



FACE

Has their face fallen on one side?
Can they smile?

ARMS

Can they raise both arms and keep them there?

SPEECH

Is their speech slurred?

TIME

To call 999 if you see any single one of these signs



WHEN STROKE STRIKES, ACT F.A.S.T.

ACT F.A.S.T. Help us help you

WHY YOU MUST ACT **F.A.S.T.**

A stroke is a 'brain attack', caused by a disturbance in the blood supply to the brain. It's a medical emergency that requires immediate attention. So recognising the signs of stroke and calling 999 for an ambulance is crucial.

The sooner somebody who is having a stroke gets urgent medical attention, the better their chances of a good recovery.

Transient ischaemic attack (TIA) is also called "mini-stroke". It is similar to a stroke and has the same signs, and usually only lasts minutes. However, it could be a warning sign of a more serious stroke, so it also needs to be treated as an emergency by calling 999 immediately.

Rapid diagnosis allows urgent steps to be taken to reduce the risk of having a stroke. If you think you have had a TIA in the past and have not sought treatment, contact your GP.

REDUCING YOUR RISK OF A STROKE

Some people are more at risk of having a stroke if they also have certain medical conditions. These include:

- High blood pressure
- High cholesterol
- Atrial fibrillation (an irregular heartbeat)
- Diabetes

It is important that these conditions are carefully monitored and treated to reduce your chance of having a stroke.

The risk of having a stroke is higher amongst people in certain ethnic groups, including South Asian, African and Caribbean. This is partly because high blood pressure and diabetes are more common in these groups.

Combining a healthy diet with regular exercise can help reduce your risk of a stroke.

For more information visit nhs.uk/actfast or stroke.org.uk

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