

## YOUNG STROKE GLOSSARY

### A

Advance Cardiovascular Life Support (ACLS) – training for health care providers that drills the actions to perform during a cardiovascular or sudden death emergency. In a few rare areas this includes administration of anti-thrombolytic in the field before arriving at the hospital.

Adverse Event - An unexpected or dangerous reaction to a drug, therapy or treatment.

Angiogram - X-ray of the blood vessels (both arteries and veins) of the heart or other organ.

Anti-thrombolytic – medication to stop or prevent a blood clotting.

Artery – a blood vessel that conveys blood from the heart to any part of the body.

Arteriogram – X-ray of the arteries.

Arteriole –any of the smallest branches of an artery, terminating in capillaries that transports blood from the heart.

Arteriosclerosis – when blood vessels become thicken and stiff restricting the blood flow.

Atherosclerosis – a subtype of arteriosclerosis, the buildup of fats, cholesterol and other substances in and on your artery walls (plaques), which can restrict blood flow.

Atrial Fibrillation - is an irregular and often rapid heart rate that commonly causes poor blood flow to the body. Clots can form in the heart and be sent to other organs like the lung and brain causing a stroke.

Atrium- either of the upper two chambers of the heart (on each side) that receives blood from the veins.

Atrioventricular node (AV-node) - serves as an electrical relay station, slowing the electrical current sent by the sinoatrial (SA) node before the signal is permitted to pass down through to the ventricles.

## B

Behcet's syndrome - A chronic disease featuring inflammation of small blood vessels and characterized by a triad of features: ulcers in the mouth, ulcers of the genitalia, and inflammation of the eye (uveitis). The disease can attack the blood vessels of the brain or heart causing strokes.

Blood - the fluid that circulates in the principal vascular consisting of plasma in which the red blood cells, white blood cells, and platelets are suspended.

Blood Clot – a mass of coagulated blood, as within a blood vessel or at the site of an open wound. When it occurs in the brain it cause a stroke.

Blood Glucose (blood sugar) – this is random measure of glucose in the blood and when elevated, regardless of how long, a risk factor for stroke

Blood Pressure – the measure of the force of blood circulating in the vascular system. Abbreviated as B/P.

Blood Sugar – see blood glucose

Brain - the part of the central nervous system enclosed in the consisting of a soft, convoluted mass of gray and white matter and serving to control and coordinate the mental and physical actions.

Brain death - irreversible brain damage causing the end of independent respiration, regarded as indicative of death.

Bright's disease - Chronic inflammation of the blood vessels in the kidney with protein, specifically albumin, in the urine. The disease can be a contributor to a stroke.

## C

Calcium - essential mineral for bones and muscle contraction, heart action, and normal blood clotting. Food sources of calcium include dairy foods; some leafy green vegetables, such as broccoli and collards; canned salmon; clams; oysters; calcium-fortified foods; and [soy](#) foods, such as tofu.

Calcium channel blocker - A drug that blocks the entry of calcium into the muscle cells of the heart and the arteries. It is the entry of calcium into these cells that causes the heart to contract and arteries to narrow. By blocking the entry of calcium, calcium channel blocker (CCBs) decrease the contraction of the heart and dilate (widen) the arteries.

Cardia/Cardiac – heart

Cardiac Catheterization - procedure used to diagnose and treat cardiovascular conditions in which a long thin tube called a catheter is inserted in an artery or vein in your groin, neck or arm and threaded through your blood vessels to your heart.

Cardiopulmonary Respiration (CPR) – a manual method of providing circulation to the vital organs when the heart stops pumping.

Cardiovascular - of or relating to the heart and blood vessels.

Catheter – a hollow tube used to transport fluid to and from the body

Central nervous system (CNS) - The central nervous system is that part of the nervous system that consists of the brain and spinal cord.

Cephalgia – Headache

Cerebellum - The portion of the brain that is in the back of the head, between the cerebrum and the brain stem. It is involved in the control of voluntary and involuntary movement as well as balance.

Cholesterol - most common type of steroid in the body essential to the formation of bile acids, vitamin D, progesterone, estrogen (estradiol, estrone, estriol), androgens (androsterone, testosterone), mineralocorticoid hormones (aldosterone, corticosterone), and glucocorticoid hormones (cortisol). Cholesterol is also necessary to the normal permeability and function of the membranes that surround cells.

