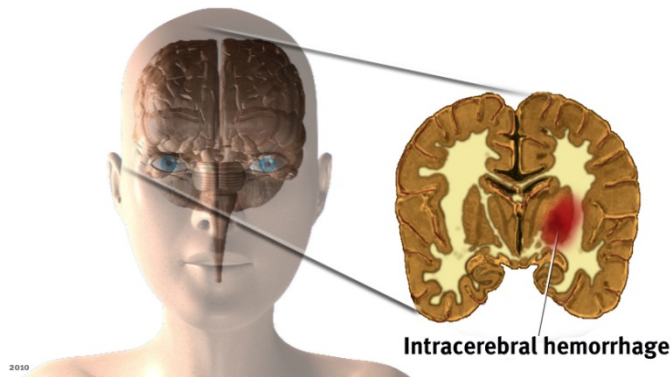


Intracerebral Hemorrhage (ICH)

What is it?

An Intracerebral Hemorrhage, or ICH, happens when a blood vessel deep inside your brain bursts. The blood then leaks into the brain tissue. This blood puts pressure on the brain. This pressure can cause brain cells to die and may cause a loss of function in some body parts.



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What are the symptoms of ICH?

- Sudden, severe headache
- Sudden confusion or change in awareness
- Sudden nausea or vomiting
- Sudden numbness or weakness in the face, arm, or leg
- Sudden clumsiness or difficulty walking
- Sudden problem speaking or understanding

Who is at high risk?

People with:

- High blood pressure that stays high for a long time
- Abnormal or diseased blood vessels
- Heavy alcohol or drug abuse

- A family history of ICH
- Smoking
- Use of blood thinners

What to do?

ICH is a medical emergency!

Call 911 if you experience any of the symptoms of ICH.

What to expect?

When you arrive at the hospital the doctor will order medical tests to help make your diagnosis. You may have any of the following tests:

- Computed Tomography Scan (CT)
- Magnetic Resonance Imaging (MRI)
- Angiogram
- Blood Tests
- Monitoring in the Intensive Care Unit (ICU) or in the Stroke Unit

What treatment will I receive?

At the hospital:

Your doctor will select the best treatment according to how large the bleed is and what caused it. Treatment can include:

- Drugs to reduce and control blood pressure and swelling in the brain
- Draining excess fluid with a small tube (a catheter) or with needles
- Sometimes surgery may be needed to relieve the pressure and prevent further injury to the brain

Later:

After leaving the hospital you may need more care. This depends on the size of the ICH, and how much damage the ICH caused.

Follow up care may include:

- Return visits to Neurology or Neurosurgery

- Follow up visits for blood pressure control
- Short term rehabilitation
- Long term rehabilitation

Rehabilitation: therapy to improve function.

What can I do to prevent ICH?

The biggest risk-factor for ICH is high blood pressure that stays high for a long time.

If your blood pressure is high, work with your doctor to reduce it.

Some other simple steps you can take:

- Limit your alcohol intake
- If you smoke, quit
- Eat more fruits and vegetables

For More Information:

- American Stroke Association Stroke support line: 888-478-7653 or www.strokeassociation.org
- National Stroke Association www.stroke.org or Tel: 800-787-6537
- Internet Stroke Center at www.strokecenter.org
- UMHS Stroke Program Website www.med.umich.edu/stroke

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