

STROKE AWARENESS MONTH

MAY 2021

THIS MONTH WE ARE FOCUSING ON STROKE INFORMATION AND PREVENTION.


DATE: 27th May 2021
TIME: 10h30
VENUE: Lounge Area

RESIDENT VIDEO TESTIMONIALS


**GUEST SPEAKER FROM HECTOR, NAIDOO & ASSOCIATES -
PHYSIOTHERAPY@HOME – Dr Ryan Groenewald**

FAST


Facial weakness Arm weakness Speech problems Time to call for help




Learn it. Share it. You could **save a life.**




LOWER YOUR RISK OF HAVING A STROKE



Know your blood pressure
Get your blood pressure checked regularly and take steps to control it. Blood pressure is a contributing factor in over half of all strokes.



Check your pulse
Atrial fibrillation (AF) is a type of irregular heartbeat that can increase your risk of stroke by up to five times.



Don't ignore symptoms which pass
Treat any stroke symptoms as a medical emergency, over 25% of people who have a stroke have had a previous stroke or TIA.

FAST is an acronym used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a **stroke**. The acronym stands for **Facial drooping, Arm weakness, Speech difficulties** and **Time to call emergency services**.



Let's all wear purple in May for stroke awareness!