Cholesterol, High density lipid (HDL, healthy, good) - HDLs transport cholesterol from the tissues of the body to the liver, so the cholesterol can be eliminated in the bile.

Cholesterol, Low density lipid (LDL, Lethal, bad) - Elevated LDL levels are associated with an increased risk of heart disease.

Code blue - An emergency situation announced in a hospital or institution in which a patient is in cardiopulmonary arrest, requiring a team of providers (sometimes called a 'code team') to rush to the specific location and begin immediate resuscitative efforts.

Complete Blood Count (CBC) - a blood test used to evaluate your overall health and detect a wide range of disorders and includes red blood cells, white blood cells, and platelets.

Complex partial seizure - A form of partial seizure during which the person loses awareness, does not actually become unconscious, and may carry out actions as complex as walking, talking, or driving. The patient may have physical, sensory, and thought disturbances. When the seizure ends, the patient has no memory of those actions.

Computerized axial tomography (CAT) - Cat scanning adds X-ray images with the aid of a computer to generate cross-sectional views anatomy. It can identify normal and abnormal structures and be used to guide procedures.

Concussion (Traumatic brain injury (TBI) - A traumatic injury to soft tissue, usually the brain, as a result of a violent blow, shaking, or spinning.

Congested Heart Failure (CHF and Heart Failure) – occurs when the heart can no longer pump effectively. CHF can be caused by cardiac disease (congenital and acquired), infection, and trauma.

Convulsion - An abnormal, involuntary contraction of the muscles most typically seen with certain seizure disorders.

## **D**

Deep Vein Thrombosis (DVT) - A blood clot within a deep vein, typically in the thigh or leg. The blood clot (thrombus) can break off as an embolus and make its way to the lung, where it can cause lung problems. Some DVT are associated with familial syndromes.

Defibrillation - The use of a carefully controlled electric shock, administered either through a device on the exterior of the chest wall or directly to the exposed heart muscle, to normalize the rhythm of the heart or restart it.

Defibrillator - A device that corrects an abnormal heart rhythm by delivering electrical shocks to restore a normal heartbeat.

Dietary Approaches to Stop Hypertension (DASH) - Eating plan that has been shown to lower high blood pressure.

Differential Blood Count – a blood count which includes separate counts for each kind of white blood cell.

Dura mater -The outermost and most fibrous of the three membranes (dura mater, arachnoid membrane, and pia mater) covering the brain and the spinal cord.

Durable power of attorney - A type of advance medical directive in which legal documents provide the power of attorney to another person in the case of an incapacitating medical condition.

Dyslipidemia - A disorder of lipoprotein metabolism, including lipoprotein overproduction or deficiency. Dyslipidemias may be manifested by elevation of the total cholesterol.

Dysphagia - Difficulty swallowing. Dysphagia is due to abnormal nerve or muscle control. It is common, for example, after a stroke.

## **E**

Echocardiography, stress - During stress echocardiography, the sound waves of ultrasound are used to produce images of the heart at rest and at the peak of exercise.

Echocardiography, transesophageal - A diagnostic test which is done through the esophagus and which employs ultrasound waves to make images of the heart chambers, valves and surrounding structures.

Eclampsia - Convulsions (seizures) occurring with pregnancy-associated high blood pressure and having no other cause. Can result in strokes in both the mother and fetus.

Economy class syndrome: The formation of blood clots in veins deep within the legs occurring during (or just after) a long airplane flight, especially in economy class (tourist class) where there is the least space allotted per passenger and one's legs tend especially to be immobilized for lack of leg room.

Edema - The swelling of soft tissues as a result of excess fluid accumulation. Edema is often most prominent in the lower legs and feet toward the end of the day because fluid pools while people maintain an upright position.

Electrocardiogram (ECG, EKG) - is a noninvasive test that is used to reflect underlying heart conditions by measuring the electrical activity of the heart.

Electroencephalogram (EEG), - is a test that can help diagnose epilepsy. During an EEG, the electrical signals of the brain are recorded.

Emboli - Something (blood clot, foreign body and clump of bacteria) that travels through the bloodstream, lodges in a blood vessel and blocks the vessel resulting in a stroke.

Embolus - A blockage or plug that obstructs a blood vessel.

Emesis - Vomiting.

Electromyogram (EMG) - is a test that is used to record the electrical activity of muscles.

Encephalitis - Inflammation of the brain, which may be caused by a bacterium, a virus, an autoimmune condition or an allergic reaction.

