

This 2016 National Stroke Awareness Week (12 to 18 September 2016) I ask you to CHALLENGE STROKE. Be healthy – Be Aware – Be your best. Focus on encouraging people to understand their Stroke risk because ***1 in 6 people will suffer a Stroke in their lifetime***. Stroke can happen to anyone but many Strokes are preventable. Our call to action encourages people to take 6 steps to reduce Stroke risk.

#### **Imagine:**

- ❖ Waking up one morning and being permanently paralysed on one side of your body;
- ❖ Being perfectly able to understand words, but unable to speak or write;
- ❖ Having to re-learn how to perform the simplest activities of daily living – eating, dressing and bathing;
- ❖ Your life and the lives of your family and friends being rearranged.

These are just some of the life-altering ways Strokes can affect those it strikes.

***1 in 6 people*** will suffer a Stroke in their lifetime. These people are someone's husband, wife, father, mother, brother, sister, son, daughter, or friend. Behind these numbers are real lives.

Every 6 seconds someone, somewhere, regardless of age or gender will die from Stroke.

Stroke can happen to anyone but many Strokes are preventable.

#### **What is a Stroke?**

- ❖ A Stroke is a medical emergency;
- ❖ A Stroke is the way we describe the blood supply to the brain being suddenly cut off;
- ❖ This can happen in two ways. Blood can stop moving through the artery when it is blocked by a clot or when an artery bursts;
- ❖ Brain cells can quickly die without the oxygen that the blood supplies;
- ❖ This is why it is so important to get to hospital immediately if you think you are having a Stroke because it is possible there may be some cells that can survive if you are treated quickly.

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