

Explosions in the Mind: A Case Study of Subarachnoid Hemorrhage

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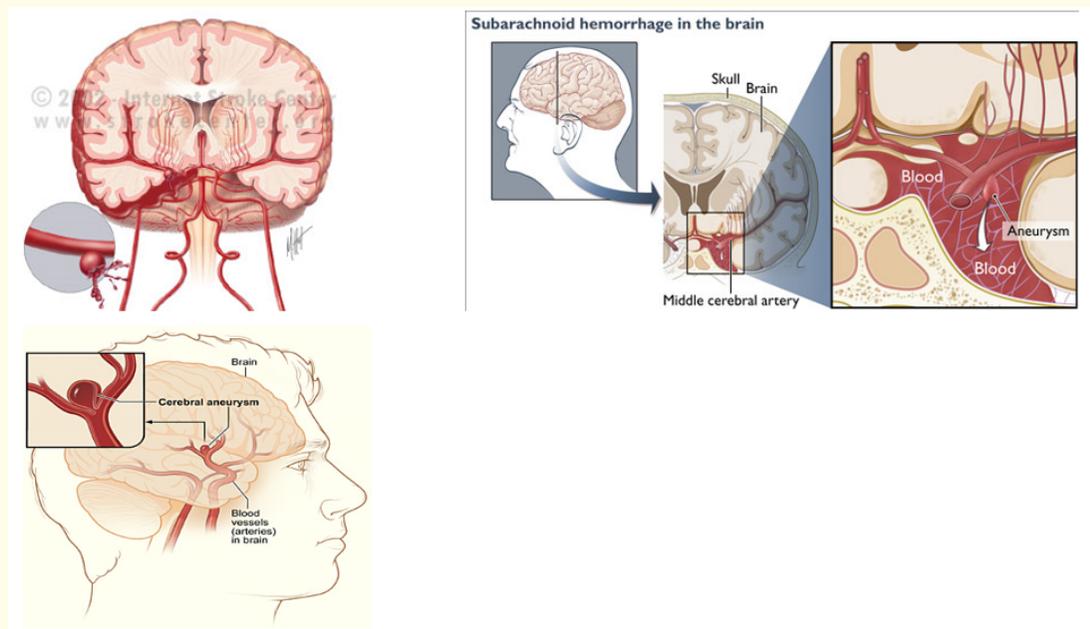
Subarachnoid hemorrhage

Subarachnoid Hemorrhage or (SAH) is known as a rare form of a stroke that usually occurs in otherwise healthy people without cause or prior medical history of strokes [1]. If one is practicing a healthy lifestyle such as a healthy diet and daily exercise, a SAH can still occur. SAH described as profuse bleeding into the subarachnoid space around the brain and spinal cord, a weakening around a wall of the cerebral artery that creates a balloon on the wall of the artery [2].

Most victims of SAH falls within the age range of 40 - 60 years, although SAH can occur at any age [1]. Normally when a young person between the age of 13 - 17 years falls victim to SAH, the cause of the injury is reported to have occurred due to playing an energetic sport such as basketball or football [2]. SAH occurs equally in both men and women, but SAH is reported to occur mostly in women then in men due to household, child, and/or marriage stresses the woman endures [1,2].

SAH is a form of stroke that comprises 1 - 7% of all known strokes. It is a serious medical emergency that can lead to death or severe disability-even when recognized and treated at the early stages. Further, up to half of all cases of SAH are fatal and 10 - 15% die before reaching a hospital [2]. Individuals who survive often have neurological or cognitive impairment for the remainder of their lives with little recovery from the impairment [1].

SAH in the brain



Case Study of D.M.

Patient D.M. discovered she was suffering with SAH while on vacation with her family and described her sudden onset of SAH as if she was “being hit in the head by a surfboard”. D. M. was employed at a Daycare as a childcare assistant, was mother of twins Emma and Andrew, and was assessed at the age of 36 years when the onset occurred [3]. After her SAH, patient D.M. had trouble getting back to her normal routines of life and suffered from memory defects such as sudden forgetting of what she was going to do next, became suddenly irritable, experienced extreme fatigue after doing minor tasks such as making a snack, and became extremely sensitive to noise levels, even when the noise wasn’t that loud [2,3].

Discussion and Conclusion

Not every individual that suffer from SAH live after experiencing the “explosion” in their brains. Sadly, about 40 - 50% of people who suffer from a SAH die within a month or immediately right after the initial rupture and bleeding [3]. If SAH is not detected early or caught before the rupture, SAH can be very fatal, even if attempts are made to disrupt the bleeding [1]. Depending on the location of the aneurysm, the hemorrhage cannot be treated, especially if the aneurysm is in a location that is extremely vital to brain function such as the Anterior Communicating Artery, which sits directly underneath the brain and is vital to blood flow between the hemispheres.

Bibliography

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