

A stroke occurs when the blood supply to part of the brain is interrupted or severely reduced.



### Symptoms:

- Trouble with speaking and understanding
- Paralysis or numbness of the face, arm or leg
- Trouble with seeing in one or both eyes
- Sudden, severe headache
- Trouble with walking

Emergency stroke care golden 8 hours. Acting FAST can help prevent serious damage.

**F** Face:  
Face look uneven? Can the person smile?



**A** Arm:  
One arm hanging down when trying to lift it?



**S** Speech:  
Is speech slurred or strange?



**T** Time:  
Call an ambulance immediately



### Risk factors:

- Being overweight or obese
- Physical inactivity
- Use of illicit drugs
- Cigarette smoking
- Obstructive sleep apnoea
- Personal or family history of stroke
- High cholesterol
- Heavy or binge drinking
- High blood pressure
- Diabetes
- Heart disease
- Being aged 55 or older

A stroke can lead to paralysis or loss of muscle movement, difficulty talking or swallowing, memory loss or thinking difficulties, emotional problems and pain.

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