

## What is a stroke?

A stroke is a brain attack. It happens when the blood supply to the brain is disrupted. Most strokes occur when a blood clot blocks the flow of blood to the brain. Some strokes are caused by bleeding in or around the brain from a burst blood vessel.

## What is a TIA (transient ischaemic attack)?

A TIA (sometimes called a mini stroke) is similar to a full stroke but the symptoms may only last a few minutes and will have completely gone within 24 hours. Don't ignore it. A TIA should be treated as an emergency. It could lead to a major stroke. Seek urgent medical attention, either from your GP or at A&E. You should be given daily aspirin immediately and be assessed for future stroke risk. If your risk is high, you should be assessed by a stroke specialist within 24 hours. If your risk is low, you should still see a specialist within 7 days.

## Facts about stroke

Every five minutes someone in the UK has a stroke. Each year an estimated 150,000 people in the UK have a stroke. Stroke is the third most common cause of death in the UK. There are over a million people who have had a stroke living in the UK, and around half of all stroke survivors are left dependent on others for everyday activities.

## What is The Stroke Association?

The Stroke Association is the only UK charity solely concerned with combating stroke in people of all ages. We want a world where there are fewer strokes and all those touched by stroke get the help they need. Our mission is to prevent strokes and reduce their effect through providing services, campaigning, education and research.

Stroke Helpline 0303 3033 100

[www.stroke.org.uk](http://www.stroke.org.uk)

# Suspect a stroke? Act FAST. Call 999.

**Suspect a stroke?  
Act FAST and call 999.**

# FAST

**Facial**   **Arm**   **Speech**   **Time**  
weakness   weakness   problems   to call 999  
To order more FAST cards call 01604 687724

## Stroke is a medical emergency.

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# The Face, Arm, Speech Test (FAST) can help you recognise the symptoms of

# FAST

## Facial weakness

Can the person smile? Has their mouth or eye drooped?

## Arm weakness

Can the person raise both arms?

## Speech problems

Can the person speak clearly and understand what you say?

## Time to call 999

### What are the symptoms of stroke?

- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Sudden loss or blurring of vision, in one or both eyes
- Sudden difficulty speaking or understanding spoken language
- Sudden confusion
- Sudden or severe headache with no apparent cause
- Dizziness, unsteadiness or a sudden fall, especially with any of the other signs

### Why act FAST?

Stroke is a medical emergency. By calling 999, you can help someone reach hospital quickly and receive the early treatment they need. Prompt action can prevent further damage to the brain and help someone make a full recovery. Delay can result in death or major long-term disabilities, such as paralysis, severe memory loss and communication problems. Ambulance crews use FAST and with hospital staff can act fast to identify and diagnose a stroke quickly.

# If you suspect a stroke, act FAST and call 999