



# STROKE AWARENESS MONTH MAY 2021

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

**DATE:** 26<sup>th</sup> May 2021  
**TIME:** 10h30  
**VENUE:** Big TV 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!**