

Strokes

ARE AN EMERGENCY

Anyone of **any age, gender, race and fitness level** can experience a stroke

EVERY DAY IN SOUTH AFRICA

360 strokes happen

110 patients die

90 people are left with life-changing disability

Survivors can experience loss of the use of limbs, chronic pain and difficulty to read and speak

This often means they cannot return to work or study and independent living becomes hard



WHAT IS A Stroke?

Stroke is a 'brain attack'. The supply of blood and oxygen to the brain can be cut off because of a blockage or damage to a blood vessel in the brain. This causes the brain cells to die - which can be fatal or result in disability.

RECOGNISING A Stroke



Sudden weakness or numbness on one side of the body or loss of balance



Sudden unusual, severe and persistent headache



Sudden difficulty speaking, slurred speech or loss of sight



Facial droop

ACT FAST

Many strokes can be reversed if blood flow to the brain is restored before the brain tissue dies. Do the FAST test and if needed, get to your closest appropriate emergency department as quickly as possible.

THE FAST TEST



Face

Smile, or show your teeth. Does one side of the face droop?



Arm

Close your eyes and hold your arm out for 10 seconds. Does one arm drift down?



Speech

Repeat any sentence. Is speech slurred, wrong words used or unable to speak?



Time

Note the time and get to the nearest stroke unit as soon as possible. Every minute counts!

THE BEST TREATMENT IS Prevention

Reduce your risk:

- Manage atrial fibrillation and diabetes
- Avoid smoking and alcohol
- Reduce fatty foods and sugary drinks
- Exercise to stay fit
- Keep blood pressure under control



**80%
OF ALL STROKES CAN BE
AVOIDED**

KNOW YOUR BLOOD PRESSURE

40-60 DBP / 70-90 SBP
LOW

60-80 DBP / 90-120 SBP
NORMAL

80-90 DBP / 120-140 SBP
PRE-HIGH

90-100 DBP / 140-190 SBP
HIGH

#AngelsInitiative | #FaceArmSpeechTime
www.heartfoundation.co.za | twitter.com/SAHeartStroke