Press Release

Transient ischemic attack. Do not ignore transient brain dysfunction
TIA often labeled “mini-stroke,” or a “warning stroke,” should be taken very seriously.

New Delhi, Feb 21, 2017: Transient ischemic attack or TIA or mini paralysis is a brief episode of neurologic dysfunction caused by lack of blood supply in the focal brain or eye, with clinical symptoms typically lasting less than one hour, and without evidence of acute infarction or brain attack.

It is a neurological emergency and early recognition can identify patients who may benefit from preventive therapy or from surgery of large vessels such as the carotid artery.

Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said that “The initial evaluation of suspected TIA and minor non disabling ischemic paralysis includes brain imaging, neurovascular imaging, and a cardiac evaluation. Laboratory testing is helpful in ruling out metabolic and hematologic causes of neurologic symptoms. TIA or minor non disabling ischemic paralysis is associated with a high early risk of recurrent paralysis. The risk of paralysis in the first two days after TIA is approximately 4 to 10 percent.”

“However, a TIA does not last as long as a stroke. The effects often only last for a few minutes or hours and fully resolve within 24 hours. Immediate evaluation and intervention after a TIA or minor ischemic reduces the risk of recurrent stroke. Even if the symptoms disappear while you are waiting for the ambulance to arrive, an assessment in hospital should still be carried out.

A TIA is a warning that you are at risk of having a full stroke in the near future, and an assessment can help doctors to determine the best way to reduce the chances of this happening. Risk factor management is appropriate for all patients. Currently viable strategies include blood pressure reduction, statins, antiplatelet therapy and lifestyle modification, including smoking cessation.” added Dr K K Aggarwal.

For patients with TIA or ischemic stroke of atherothrombotic, lacunar (small vessel occlusive), or cryptogenic type, antiplatelet agents should be given. For patients with atrial fibrillation and a recent ischemic stroke or TIA, the treatment is blood thinners. For patients with carotid blockages, surgery is needed.
Following are some warning signs of a stroke:

1. FAST: Face-Arms-Speech-Time.
   - **Face** drooping
   - **Arms** weak and numb
   - **Speech** slurred
   - **Time** to call for medical aid immediately

2. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
3. Sudden confusion, trouble speaking or understanding
4. Sudden trouble seeing in one or both eyes
5. Sudden trouble walking, dizziness, lack of balance or coordination
6. Sudden severe headache with no known cause

-Ends-

**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

**For further information please contact:**
Sanjeev Khanna - 9871079105
Md Adib Ahmad – 9873716235
mediaimahq@gmail.com

IMA Public & Media Advocacy Cell