

# What Is a TIA?

A transient ischemic attack ... or TIA ... is sometimes called a "mini-stroke" ...

because the symptoms are the same as a stroke ...

but they don't last long and don't cause permanent damage.

Symptoms may include numbness, weakness, or loss of movement in your face, arm, or leg, especially on one side of your body ...

sudden changes in vision ... or trouble speaking.

The symptoms usually go away after a few minutes to an hour ...

but they may last for up to 24 hours.

When symptoms first start, you can't tell the difference between a TIA and a stroke.

So if you have any symptoms ... even for a short time ...

it's important to get emergency care right away.

A TIA means you don't get enough blood flow to part of your brain for a short time.

It happens when something temporarily blocks ... or reduces ...

blood flow in the brain ... like a blood clot.

When blood, and the oxygen it carries, doesn't flow to an area of the brain, the part of your body controlled by this area of the brain can't work properly.

For example, if a TIA happens in the area that controls how you move, it could affect how you walk or use your arms ... for a short time.

A TIA is a warning sign ...

It means you're more likely to have a stroke in the future.

So you may want to think about the things you can do to lower your risk.

To help lower your risk of stroke, your doctor may recommend medicines ...

and healthy changes ... like being active ... eating a healthy diet ... and not smoking.

Or your doctor may recommend surgery.

A TIA can be scary.

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But knowing more about what happens during one ...  
and what it might mean for the future ... can help.

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