

# I'm Having a Female Brain Attack Now!

Depending on your brain circumstances, you may or may not know that you are having a brain attack/stroke. You may come to that realization sooner if you are able to spot the warning symptoms.

The next crucial step is to **get a sense of the three different kinds of brain attacks that can occur**. You may not want to really know all the gory details, but having even this basic information can help you immensely in planning to maintain your own good brain health.

I have also included a short video of what it is like to experience a female brain attack from one of the most interesting women to ever have one. **Dr. Jill Bolte Taylor**, a neuroscientist, was engaged in major brain research when she went on to gain her greatest insight about the brain after having her own female brain attack. I hope you take a few minutes to watch.

The **three types of recognized brain attacks/strokes** are:

1. Ischemic
2. Hemorrhagic (Cerebral Aneurysm)
3. Transient (Mini Stroke)

## **Ischemic Brain Attack**

80% of brain attacks/strokes are of the ischemic type (interruption of blood supply) that impact either the surface brain blood vessels or smaller blood vessel deep within the brain.

- A **blood clot (embolism)** forms somewhere else in the body travels via the blood stream and lodges in the brain causing brain tissue death by blocking blood flow

- Or, a blood clot can develop over time in an artery that supplies the brain which has become hardened by **plaque (atherosclerosis)**
- **High blood pressure (hypertension)** can also cause arterial blockage setting off a brain attack
- And, lastly 30% of the ischemic brain attacks are of **unknown origin.**

### **Hemorrhagic Brain Attack (Cerebral Aneurysm)**

12 % of brain attacks/strokes are of this type where a **blood vessel variously located within the brain ruptures**. *Intracerebral hemorrhage* is where blood flows to the brain's interior and a *subarachnoid hemorrhage* is where blood flows to the space surrounding the brain.

### **Transient Brain Attack (Mini Stroke)**

This type of brain attack may manifest some of the classic and/or unique symptoms, but it is **temporary and leaves no permanent effect**. There is only a brief interruption of blood flow to the brain. A mini stroke may occur more than once and it is **usually indicative that a true stroke event will follow shortly.**

**Now that you know the basics, please take the time to watch.**

By Joyce Hansen