There are two broad subtypes of strokes: the ischemic kind, which is the clotting kind of stroke, and the hemorrhagic, or the bleeding type of stroke. The vast majority of strokes, close to 90%, are ischemic strokes," he explains.

A stroke is a medical emergency. That's why reducing risks are so essential, and the flu shot may be another tool.

"This has the potential to prevent clotting disorder and manage stroke, potentially," says Dr. Kumar.

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