

USEFUL INFORMATION

Glossary

An explanation of some words you may hear regarding stroke

A

Aneurysm	A balloon-like bulge in the wall of an artery which may burst and cause a haemorrhage (bleeding).
Anticoagulation	This is a process of thinning the blood so that it is less likely to clot and cause a stroke.
Antihypertensive drug	Designed to lower blood pressure.
Anti-platelet drugs	Drugs used to stop the platelets in the blood sticking to one another and forming clots.
Aspiration	Can be caused by an unsafe swallow, where fluid or food enters the lungs. Can lead to lung infection or pneumonia.
Ataxia	Uncoordinated movement that can affect arm and leg movements. It can cause unsteady walking.
Atherosclerosis	Changes in the condition of arteries. 'Athero' refers to fatty deposits and 'sclerosis' to hardening.

B

Blood pressure	A typical blood pressure is written as 120/70. The top figure is when the heart muscle contracts and the bottom figure is when the heart muscle is at rest.
Brain stem	The stem-like part of the brain, which links the two halves of the brain to the spinal cord. It contains some vital nerve cells involved with breathing and many other important functions including the heart and eyes.

C

Care package	This is organised by the team to support you at home. This may involve carers coming to your home to assist with personal care, dressing, meal preparation and medication prompts as required.
Care pathway	A description of the 'journey' through the health services. Each care pathway is based on the patient's individual needs.
Carotid artery	There are two carotid arteries on each side of the neck which carry blood from the heart to the head, notably to the face and the front

	of the brain. Disease of a carotid artery is a common cause of stroke.
Carotid doppler	An ultrasound scan of the carotid arteries to check blood flow to the brain.
Carotid endarterectomy	Surgical operation to remove obstructions (usually fatty tissue or a blood clot) from inside an artery.
Cerebellum	The part of the brain that controls co-ordination and fine (delicate) movement, and may also play a part in higher mental functions.
Cerebrum	The largest part of the brain, made up of the left and right hemispheres.
Cholesterol	A fatty substance made in the liver and also present in some foods, which is vital to the body's normal functioning. If present in excess, it can be deposited in the wall of the arteries to produce fatty lumps or plaques (atheroma).
CT scan	Computerised Tomography. A scan of the brain which can show the type of stroke that has occurred and its location in the brain.
Cognition	A person's thinking processes including concentration, memory and planning skills.
CVA	Cerebral Vascular Accident. Previous name for Stroke.

D

Deep Vein Thrombosis	This is a blood clot, usually in the leg. The signs of a DVT are pain, redness, tightness and swelling in the leg. The lower leg often feels hot to touch.
Dysarthria	Weakness of muscles involved in speech resulting in slurred speech.
Dysphagia	Swallowing problems resulting from a stroke.
Dysphasia	Problems with understanding and forming speech. This condition can also affect reading and writing.
Dyspraxia	Damage to the brain's skill movement area can cause coordination issues and difficulty with tasks like spreading butter. Arm and hand movement may appear clumsy, or a complex task's sequencing (ability to do things in logical order) may be forgotten. It can affect hand and arm function and speech.

E

ECG	An electrocardiogram which measures the activity and rhythm of the heart.
Emotional lability	The inability to control emotions eg. laughing or crying for no apparent reason.
Echocardiogram	An ultrasound scan of the heart which shows blood flow.

G

Goal setting	The process of identifying tasks which are important to you. Goals are often broken down into stages and members of the team will work with you to help you achieve your goals.
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H

Haemorrhagic stroke	A stroke caused by a burst blood vessel bleeding into the brain (intracerebral haemorrhage).
Hemianopia	Loss of one half of the normal field of vision. Homonymous hemianopia is the loss of the same half (either left or right) of the visual field in both eyes.
Hemiplegia	Total loss of movement and/or sensation of one side of the body.
Hemiparesis	Partial loss of movement and/or sensation of one side of the body.
Hypertension	High blood pressure.
Hypotension	Low blood pressure.

I

Ischaemia	An interruption of the blood supply to a part of the body, causing cell death.
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L

Lacunar stroke	Individual clots affecting small areas (LACS) of the brain resulting in loss of movement and/or sensation.
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M

MRI Scan	Magnetic Resonance Imaging. An MRI scan gives a cross-sectional image of soft tissues and gives a more detailed picture of the brain.
Multidisciplinary team	A team of professionals working together to help you in your recovery.
Muscle tone	This refers to the amount of tension in the muscles. After a stroke, muscles can become hypertonic (very tense) or hypotonic (very floppy).

P

Partial Anterior Circulation stroke (PACS)	This type of stroke results in loss of movement/sensation in upper and/or lower limbs and may include thinking (cognitive), speech and language or visual difficulties.
Posterior Circulation Stroke (POCS)	A stroke affecting the posterior (rear) artery of the brain, which can result in visual and balance difficulties.

R

Risk factors	The possible underlying likes smoking, high blood pressure, family history of stroke, weight, alcohol excess, ethnicity, and diabetes.
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S

Statins	Drugs used to lower cholesterol levels.
Stenosis	A narrowing (often applied to an artery).
Subarachnoid haemorrhage	Bleeding between the brain and one of the covering membranes due to a leaking aneurysm (bulge in the wall of a blood vessel).

T

Thrombolysis	The use of drugs to break up a blood clot in the very acute stage of ischaemic stroke.
Thrombosis	The formation of a blood clot.
TOE	Trans Oesophageal Echocardiogram. A technique using ultrasound to monitor and visualise the functions of the heart.

Total Anterior Circulation Stroke (TACS)	A blockage of the blood vessels supplying the front (anterior) part of the brain. All the areas supplied by this blood supply are affected.
TIA	Transient Ischaemic Attack is used to describe a mini-stroke which usually resolves within minutes or hours.

V

Videofluoroscopy	X-ray of the mouth and throat to assess swallowing.
Visual neglect	Where a person is unable to see on the affected side.



Stroke treatment network in Ho Chi Minh City

(as of November 2020)

NO.	HOSPITAL	NO.	HOSPITAL
1	People's Hospital 115	14	Xuyen A Hospital
2	University Medical Center HCMC	15	Gia An 115 Hospital
3	Cho Ray Hospital	16	Hoan My Sai Gon Hospital
4	Thong Nhat Hospital	17	City International Hospital
5	175 Military Hospital	18	International Neurosurgery Hospital
6	Nhan Dan Gia Dinh Hospital	19	Vinmec Central Park International Hospital
7	Nguyen Tri Phuong Hospital	20	Trieu An Hospital
8	Trung Vuong Hospital	21	District 2 Hospital
9	An Binh Hospital	22	Hoc Mon Hospital
10	Thu Duc District Hospital	23	Tan Phu Hospital
11	Thu Duc Hospital	24	Tan Binh Hospital
12	Sai Gon Hospital	25	District 1 Hospital
13	Nguyen Trai Hospital	26	Tam Duc Heart Hospital