



What is a Stroke?

A stroke is a life-threatening medical condition that occurs when blood supply to part of the brain is restricted or stopped.

During a stroke, brain cells in the affected part of your brain become damaged because they are not getting the oxygen they need. This can lead to brain injury, disability and possibly death.

What are the symptoms?

To spot the early warning signs of stroke in yourself or another individual, use the **FAST** test:

Face – The face may fall on one side and the person may not be able to smile

Arms – unable to raise both arms and keep them in position

Speech problems – not able to speak clearly

Time to call 999 for ambulance if you see any of the three signs

Other signs of stroke include

- Sudden weakness or numbness on one side of the body including legs, hands and feet
- Sudden blurred vision or loss of sight in one or both eyes
- Sudden memory loss of confusion, dizziness
- Sudden falls and severe headaches

What are the causes?

There are two main causes of strokes:

- Ischaemic – Accounts for 85% of all cases. Blood supply to the brain is stopped because of a blood clot
- Haemorrhagic – Occurs when a weakened blood vessel supplying the brain bursts

There are certain conditions that can increase the risk of having a stroke. These include diabetes, high blood pressure, high cholesterol and atrial fibrillation.

What about treatment?

Treatments depend on the type of stroke:

- Ischaemic – treatment focuses on breaking down the clot, through medications such as thrombolysis (alteplase) or anticoagulants or antiplatelets or a procedure to remove the clot (thrombectomy). Other changes may be made to medications like statins and blood pressure medication to control risk factors.
- Haemorrhagic – it may require medication to reduce blood pressure or sometimes surgery to stop bleeding (craniotomy).

SELF CARE TIPS

EAT PLENTY OF FRUIT AND VEGETABLES

Generally eating a healthy balanced diet decreases your risk of having a stroke. Specifically eating five portions of fruit and vegetable a day can reduce your risk of stroke by 30%. This is because fruit and vegetables contain antioxidants such as Vitamins A, C and E which prevent damage to your arteries, which can lead to stroke

REDUCE SATURATED FATS AND PROCESSED FOODS

Having too much fat, salt and sugar in your diet can increase the risk of stroke. So cutting down on saturated fats, cheese, fatty meat, processed meat and takeaways can help reduce this risk.

THINK ABOUT THE EAT WELL PLATE

The Eatwell plate gives us clear guidance on how to maintain a balanced diet. Starchy foods should make up a third of your daily diet. We should keep our salt intake below 6g per day. We should also aim to eat some protein every day found in oily fish, peas, beans and nuts.

To register with Bromley Well:

Freephone 0808 278 7898

Or register online:

www.bromleywell.org.uk/refer

Contact Lifestyle Support direct

07985 431484 / 07985 444210

or email

enquiry@bromleywell.org.uk



FURTHER RESOURCES

<p><u>Stroke Association</u></p> <p>Helpline 0303 3033 100</p>	<p>National charity offering information for healthcare professionals and the public.</p>
<p><u>My Stroke Guide</u></p>	<p>Advice, information and videos from the Stroke Association explaining what you need to know after a stroke. Includes an online forum.</p>
<p><u>Different Strokes</u></p> <p>Information Line: 03451307172</p>	<p>A national charity providing support for younger people affected by stroke.</p>
<p><u>NHS Conditions Stroke</u></p>	<p>NHS conditions pages contain information about the causes, symptoms and treatment of Stroke. It also includes information about recovery from stroke and about the rehabilitation services you might be entitled to.</p>

References: NHS conditions <https://www.nhs.uk/conditions/rheumatoid-arthritis/> NICE <https://www.nice.org.uk/guidance/ng100>

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