Endarterectomy - A procedure to clean out an artery and restore normal blood flow through the artery.

End stage - The last phase in the course of a progressive disease.

Endemic - A characteristic of a particular population, environment, or region. The disease is present in a community at all times, like strokes occurring in the south.

Endocarditis - an inflammation of one or more of the heart valves and lining tissues of the heart. Inflammation can be infectious chemical, or autoimmune.

Epilepsy - A pattern of repeated seizures.

Estrogen-associated blood clots - Blood clots are occasional but serious side effects of estrogen therapy, both birth control and estrogen replacement.

Exacerbation - A worsening of a condition.

Extubate - To remove a tube from a hollow organ or passageway, often from the airway.

Extracorporeal membrane oxygenation: (ECMO) - A life support system that circulates the blood through an oxygenating system. ECMO is like a heart-lung machine that takes over the work of the heart and lungs during open heart surgery.

## **F**

Factor V Leiden - A genetic disorder of blood coagulation (clotting) that carries an increased risk of venous thromboembolism.

Factor VIII - A key factor in the process of blood coagulation (clotting). Lack of normal factor VIII causes hemophilia (hemophilia A) and can result in bleeding in the brain (hemorrhagic stroke).

Familial hypercholesterolemia -The most common inherited type of hyperlipidemia (high lipid levels in the blood). Familial hypercholesterolemia is recognizable in childhood and is due to genetic defects in the receptor (target) for low-density lipoprotein (LDL).

Foot-drop - Dropping of the front of the foot due to weakness or paralysis of the anterior muscles of the lower leg. Foot-drop results in what is called a steppage gait in which the advancing foot is lifted high in order that the toes may clear the ground. Can be caused by a stroke.

Frontal lobe -The part of each hemisphere of the brain located behind the forehead that serves to regulate and mediate the higher intellectual functions; it controls controlling thoughts, reasoning, and behaviors.

Functional magnetic resonance imaging (fMRI) -The use of MRI to learn which regions of the brain are active in a specific function, as in speech.

## **G**

Generalized Anxiety Disorder (GAD) – a behavioral health disorder causing excessive feelings of anxiety.

Grand Mal Seizure (Tonic Clonic Seizure) - A form of epilepsy characterized by tonic-clonic seizures. The tonic phase in which the body becomes rigid, and clonic phase in which there is uncontrolled jerking.

## **H**

Hallucination - a sensory experience in which a person can see, hear, smell, taste, or feel something that is not there.

Hand, foot, and mouth disease - A common illness of infants and children under 10 years old characterized by fever, sores in the mouth, and a rash. In rare cases inflammation of the blood vessels occur and can cause a stroke in an infant or child.

Heparin - An anticoagulant (anti-clotting) medication that must be given by injection.

High density lipid (Cholesterol, HDL, healthy, good) - HDLs transport cholesterol from the tissues of the body to the liver, so the cholesterol can be eliminated in the bile.

Holter monitor - A type of portable heart monitor that is a small electrocardiogram (EKG) device worn in a pouch around the neck or waist.



Hospital- Acquired infection: An infection caught while hospitalized. The medical term for a hospital-acquired infection is nosocomial.

Hospitalist - A hospital-based general physician.

Hypercholesterolemia - High blood cholesterol

Hypertensive - Having abnormally high blood pressure

Hypertension, gestational: High blood pressure that develops during pregnancy. Women who have experienced gestational hypertension are more likely to develop hypertension and suffer a stroke later in life.

## I

Iatrogenic - Due to the activity of a physician or therapy.

ICU Psychosis - A disorder in which patients hospital setting may experience anxiety, become paranoid, hear voices, see things that are not there, become severely disoriented in time and place, become very agitated, even violent, etc.

Illusion - A perception that occurs when a sensory stimulus is present but is incorrectly perceived and misinterpreted.

Incontinent - Unable to control excretions, to hold urine in the bladder, or to keep feces in the rectum.

Infarct - An area of tissue death that is due to a local lack of oxygen.

Intermittent claudication - An aching, crampy, tired, and sometimes burning pain in the legs that comes and goes -- it typically occurs with walking and goes away with rest -- due to poor circulation of blood in the arteries of the legs and a risk factor for strokes.

Internal cardiac defibrillator (ICD) - A device put within the body that is designed to recognize certain types of abnormal heart rhythms (arrhythmias) and correct them.

