

Is it a Stroke? Act FAST. Call 111.



*Face - SMILE
(is one side droopy?)*



*Arms - RAISE BOTH ARMS
(is one side weak?)*



*Speech - SPEAK A
SIMPLE SENTENCE
(slurred? unable to?)*



*Time - Lost time
could be lost brain,
get to hospital FAST*

Stroke is a medical emergency

Act FAST. Call 111.

- A stroke is a sudden interruption of blood flow to the brain, causing brain cell damage. Basically, it is a brain attack.
- Stroke is the second single largest killer in New Zealand (more than 2000 people every year).
- Stroke is the major cause of adult disability in New Zealand.
- 8000 New Zealanders each year (that's 22 a day) suffer a stroke.
- Each year, 40 stroke victims will be children and nearly 2,000 will be under retirement age.
- There are 56,000 stroke survivors in New Zealand, many of whom need significant daily support.



0800 78 76 53
www.stroke.org.nz

7 steps to reducing your risk of stroke:

1. Get your blood pressure checked and if necessary treated
2. Stop smoking if you do
3. Exercise regularly
4. Limit the amount of alcohol you drink
5. Eat a healthy balanced diet, control your weight and reduce your salt intake
6. Get you cholesterol checked and if necessary treated
7. Find out if you have Atrial Fibrillation (rapid, irregular contraction of the heart)

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6 steps to reducing your risk of stroke:

- 1. Reduce salt*
- 2. Eat a healthy diet*
- 3. Don't smoke*
- 4. Check cholesterol*
- 5. Limit alcohol*
- 6. Check blood pressure*