

**October 29
2009**

World

A treatable

Stroke

and preventable

Day

catastrophe

**Stroke,
what can I do?**

Stroke, what can I do?

What can I do as an individual?

- Find out your stroke risk
- Check or review your lifestyle
- Measure your blood pressure
- Learn the signs of stroke
- Spread the message to your friends and relatives

What can I do as a community group, association or society?

- Set up a place for people to check their blood pressure
- Run a stroke seminar
- Write to your local authorities
- Talk to your local newspaper, radio or television stations about a true life story on stroke, symptoms, or prevention
- Run a social event for stroke survivors
- Publish local statistics and get associated with media
- Form a stroke self help group or a support group for carers

What can I do as a government?

- Set up stroke units
- Set up brain and blood vessel imaging
- Make sure people can access stroke units
- Improve access to fast stroke care
- Improve supports for people living with stroke

What can I do as a patient?

- Follow advice about medications
- Control your risk factors
- Live a healthy lifestyle

Everyone can do something about stroke.

Dear All,

The World Stroke Organization (WSO) is promoting World Stroke Day to raise awareness of Stroke, a preventable and treatable catastrophe.

We invite you to join us in raising stroke awareness across the globe.

World Stroke Day 2009 will take place on October 29 with a theme: **Stroke, what can I do?**

This question implies that everyone can do something about stroke. Individuals can learn about their risk factors for stroke and do something about it, they can learn the symptoms of stroke and what to do about them, and they can help advance the stroke cause in many other roles: as a physician, a nurse, a health-care professional, a patient, a caregiver, a donor, a business person, a citizen, a member of a voluntary organization, a policymaker, a member of government, etc. The theme has been developed to prompt individuals, groups and governments to take action against stroke either at a personal, family, or group level.

This year we are encouraging people all over the world to run World Stroke Day events. The WSO will be delivering tools to support this activity including lists of ideas for activities and media releases.

We invite you to register your interest in running a World Stroke Day event by email admin@world-stroke.org or on the website www.world-stroke.org/world_day.asp.

Sincerely,

World Stroke Day
Working Group

World Stroke Day Working Group

Vladimir Hachinski (Chair) Canada
Waleed Khoja Saudi Arabia
Erin Lalor Australia
José Larracochea Spain
Jeyaraj Pandian India
Samart Nidhinanda Thailand
Wendy Segrest USA

World Stroke Day Awards

The WSO will be providing awards to the best, most innovative, and most powerful activities in different regions to recognize efforts that raise stroke awareness.

WSD awards will be granted to individuals, scientific associations and stroke support groups. Further details about the award and the application form can be found on the following website.

www.world-stroke.org/world_day.asp

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