



## Strokes

I have to say from the beginning im not medical and most of this has been taken from the Stroke Association Website [www.stroke.org.uk](http://www.stroke.org.uk)

Strokes, occur when the blood supply to the brain is cut off, they are the third most common cause of premature death and a leading cause of disability in the UK. There are two main types of strokes:-

**Ischaemic** - this is where there is a blood clot causing the blood to be restricted or stopped

**Haemorrhagic** where there is a bleed from the vessel in the brain.

People at higher risk of having a stroke are those with high blood pressure, high cholesterol and/or diabetes. However as I know too well, sometimes these risk factors are not present and a stroke can still happen.

There is untold amounts of information on the Internet about the symptoms, causes, treating and recovering from a stroke.

The main thing when it's actually happening is to take action FAST as many people know. More people are

able to survive a stroke because this message is getting through and people understand the importance of getting the patient medical help asap—FAST. Every second counts when you're having a stroke. FAST identifies the 3 most common signs of a stroke but there are other signs that you should always take seriously. These include:

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- difficulty finding words or speaking in clear sentences.
- sudden blurred vision or loss of sight in one or both eyes.
- sudden memory loss or confusion, and dizziness; or a sudden fall.
- a sudden, severe headache.

**If you spot any of these signs of a stroke, don't wait. Call 999 straight away.**

**Stroke can change your life in an instant.**

**The Stroke Helpline tel is 0303 3033 100 or email [info@stroke.org.uk](mailto:info@stroke.org.uk)**