

YOUR HEALTH IS YOUR WEALTH

INFORMATION

On the reverse of the Invitation to the
Gold Coast Launch of
National Stroke Awareness Week 2011
To be held on - Monday, 12 September 2011

STROKE DISPLAY STAND

SOUTHPORT PARK SHOPPING CENTRE, SOUTHPORT

I have made arrangements with Southport Park Shopping Centre, Southport to have a Charity Casual Leasing area in its Shopping Centre on Wednesday 14; Thursday 15 and Friday, 16 September 2011.

Volunteers are called for, and will be required to man the Display over the three days. We will require volunteers to man up to eighteen shifts (3 volunteers x 2 shifts x 3 days) over the three days. There will be two shifts on each day and a minimum of three people will be required for each shift. Shift one will be from 9:00 am to 1:00 pm and Shift two will be from 1:00 pm to 5:00 pm. Some people may only be able to attend for a part of a shift. Volunteers on each shift will be required to hand out Stroke brochures and literature.

Free blood pressure tests will be given to members of the general public at the Display Stand.

May I remind you of the words of Dr. Max Williams when he addressed our Group in February 2008 when he said the number *one* risk factor for Stroke was – **High Blood Pressure** - and the number *two* risk factor for Stroke was – **High Blood Pressure** - and the number *three* risk factor for Stroke was - **High Blood Pressure**? Dr. Williams statements therefore emphasises the importance of high blood pressure on our health. It is one of the high risk factors to having a Stroke. I often tell people of Dr. Williams' comments.

What is a stroke?

Stroke occurs when the supply of blood to the brain is suddenly disrupted. Blood is carried to the brain by blood vessels called arteries. Blood may stop moving through an artery because the artery is blocked by a blood clot or plaque, or because the artery breaks or bursts. Some strokes are fatal while others cause permanent or temporary disability. The most common effects of stroke are paralysis on one side of the body and loss of the ability to speak, read or write.

STROKE FACT SHEET

1. Stroke is Australia's second single greatest killer after coronary heart disease and a leading cause of disability.
2. In 2011, Australians will suffer close to 60,000 new and recurrent strokes – that's one stroke every 10 minutes.
3. One in five people having a first ever stroke die within one month and one in three die within a year.
4. The number of strokes will increase each year due to the ageing population unless something is done to reduce the incidence rate.
5. The **F.A.S.T.** test is an easy way to recognise and remember the signs of stroke. Using the **F.A.S.T.** test involves asking three simple questions:

F acial weakness	- can the person smile? Has their mouth or eye dropped?
A rm weakness	- can the person raise both arms?
S peech difficulty	- can the person speak clearly and understand what you say?
T ime	- to act F.A.S.T. and call 000 immediately.

Colin A. Oxenford
Chairman and Co-ordinator
26 August 2011

STROKE IS A BRAIN ATTACK - PREVENTION IS THE KEY!