IF IT’S A STROKE – ACT FAST!

If you think it’s a stroke call 111 immediately.
The sooner a person with a stroke gets to
hospital and begins treatment, the better
the chance of reducing brain damage and
possibly saving their life.

Learn the F.A.S.T. signs of stroke –
you may save a life!

Any one of these signs – not necessarily
all three – could be a sign of stroke.

WHAT IS A STROKE?

FACE
Smile – is one side drooping?

ARM
Raise both arms – is one side weak?

SPEECH
Speak – unable to?
Words jumbled, slurred?

TIME
Time to act fast! Call 111.
Time lost may mean brain lost.

REDUCE YOUR RISK OF STROKE

• Check your blood pressure regularly, and follow any treatment advised by your doctor
• Don’t smoke
• Reduce your salt intake
• Eat healthy foods (limit fatty, sugary, salty foods)
• Be physically active for at least 30 minutes on most days of the week
• Maintain a healthy weight
• Limit your alcohol intake
• Check your cholesterol level and follow any treatment advised by your doctor
• Get checked for atrial fibrillation (irregular heartbeat) and follow any treatment advised by your doctor
• If you have diabetes, manage your condition well

IF IT’S A STROKE – ACT FAST!

If you think it’s a stroke call 111 immediately.
The sooner a person with a stroke gets to
hospital and begins treatment, the better
the chance of reducing brain damage and
possibly saving their life.

Check your

• blood pressure regularly so you can take steps to reduce it if necessary
• cholesterol so it can be reduced if the levels are too high
• heart beat. An irregular heart beat, called atrial fibrillation, can cause stroke. Medication can treat this.

• Eat a healthy diet and reduce salt. This helps lower blood pressure and reduce cholesterol
• Stop smoking. If you smoke and have high blood pressure you are up to 18 times more likely to have a stroke than a non-smoker your own age with normal blood pressure
• Move more. Regular exercise and being active will help reduce many risk factors
• Keep your alcohol intake low. Drinking more than two small alcoholic drinks per day can increase your risk of stroke
• Lose weight. Being overweight puts extra strain on your blood vessels and heart. Eating a healthy diet and exercising regularly will help control your weight
• Take medication as prescribed by your doctor.
WHO DOES STROKE AFFECT?
Anyone can have a stroke. Although strokes often happen to older people, a quarter of all strokes in New Zealand occur in people still in the workforce or younger – even children and babies have strokes.

Stroke is largely preventable, yet each year about 9,000 people in this country have a stroke. This number would be more than halved if all the recommended actions to reduce stroke risks (see next section) were taken in the community.

WHAT IS A STROKE?
A stroke is a brain attack. It can be fatal.

A stroke happens when a blockage such as a clot blocks the blood flow to the brain, or when a burst blood vessel bleeds into the brain.

During a stroke, the cells in the affected part of the brain start to die and that part of the brain cannot work properly. This can affect a person’s ability to walk, talk, eat, see, read, socialise or do things they were able to do before the stroke.

Many people with stroke may also have fatigue or problems with remembering, understanding or thinking properly.

IMPACT OF STROKE
Different parts of the brain control a person’s movements, senses, emotions and intellectual functions. The effects of stroke depend on which part of the brain is damaged and how severe the damage is.

Disabilities from stroke range from slight to severe. Some people make a speedy recovery and return to their normal lives. Others have disabilities that may improve with time and can be managed. For many, disabilities may last a lifetime. A small number of people will need full time medical care.

WHAT IS A STROKE?
A stroke is a brain attack. It can be fatal.

A stroke happens when a blockage such as a clot blocks the blood flow to the brain, or when a burst blood vessel bleeds into the brain.

During a stroke, the cells in the affected part of the brain start to die and that part of the brain cannot work properly. This can affect a person’s ability to walk, talk, eat, see, read, socialise or do things they were able to do before the stroke.

Many people with stroke may also have fatigue or problems with remembering, understanding or thinking properly.

IMPACT OF STROKE
Different parts of the brain control a person’s movements, senses, emotions and intellectual functions. The effects of stroke depend on which part of the brain is damaged and how severe the damage is.

Disabilities from stroke range from slight to severe. Some people make a speedy recovery and return to their normal lives. Others have disabilities that may improve with time and can be managed. For many, disabilities may last a lifetime. A small number of people will need full time medical care.

WHO DOES STROKE AFFECT?
Anyone can have a stroke. Although strokes often happen to older people, a quarter of all strokes in New Zealand occur in people still in the workforce or younger – even children and babies have strokes.

Stroke is largely preventable, yet each year about 9,000 people in this country have a stroke. This number would be more than halved if all the recommended actions to reduce stroke risks (see next section) were taken in the community.