International normalized ratio (INR) - A system established by the World Health Organization (WHO) and the International Committee on Thrombosis and Hemostasis for reporting the results of blood coagulation (clotting) tests. Abbreviated INR.

Intubate - To insert a tube into a hollow organ or passageway, often from the airway.

Ischemia - Inadequate blood supply to a local area due to blockage of blood vessels leading to that area.

Intravenous (IV): Within a vein.

## **J**

Jugular Veins - The jugular veins are in the neck and drain blood from the head, brain, face and neck and convey it toward the heart

Jugular Venous Distention (JVD) - Increased blood volume, which can occur with heart failure, or anything that interferes with filling of the right atrium or movement of the blood into the right ventricle

Jugular Venous Pressure (JVP) - is estimated by positioning the head of a supine patient at a 30- to 45-degree angle and observing the neck veins. If the neck veins are filled only to a point a few millimeters above the clavicle at the end of exhalation, JVP is usually normal.

## **K**

K – Potassium an essential mineral, utilized by the cells to transport an electrical impulse especially in the heart cells.

Kawasaki disease -A syndrome that mainly affects young children, causing fever; reddening of the eyes and skin. Kawasaki disease affects the blood vessels and is now the main cause of acquired heart disease in children. It can also cause strokes in young children.

KCL – Potassium chloride the form in which potassium is administered medicinally

Kawasaki Disease –An inflammatory syndrome of unknown origin, mainly affecting young children, causing fever and inflammation of various body systems. Can cause stroke in children due to the inflammation of the blood vessels of the head and brain.

## L

Latent - Hidden, dormant, inactive.

Lateral - The side of the body or a body part that is farther from the middle or center of the body.

Low density lipid (cholesterol LDL, Lethal, bad) - Elevated LDL levels are associated with an increased risk of heart disease.

## M

Magnetic resonance imaging(MRI) - A procedure that uses magnetism, radio waves, and a computer to create pictures of areas inside the body.

Malformation, arteriovenous (AVM): is a congenital disorder (one present at birth) of blood vessels in the brain, brainstem, or spinal cord that is characterized by a complex, tangled web of abnormal arteries and veins connected by one or more fistulas (abnormal communications).

Meniere - A condition (that can occur after a stroke), with recurrent vertigo accompanied by ringing in the ears (tinnitus) and deafness. Symptoms include vertigo, dizziness, nausea, vomiting, loss of hearing (in the affected ear), and abnormal eye movements.

Migraine - Usually, periodic attacks of headaches on one or both sides of the head. These may be accompanied by nausea, vomiting, increased sensitivity of the eyes to light (photophobia), increased sensitivity to sound (phonophobia), dizziness, blurred vision, cognitive disturbances, and other symptoms.

Migraine aura- A sensory phenomenon that may occur before a migraine. Any migraine accompanied with an aura has a 50% chance of converting to a stroke.

Mild cognitive impairment (MCI) - A brain disorder in which thinking abilities are mildly impaired. Individuals with mild cognitive impairment are able to

function in everyday activities but have difficulty with memory -- trouble remembering the names of people they met recently, remembering the flow of a conversation, and a tendency to misplace things. The individual may be aware of these difficulties and compensate with increased reliance on notes and calendars.

Multi-infarct dementia - Dementia that is brought on by a series of strokes.

Myocardial infarction (MI, AMI) - A heart attack, acute heart attack.

## N

Neuron: A nerve cell that receives and sends electrical signals over long distances within the body.

Night blindness: Impaired vision in dim light and in the dark, due to impaired function of specific vision cells (namely, the rods) in the retina.

Nystagmus - Rapid, rhythmic, repetitious, and involuntary eye movements.

Nystagmus can be horizontal, vertical, or rotary. Nystagmus is an abnormal eye finding and a sign of disease within the eye or the nervous system.

## O

Omega-3 fatty acids - A class of essential fatty acids found in fish oils, especially from salmon and other cold-water fish, that acts to lower the levels of cholesterol and LDL (low-density lipoproteins) in the blood. (LDL cholesterol is the "bad" cholesterol.)

Ophthalmic - Pertaining to the eye.

Ophthalmologist - A physician who practices ophthalmology.

Optician - A non-physician specialist in fitting eyeglasses and making lenses to correct vision problems.

Oral - Having to do with the mouth.

