

Stankiewicz
enjoys life with
her son, Gavin.

About Intracerebral Hemorrhage "ICH"

African-American and Hispanic people and those with high blood pressure (hypertension) are more at risk.

There are three basic types of ICH:

- hypertensive hemorrhage, due to chronic hypertension,
- arteriovenous malformation, due to a congenital defect, and
- amyloid angiopathy, where blood vessels are more easily broken due to aging.

The physicians at the Johns Hopkins Intracerebral Hemorrhage Center can offer a second opinion to people with a diagnosis of hypertensive ICH, surgical and other options for arteriovenous malformations, and a more precise diagnosis and care plan for dementia from amyloid angiopathy.

When the Brain Bleeds

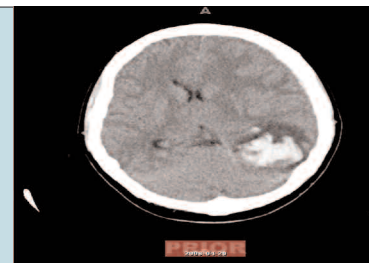
Johns Hopkins Bayview offers unique care for people with intracerebral hemorrhage

As a college student, Ashley Stankiewicz enjoyed her classes and spending time with friends. One evening though, Stankiewicz's life would change. She was taken to a hospital emergency room after vomiting and complaining of dizziness and feeling light headed. When her blood pressure did not stabilize in the emergency room, she was flown to Johns Hopkins Bayview and admitted to the neurosciences critical care unit.

Imaging scans of Stankiewicz's head showed that she had an intracerebral hemorrhage, bleeding in the brain. It was a scary diagnosis for Stankiewicz, especially because she was six months pregnant.

Rafael Llinás, M.D., a neurologist and director of the Johns Hopkins Intracerebral Hemorrhage Center, had the expertise Stankiewicz required to manage her hemorrhage and its side effects, and to keep her healthy during the rest of her pregnancy. "Ashley's case was unusual and

This brain scan image shows the area of bleeding in the brain (see the large white spot).



complicated but our team of neurologists, nurses and rehabilitation therapists was just what she needed," says Dr. Llinás.

Intracerebral hemorrhages (ICH) can be caused by a tearing of an artery in the brain,

The symptoms of ICH are similar to those of a stroke

The symptoms of ICH are similar to those of a stroke – headache, double vision, unconsciousness and feeling numb or weak on one side of the body. They often develop suddenly, during activity. Some people with ICH experience other symptoms such as an abnormal sense of taste, difficulty swallowing, speaking, reading or writing, loss of balance or coordination, and nausea.

such as from high blood pressure or trauma, from a burst aneurysm, or from a weakened blood vessel wall—all of which leads to blood leaking inside the brain, making it swell. Smoking and recent strokes also can lead to this type of hemorrhage.

ICH can be life threatening and require surgical, medical or interventional neuroradiology treatment. Dr. Llinás

explains, "Interventional neuroradiology is minimally invasive and involves catheterization in the brain so that tiny wires, glue or clips can be inserted to repair blood vessel abnormalities without opening the skull."

When a second opinion really matters

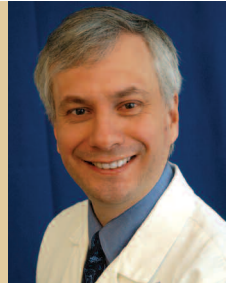
The Johns Hopkins Intracerebral Hemorrhage Center is unique in its multidisciplinary approach to caring for intracerebral hemorrhages with

options like interventional neuroradiology. The specialists have experience with all varieties and causes of ICH. While some complicated ICH cases cannot be treated, the Center's team prides itself on offering realistic second opinions and options, especially for patients who thought their choices were limited.

In addition to neurologists like Dr. Llinás, the Center's staff also includes a neurosurgeon, interventional neuroradiologist and a physician who specializes in rehabilitation. By combining research and treatment options from neurology, neurosurgery and interventional neuroradiology, patients are cared for individually according to what plan is best for them.

"Even though I was scared, I trusted Dr. Llinás and could tell he truly cared about me," says

Rafael Llinás, M.D.
director of the
Johns Hopkins Intracerebral
Hemorrhage Center



Stankiewicz. "Because of the care I received, I knew I was at the right place at Johns Hopkins Bayview."

As she recovered,

Stankiewicz suffered from distracting headaches, some vision loss and light sensitivity in her eyes. She was not able to drive and had trouble reading and spelling. So she began working with a rehabilitation therapist three times a week to relearn reading and spelling skills.

Today, Stankiewicz lives an active life and enjoys time with her baby boy. This past spring, she passed another milestone— she graduated from Towson University!

—Karen Tong

For more information about the Johns Hopkins
Intracerebral Hemorrhage Center, call 410-550-5452.