

## THIS MONTH WE ARE FOCUSING ON STROKE INFORMATION AND PREVENTION.

## What can cause a stroke?

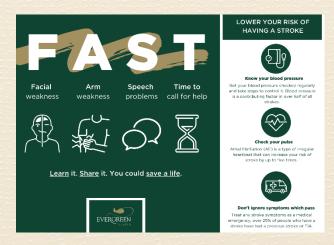
A **stroke** occurs when a blood vessel that supplies blood to the brain is blocked (ischemic stroke), leaks or bursts (haemorrhagic), damaging the brain and affecting the part of the body controlled by the damaged area of the brain. A temporary disruption of blood flow to the brain, is a transient ischemic 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 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 drooping, Arm weakness, difficulties and Time to call emergency services.



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