



RECOGNISING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately lack of awareness spells disaster. The stroke victim may suffer severe brain damage if people nearby fail to recognise the symptoms of a stroke.

All you need to remember is the first three letters of the word 'stroke' **S-T-R**. These are the 3 steps to assist you in recognising if someone might have suffered a stroke.

Doctors say a bystander can recognise a stroke by asking three simple questions:

1. **'S'** ask the individual to **SMILE**
2. **'T'** ask the person to **TALK**, to speak a simple sentence coherently eg. *It is sunny out today*
3. **'R'** ask him or her to **RAISE BOTH ARMS**

If he or she has trouble with **ANY ONE** of these tasks, call **999** immediately and describe the symptoms to the dispatcher.

Did you know?

- Every year, over 130,000 people in the UK have a stroke. That's one person every five minutes
- Most people affected are over 65, but anyone can have a stroke, including children and even babies
- A stroke is the third most common cause of death in the UK.
- It is also the single most common cause of severe disability. More than 250,000 people live with disabilities caused by stroke

Further information

- √ **The Stroke Association** can provide you with detailed information, posters, leaflets, wristbands and cards to assist you in alerting people. Their current campaign is **F-A-S-T (Face-Arm-Speech-Test)**
http://www.stroke.org.uk/campaigns/current_campaigns
- √ **Chest, Heart and Stroke Scotland** campaigns, fundraises, runs events, carries out research across Scotland and the website provides pdf advice sheets on a variety of related issues. <http://www.chss.org.uk>