

Mission BROLO: Preventing Brain Stroke

Dr. Ashok Hande

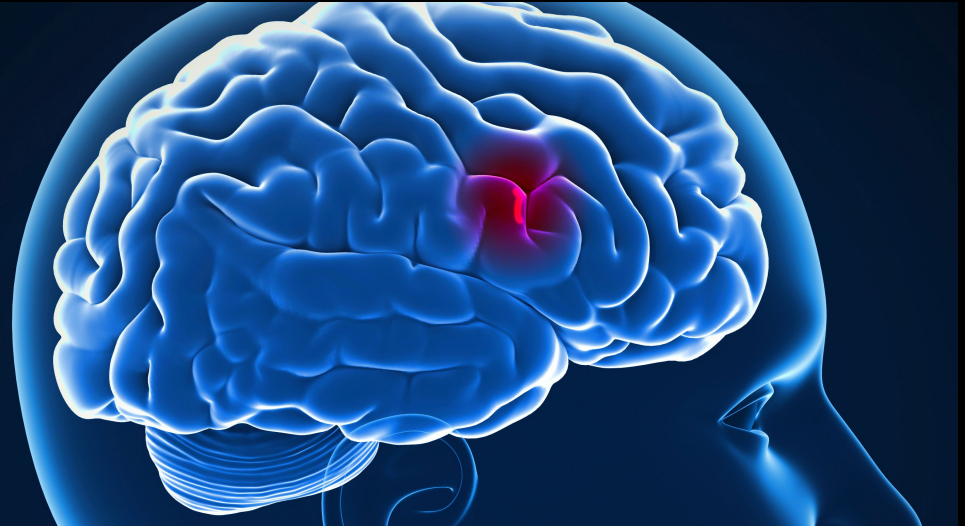
Fortis Hospital, Navi Mumbai

Friday October at 4 p.m.

(Hybrid), Lecture Theatre AG 66, TIFR

YouTube Live:

<https://youtu.be/zsuB71Fm9vY>



Dr. Hande graduated from Seth G.S. Medical college in 1983 and cleared M.Ch. (neurosurgery) in 1990 from Bombay University. In neurosurgery, He has extensive exposure to most complex neurosurgical procedures, particularly to vascular and skull base tumor surgery. He has had multiple fellowships in Japan & USA, working with pioneers in the field, which has greatly boosted his career in vascular and skull base tumor surgery back home. He has special interest in neurovascular surgery and surgery for strokes. He is a member of World Stroke Society. In last 21 years of post-qualification period, He has performed more than 1000 vascular operations (includes aneurysm and arterio-venous malformations of the brain) and equal number of skull base tumors surgeries with good results.. He has 30 years of experience of teaching to the undergraduate and postgraduate students. At present, He is a consultant at Fortis Hospital, New Bombay & Ruby Hall clinic at Pune.

Brain Stroke is the second leading cause of death and the leading cause of adult disability worldwide. Developing countries like India account for 85% of the global deaths from stroke. The main reasons for such a high incidence are poor awareness and delayed consultation. With the wide availability of CT scans, a primary investigative modality, this problem can be solved to some extent. Stroke can occur in anyone regardless of race, gender or age; however, the chances of having a stroke increase if an individual has certain risk factors. The best way to protect oneself and others is to understand personal risk and how to manage it. Studies have shown that 80-90% of strokes can be prevented in this way because it is largely related to lifestyle changes. Stroke is related strongly to a defective lifestyle. Lifestyle risk factors, which include smoking, alcohol abuse, physical inactivity and obesity, can often be changed, while medical risk factors such as high blood pressure, atrial fibrillation, diabetes mellitus and high cholesterol can usually be treated. The modifiable and treatable factors are abbreviated as SHA2DOWS2 (Smoking, Hypertension, Alcohol abuse and Atrial fibrillation, Diabetes, Obesity and hyperlipidemia, Wellspring for family history, Stress and Sedentary lifestyle).