



STROKES ARE AN Emergency



IN SOUTH AFRICA

4th Biggest natural killer in SA

EVERYDAY **119** DIE

132 000 = 360
STROKES A YEAR IN SA A DAY



90%
are left with a life-changing disability, such as the loss of the use of a limb, chronic pain, inability to speak, difficulty reading, memory or emotional disturbances or spasticity, which often results in the person being unable to return to work.

During Corporate Wellness month be vigilant in recognising a stroke: Sudden weakness or numbness on one side of the body. Sudden unusual, severe and persistent headache. Sudden difficulty speaking or loss of sight in one or both eyes.

You need to get to the nearest appropriate facility* as quickly as possible, as many strokes can be reversed if blood flow to the brain is restored before the brain tissue dies.


* Facility equipped to treat a stroke with a 24-hour emergency room and a CT scanner.

RECOGNISING A Stroke

Sudden weakness or numbness on one side of the body. Sudden unusual, severe and persistent headache.

Sudden difficulty speaking or loss of sight in one or both eyes.

DO THE F.A.S.T. TEST

 Face Smile, or show your teeth. Does one side of the face droop?	 Arm Close your eyes, and hold your arms 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.
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WHAT IS A Stroke?

2 TYPES OF STROKES

Ischaemic stroke

Occurs when a blood vessel becomes blocked and that part of the brain dies. Responsible for 80% of strokes.



Haemorrhagic stroke

Occurs when a blood vessel breaks and blood fills and damages that part of the brain.



WHAT TO DO IN AN Emergency

You need to **GET TO A STROKE UNIT** as quickly as possible, as many **STROKES CAN BE REVERSED** if **BLOOD FLOW** to the brain **IS RESTORED** before the brain tissue dies.



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