



When stroke strikes...

Anyone can have a stroke, even children and babies.

Every five minutes in the UK, someone has a stroke.



What is a stroke?

- Damage to part of the brain.
- It's caused by a problem with its blood supply.
- There is a 'blockage' or 'burst'.
- It usually happens quickly and strikes suddenly.



If you see any signs of stroke, think FAST!

Face – has their face fallen on one side? Can they smile?

Arms – can they raise both arms and keep them there?

Speech – Is their speech slurred?

Time to call 999 if you see any of these signs.



Do you know someone at risk of stroke?

Let them know about FAST. They can ask their GP (Doctor) for a health check – offer to go with them if they need support.



What puts people more at risk of stroke?

- Smoking
- Alcohol
- High blood pressure
- Diet
- Not enough exercise

Smoking

Smoking doubles the risk of having a stroke compared with someone who doesn't smoke!

Alcohol

Heavy drinking trebles the risk of having a stroke!



High blood pressure

High blood pressure makes people 7 times more likely to have a stroke. GPs can check people's blood pressure and give advice about what to do.



Diet

Eating lots of fatty foods, and having too much salt in your diet, puts you more at risk of stroke – eat plenty of fruit and vegetables!



Exercise

Regular exercise helps to keep your heart and bloodstream healthy, and this means you lower the risk of stroke.



For more information about strokes, call the Stroke Association helpline: 0303 3033 100 or visit the Stroke Association website www.stroke.org.uk

If you live in Sefton and want to know about services available to help you improve your health, you can ring

HEALTHY SEFTON:
0300 100 1000