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## Key facts about stroke

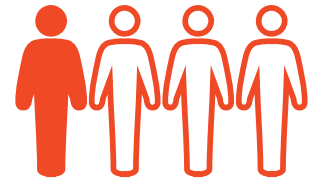
Stroke Awareness Month ▲  
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### FACT #1

#### Stroke is a sudden loss of brain function

Stroke happens when a blood clot restricts the flow of blood to the brain, or when a blood vessel bursts and damages brain cells.



### FACT #3

#### 1 in 4 people experience a stroke

Stroke is not uncommon and definitely not just a disease of the elderly. Up to 30% of strokes occur in people aged under 65, with Māori and Pacific people experiencing stroke 15 years earlier than European New Zealanders.



### FACT #2

#### Every minute stroke treatment is delayed, 1.9 million brain cells die

Prompt treatment greatly increases the chances of surviving a stroke and the likelihood of a successful recovery. This requires medications and often surgical interventions to repair a ruptured blood vessel or remove a clot.



### FACT #4

#### Most strokes are preventable

Up to 90% of strokes are linked to ten risk factors, including high blood pressure, physical inactivity, poor diet, and smoking – many of which can be controlled. Protect your health at [www.stroke.org.nz/reduce-your-risk](http://www.stroke.org.nz/reduce-your-risk)

### FACT #5

#### Learn what it means to act F.A.S.T.

The F.A.S.T. acronym helps identify a stroke and gives you the best chance of protecting yourself and your loved ones



**FACE**  
DROOPING



**ARM**  
WEAKNESS



**SPEECH**  
DIFFICULTY



**TAKE ACTION**  
CALL 111

Need support after stroke? Free support and services for anyone affected by stroke.  
0800 STROKE (78 76 53) | [help@stroke.org.nz](mailto:help@stroke.org.nz)