Organic brain syndrome - Psychiatric or neurological symptoms that arise from damage to or disease in the brain.

Oriented – Knowing who you are, where you are, and the correct date and time.

Orphan disease - A disease that has not been adopted by the pharmaceutical industry because it provides little financial incentive for the industry to make and market new medications to treat or prevent it. An orphan disease may be a common disease that has been ignored (such as tuberculosis, cholera, typhoid, malaria, and some forms of stroke) because it is far more prevalent in developing countries than in the developed world.

Os – opening

## **P**

Palliative care - Medical or comfort care that reduces the severity of a disease or slows its progress, but does not provide a cure.

Palsy - Paralysis, generally partial, whereby a local body area is incapable of voluntary movement.

Phlebitis - Inflammation of a vein. With phlebitis, there is infiltration of the walls of the vein and, usually, the formation of a clot (thrombus) in the vein (thrombophlebitis).

Photophobia - Painful oversensitivity to light.

PO – per os – by mouth

Premature contraction of the heart - A single heartbeat that occurs earlier than normal. This phenomenon can be within normal limits, or it may represent a medically significant arrhythmia.

## **Q**

## **R**

Range of motion - The full movement potential of a joint, usually its range of flexion and extension.

Rare disease - according to US criteria, a disease that affects fewer than 200,000 people. Some forms of stroke fall into this category.

Recessive - A condition that appears only in individuals who have received two copies of a mutant gene, one copy from each parent.

Recommended Dietary Allowance (RDA) -The estimated amount of a nutrient (or calories) per day considered necessary for the maintenance of good health by the Food and Nutrition Board of the National Research Council/ National Academy of Sciences.

Relapse - The return of signs and symptoms of a disease after a remission.

## S

Seizure - Uncontrolled electrical activity in the brain, which may produce a physical convulsion, minor physical signs, thought disturbances, or a combination of symptoms.

Sign - Any objective evidence of disease, as opposed to a symptom, which is, by nature, subjective.

Sodium (Na) - Na is the chemical symbol for sodium. From natrium, a synonym for sodium.

Speech therapy -The treatment of speech, communication and swallowing disorders.

Stroke: The sudden death of brain cells due to lack of oxygen, caused by blockage of blood flow or rupture of an artery to the brain.

Subarachnoid hemorrhage (SAH) - A bleeding into the subarachnoid, the space between the arachnoid and the pia mater. A type of hemorrhagic stroke can be due to trauma or spontaneous.

Substance abuse -The excessive use of a substance, especially alcohol or a drug. A major risk factor for both occlusive and hemorrhagic strokes.

Symptom - Any subjective evidence of disease. In contrast, a sign is objective.

Syncope (fainting) -Partial or complete loss of consciousness with interruption of awareness of oneself and ones surroundings.

Syndrome: A combination of symptoms and signs that together represent a disease process.

## T

Therapy: The treatment of disease. Therapy is synonymous with treatment.

Toxoplasmosis - An infection caused by a single-celled parasite named *Toxoplasma gondii* that may invade tissues and damage (strokes) the brain, especially of the fetus and newborn. This infection can be carried by cats and excreted in their feces. Pregnant women and those that have suppressed immune systems should not change litter boxes.

Trans fat: An unhealthy substance, also known as trans fatty acid, made through the chemical process of hydrogenation of oils.

Trauma - A physical or emotional injury.

Tremor - An abnormal, repetitive shaking movement of the body.

Triage -The process of sorting people based on their need for immediate medical treatment as compared to their chance of benefiting from such care.

## U

## V

Vertigo - is a feeling that you are dizzily turning around or that things are dizzily turning about you. Vertigo is usually due to a problem with the inner ear or brain.

Vision, low -Visual loss that cannot be corrected with eyeglasses or contact lenses and that interferes with daily living activities.

## W

Warfarin -An anticoagulant drug (brand names: Coumarin, Panwarfin, Sofarin) taken to prevent the blood from clotting and to treat blood clots.

White coat hypertension -: A transient increase in blood pressure (hypertension) that is triggered by the sight of medical personnel in white coats (or other attire). Ideally, people so affected should do their best to relax when in the medical office.

WNL: Medical shorthand for within normal limits.

## **X**

X-ray: High-energy radiation with waves shorter than those of visible light. X-ray is used in low doses to make images that help to diagnose diseases and in high doses to treat cancer

## **Y**

## **Z**