

What is a stroke?

A stroke is a brain attack. It happens when the blood supply to the brain is disrupted. Most strokes occur when a blood clot blocks the flow of blood to the brain. Some strokes are caused by bleeding in or around the brain from a burst blood vessel.

What is a TIA (transient ischaemic attack)?

A TIA (sometimes called a mini stroke) is similar to a full stroke but the symptoms may only last a few minutes and will have completely gone within 24 hours. Don't ignore it. It could lead to a major stroke. See your GP as soon as possible and ask to be referred to a specialist stroke service. This should happen within 7 days.

Facts about stroke

Every five minutes someone in the UK has a stroke.
Each year an estimated 150,000 people in the UK have a stroke.
Stroke is the third most common cause of death in the UK.
A quarter of a million people in England and Wales are living with long-term disability as a result of stroke.

What is The Stroke Association?

The Stroke Association is the only UK charity solely concerned with combating stroke in people of all ages. We want a world where there are fewer strokes and all those touched by stroke get the help they need. Our mission is to prevent strokes and reduce their effect through providing services, campaigning, education and research.

Stroke Helpline 0845 3033 100 www.stroke.org.uk

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Suspect a stroke? Act FAST. Call 999.

**Suspect a stroke?
Act FAST and call 999.**

FAST

Facial weakness **Arm** weakness **Speech** problems **Time** to call 999

To order more FAST cards call 01933 403963

Stroke is a medical emergency.

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The Face, Arm, Speech Test (FAST) can help you recognise the symptoms of a stroke

FAST

Facial weakness

Can the person smile? Has their mouth or eye drooped?

Arm weakness

Can the person raise both arms?

Speech problems

Can the person speak clearly and understand what you say?

Time
to call 999

What are the symptoms of stroke?

- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Sudden loss or blurring of vision, in one or both eyes
- Sudden difficulty speaking or understanding spoken language
- Sudden confusion
- Sudden or severe headache with no apparent cause
- Dizziness, unsteadiness or a sudden fall, especially with any of the other signs

Why act FAST?

Stroke is a medical emergency. By calling 999, you can help someone reach hospital quickly and receive the early treatment they need. Prompt action can prevent further damage to the brain and help someone make a full recovery. Delay can result in death or major long-term disabilities, such as paralysis, severe memory loss and communication problems. Ambulance crews use FAST and with hospital staff can act fast to identify and diagnose a stroke quickly.

If you suspect a stroke, act FAST and call 999