

Signs of stroke in cold weather and how to handle it

Strokes often occur during seasonal changes or early morning, especially when the temperature drops or changes suddenly.

In the cold weather of the first days of the new year, along with a busy schedule of spring travel and New Year's greetings, there are reunion parties, New Year's parties, and foods rich in fat or sugar, alcoholic beverages, wine, beer. these are the reasons that increase the risk of stroke.

According to Dr. Bui Thi Thu Ha - Director of the Stroke Center, Phu Tho General Hospital, strokes often occur during the changing seasons; or early in the morning, especially when the temperature drops or changes suddenly, which can increase the risk of stroke. Cold weather causes blood vessels to constrict, increasing blood pressure, and cold can also thicken the blood, leading to the formation of blood clots, one of the main causes of stroke.



Drinking a lot of alcohol increases the risk of stroke in cold weather.

There are many favorable factors that cause stroke during Tet such as cold weather, changes in diet, irregular lifestyle, heavy alcohol use, lack of sleep, stress, lack of exercise. especially in people with underlying diseases such as high blood pressure, diabetes, and dyslipidemia.

Early signs of stroke:

Early recognition of stroke signs plays an important role in whether the patient can receive timely emergency care, which can save the patient's life. Signs of stroke include:

- Distorted face, crooked mouth: When smiling, one side of the face droops.
- Weak limbs: One arm or leg is paralyzed, losing control.
- Difficulty speaking or unclear speech: Voice is distorted, difficult to pronounce.
- Severe headache: Sudden headache of unknown cause.
- Dizziness, loss of balance: Feeling dizzy, unable to stand.

How to handle:

According to Dr. Bui Thi Thu Ha, a stroke can cause the patient to lose balance or become unconscious, possibly leading to a fall. If you notice yourself or someone around you is having a stroke, follow these steps:

Step 1: Call emergency services

If you are experiencing symptoms of a stroke, have someone call for help and stay as calm as possible while waiting for emergency help.

If you are caring for someone who has had a stroke, make sure they are in a safe position, wearing loose clothing, and in a comfortable space. If the patient is unconscious, place them on their side with their head slightly elevated and watch out for vomiting or choking.

Step 2: First aid for stroke while waiting for emergency help

- Check the patient's breathing. If there is no breathing, perform artificial respiration.
- If the patient feels short of breath, loosen tight clothing and accessories such as ties, scarves, belts, etc. to make it easier for the patient to breathe.
- If the patient has cardiac arrest, perform external cardiac massage. Use a handkerchief wrapped around your index finger to clear the patient's mouth of phlegm and saliva.
- Remove the patient's dentures (if any) to avoid choking. Absolutely do not put anything into the patient's mouth.
- Calmly advise and reassure the patient.
- Cover the patient with a blanket to keep them warm.
- If the patient has weakness in the limbs, several people should be asked to help move the patient.
- Observe to recognize any changes in the patient.

Step 3: Provide information about the patient's condition

Record the cause, symptoms, whether or not the patient has fallen or hit their head, etc. to provide to medical staff as soon as they are received by emergency services.

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