

Reducing your risk

Many people consider having a TIA as a 'wake-up call' and a sign that they need to make some changes to their lifestyle. Here are some tips to help make this change.

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
- **Stop smoking.** Smoking increases your chance of stroke
- **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.

TIA information and advice

Stroke Foundation New Zealand

www.stroke.org.nz

0800 787653 free phone for advice

Northern Regional Office

09 475 0070

northern@stroke.org.nz

Midland Regional Office

07 571 3061

midland@stroke.org.nz

Southern Regional Office

03 381 8500

southern@stroke.org.nz

Healthline 24 hour telephone advice

0800 61 11 16

STROKE
FOUNDATION • NZ
www.stroke.org
0800 787 653



WHAT IS A TIA?



TIA stands for transient ischaemic attack

A TIA is the same as a stroke, except that the signs last for a short amount of time and no longer than 24 hours.

Although the signs do not last long, a TIA is very serious. It means there is a problem linked with a high risk of stroke. More than one in 12 people will have a stroke within a week after a TIA.

Because of this, a TIA is often called a warning stroke or mini-stroke. It shouldn't be ignored.

A suspected TIA is a medical emergency. A person with signs should be taken to hospital immediately.

TIA diagnosis is based on:

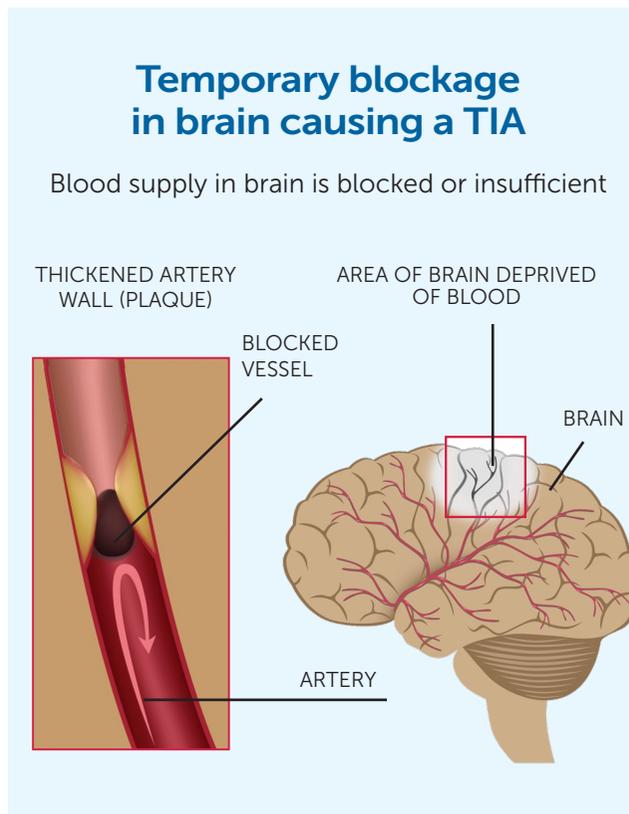
- thorough medical assessment including blood pressure, cholesterol, blood sugar tests
- results of head scans and other relevant examinations and tests.

Medication can help reduce the risk of stroke.

Cause of TIA

In most cases TIA is caused by a blockage of blood supply to the brain. This blockage, which is temporary, is usually a clot.

The clot then either dissolves or moves. After this the blood supply to the brain returns to normal and the signs disappear.



Driving after a TIA

A TIA doesn't usually have an impact on day to day activities.



However a person who had a TIA shouldn't drive for at least one month, because of the risk of a stroke occurring after TIA.

A doctor must give a medical clearance before you can drive again.

A TIA is a sign that there is a problem with the blood supply to the brain. Anyone who has had a TIA is at an increased risk of stroke.

The greatest risk of having a stroke is within the first few days after a TIA. This is why it's important to call an ambulance and seek immediate medical help if any stroke signs develop.

KNOW THE SIGNS OF STROKE

THINK



FACE **ARM** **SPEECH** **TIME**
DROOPING WEAKNESS DIFFICULTY TO CALL 111

stroke.org.nz

STROKE health promotion

HEALTH