treatment, a stroke affects various centres in our brain reducing us to an irreversible, vegetative state.

### **At MIOT, advanced imaging gives the complete picture**

Mr. Ravi got to MIOT quite late - it had been 3 hrs since his symptoms had started. However our specialists used advanced CT scans with perfusion studies and angiography, available at very few centres, to get the correct status. In **just 8 minutes** they knew the location and extent of the block and could predict areas of further damage if blood flow to his brain wasn't restored quickly. This prompt and invaluable data allowed them to draw up the correct Treatment

Plan despite the time lost. **Mechanical Thrombectomy**, an advanced procedure used by leading centres worldwide with a **79%** success rate, was performed to **reverse damage**.

### **Racing against time to restore blood flow**

Mr. Ravi was shifted quickly to the dedicated Neuro Cath lab, where our renowned Neuro Endovascular specialist got to work. Within minutes, he had accessed the blocked blood vessel. Then, using a special microcatheter and a stent retriever, he trapped and removed the clot causing the block. Blood flow restored, our patient was transferred to the dedicated **Stroke ICU** for further treatment.

### **A remarkable recovery**

Mr. Ravi's recovery was indeed remarkable. At the end of one week, **40%** movement had returned to the side affected by his stroke. He was discharged and continued physiotherapy at home under instructions from doctors at MIOT. Two weeks later, he had made a **90%** recovery and was up and about! A result rarely seen among such severely affected patients.

*"I didn't think I would walk again! Thank God they finally decided to bring me to MIOT. You have to have experience, facilities & latest treatments to treat a Stroke case effectively. Tomorrow, if I should ever see another person having a Stroke, I have no doubts about what to do. I learnt it the hard way..." - Mr. Ravi*



## The MIOT Stroke Restore Centre: 105710

For general enquires: Ph: 044 4200 2288, Extn: 60313/60324, Email: [neuro@miothospitals.com](mailto:neuro@miothospitals.com)



**MIOT HOSPITALS** 4/112, Mount Poonamallee Road, Manapakkam, Chennai - 600 089 Email: [chief@miothospitals.com](mailto:chief@miothospitals.com),  
[www.miotinternational.com](http://www.miotinternational.com)  [miot.international](https://www.facebook.com/miot.international)  [www.youtube.com/miothospitals](https://www.youtube.com/miothospitals)