

Be a Hero

Suspect a stroke? Act FAST and contribute to life after stroke

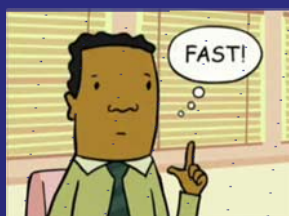


What is a stroke?

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.

Facts about stroke

Every five minutes someone in the UK has a stroke. Each year over 150,000 people in the UK have a stroke. Stroke is the third most common cause of death in the UK and the leading cause of adult disability in the UK.



Suspect a stroke?

What are the common signs of stroke? Remember FAST but what does that mean?

F

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weakness



Does the face look uneven?

A

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weakness



Does one arm drift down?

S

peech

problems



Is the speech coming out strangely?

T

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call



999!

Life after stroke

Mobility and balance problems are common after stroke. People after stroke might have difficulties with reaching for a cup or might have trouble walking. Rehabilitation in general and physiotherapy in particular can help. One thing physiotherapists do is training the muscles of the trunk, which is the anchor of the body, in order to provide a good stable foundation for movements of the arms and legs.

By optimising mobility and balance after stroke, people are assisted to the best possible return to function and their roles within their family, community and society. Stroke will become increasingly significant in the developed world as people expect to live longer and consume more, exposing themselves to a range of risk factors which could lead to a stroke. So go on, be a hero!

