

STROKE AWARENESS MONTH MAY 2021

THIS MONTH WE ARE FOCUSING ON STROKE INFORMATION AND PREVENTION.

What can cause a stroke?

A **stroke** occurs when a blood vessel that supplies blood to the brain is blocked (**ischemic stroke**), leaks or bursts (**haemorrhagic**), damaging the brain and affecting the part of the body controlled by the damaged area of the brain. A temporary disruption of blood flow to the brain, is a **transient ischemic attack (TIA)**, without lasting symptoms.

People at risk for stroke include those who have **high blood pressure**, high **cholesterol**, **diabetes**, obesity, hereditary factors and those who smoke or abuse alcohol. People with heart and blood vessel disease or rhythm disturbances, are also at risk.


THE FIVE WARNING SIGNS OF STROKE ARE:

- ♥ Sudden weakness or numbness on one side of the body
- ♥ Sudden speech difficulty or confusion
- ♥ Sudden difficulty seeing in one or both eyes
- ♥ Sudden onset of dizziness, trouble walking or loss of balance
- ♥ Sudden, severe headache with no known cause


Seek medical attention if you have any of these signs!

FAST


Facial weakness	Arm weakness	Speech problems	Time to call for help
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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!