

WELLNESS JOURNAL

National Stroke Week

NATIONAL STROKE WEEK

Stroke Week 28 October to 3 November, is commemorated to raise awareness on the symptoms of stroke.

Because stroke is usually not painful, patients may ignore the signs or symptoms and not seek medical attention, in the hope that they will improve. Acute stroke or TIA should be treated as a medical emergency and must be evaluated as soon as possible.

Signs and symptoms

The common signs and symptoms of a stroke include:

- Sudden weakness or numbness in face, arm or leg (most often on one side of the body)
- Sudden loss of speech, difficulty speaking or understanding speech
- Sudden confusion
- Sudden loss of vision
- Sudden severe, unusual headache
- Sudden dizziness, loss of balance and trouble with walking

This wellness journal does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in the Evergreen health wellness journals.

ACT FAST



FAST is a simple way to remember the signs of a stroke and that it's important to seek medical help urgently, you need to get treatment within an hour.

- F- Face drooping
- A- Arm weakness
- S- Speech difficulty
- T-Time to call emergency medical services / Push your emergency button

FACE: ask the person to show their teeth or smile and see if one side of the face droops or does not move as well as the other side does.

ARMS: ask the person to lift both arms up and keep them up and see if one arm does not move or drifts downward when extended.

SPEECH: ask the person to repeat a short sentence (e.g., "it is a sunny day in Cape Town") and see if the person uses the correct words without slurring.

TIME: make a careful note of the time of onset of symptoms and call for help urgently if you spot any one, or more of these signs.

