



# Stroke Symptoms, Causes, Treatment and Recovery

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Hero image shown on the source page.

A stroke is a serious medical emergency that occurs when blood flow to part of the brain is blocked. It can impact speech, movement, memory, vision, and swallowing, and requires immediate hospital care.

Stroke risk often overlaps with other long-term conditions, especially [heart disease / cardiovascular disease](#), [diabetes](#), and [obesity](#). Understanding the warning signs and acting fast can make a major difference to treatment and recovery.

This version adds page images and clickable links from the webpage, alongside the existing [text-only PDF version](#).

## Quick links included in this PDF

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## What is a stroke?

A stroke happens when blood stops flowing properly to part of the brain. The two main types are ischaemic stroke, where a blood clot blocks blood flow, and haemorrhagic stroke, where a blood vessel bursts. There is also a transient ischaemic attack (TIA), sometimes called a mini-stroke, where stroke symptoms do not last long but still need urgent medical attention.

## Symptoms of stroke

Stroke symptoms usually happen suddenly. The main warning signs are:

- Face weakness or one side of the face drooping
- Arm weakness or numbness
- Speech problems such as slurring or confusion

Other symptoms can include:

- Weakness or numbness down one side of the body
- Blurred vision or loss of sight in one or both eyes
- Trouble speaking or finding words
- Confusion
- Dizziness or falling over
- A sudden severe headache
- Nausea or vomiting

Some stroke symptoms can overlap with problems seen in [dementia](#), [depression](#), or even [Parkinson's](#). This is one reason sudden change matters so much. A stroke tends to come on suddenly and should never be ignored.

## **FAST: the main stroke check**

The easiest way to remember the main symptoms is FAST:

- Face - has one side dropped?
- Arms - can both arms be lifted and kept there?
- Speech - is speech slurred or confused?
- Time - call 999 immediately

## **When to get urgent help**

Call 999 straight away if you think someone is having, or has recently had, a stroke - even if the symptoms have now stopped. Do not drive yourself to A&E.; Stroke needs urgent assessment because fast treatment can reduce brain damage and improve recovery.

## What causes a stroke?

A stroke can happen when a clot blocks blood flow to the brain or when a blood vessel in the brain bursts. Risk rises when blood vessels are damaged or when underlying conditions make clots or bleeding more likely.

### Main risk factors

- High blood pressure
- Diabetes
- High cholesterol
- Atrial fibrillation
- A previous TIA
- Smoking
- Too much alcohol
- Low physical activity
- An unhealthy diet

Stroke risk also increases with age, but it can happen at any age. People already managing [diabetes](#), [obesity](#), or [heart disease / cardiovascular disease](#) may benefit from understanding how closely these conditions are linked.

### How stroke is diagnosed

If doctors think someone has had a stroke, they may use:

- Blood tests
- CT, MRI or ultrasound scans
- An ECG to check the heart

These tests help show what type of stroke has happened and guide treatment decisions. They can also help identify whether the event was a TIA rather than a full stroke.

### Treatment options for stroke

Stroke treatment depends on the type of stroke and how quickly treatment starts. In the first 24 hours, hospital treatment may include medicine to break down blood clots (thrombolysis), surgery to remove a clot (thrombectomy), or treatment to reduce pressure building up around the brain.

Longer-term treatment may include:

- Anticoagulants to help prevent blood clots
- Medicines to lower blood pressure
- Statins to lower cholesterol

After emergency care, many people need rehabilitation and ongoing support. That may involve a team including doctors, nurses, therapists and rehabilitation specialists.

## Recovery after a stroke

Recovery varies a lot from person to person. Some people recover in days or weeks, while others may need months or years of rehabilitation and may need to make bigger changes at home or at work.

A recovery plan may include:

- Physiotherapy and movement exercises
- Support for speech and swallowing
- Cognitive rehabilitation for memory, thinking and concentration
- Help with anxiety, depression and fatigue
- Support for vision, bladder or bowel problems

Because stroke can affect both physical and mental wellbeing, recovery may overlap with [depression](#) or later cognitive difficulties that can also connect with [dementia](#).

## Can stroke be prevented?

Not every stroke can be prevented, but risk can often be lowered. Prevention usually focuses on stopping smoking, eating a balanced diet, exercising regularly, cutting down on alcohol, and taking medicines properly for conditions such as high blood pressure or diabetes.

That makes stroke prevention closely linked with the same lifestyle patterns discussed on related pages about [high blood pressure](#), [diabetes](#), [obesity](#), and [chronic kidney disease](#).

## Living with stroke

Life after stroke may involve changes in mobility, work, confidence, mood, speech, memory or independence. Many people also need ongoing support from family, carers and rehabilitation services. Carers often play a major role in recovery too, and support is important for them as well.

## Questions to ask your doctor

- Was this a stroke or a TIA?
- What type of stroke was it?
- What caused it?
- What treatment do I need now?
- What is my risk of another stroke?
- What rehabilitation or therapy would help me most?
- What symptoms should I treat as urgent in future?

## Final thought

Stroke is a medical emergency, but earlier action can improve the chance of survival and recovery. Learning the FAST signs, taking sudden symptoms seriously, and managing risk factors such as blood pressure, diabetes and heart rhythm problems can all make a real difference.

## Useful links from this page

[Source page](#), [text-only PDF](#), [Supportive Food home](#), [Heart disease page](#), [High blood pressure page](#), [Chronic kidney disease page](#), and [Diabetes page](#).

## Contact image from the page

This site image appears lower on the source page and includes the main website address, [supportivefood.com](https://supportivefood.com).



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