GIVE SOMEONE THE BEST CHANCE OF RECOVERY AFTER STROKE



STROKE FOUNDATION • NZ

hpa te hiringa hauora HEALTH PROMOTION AGENCY

MINISTRY OF HEALTH
MANATŪ HAUORA

WHY ARE WE HERE?

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They also tend to be more severe



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1. What is a stroke

2. Why is it important to Take Action?

3. How can you reduce stroke risk



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A stroke can be **fatal** or cause long-term **disabilities**



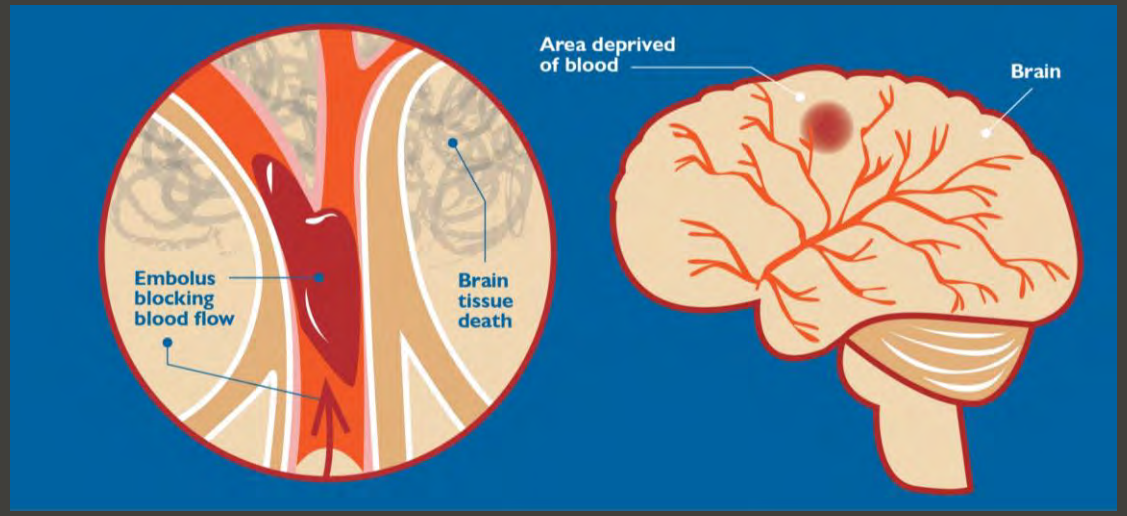
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  This is called an **ischaemic stroke**

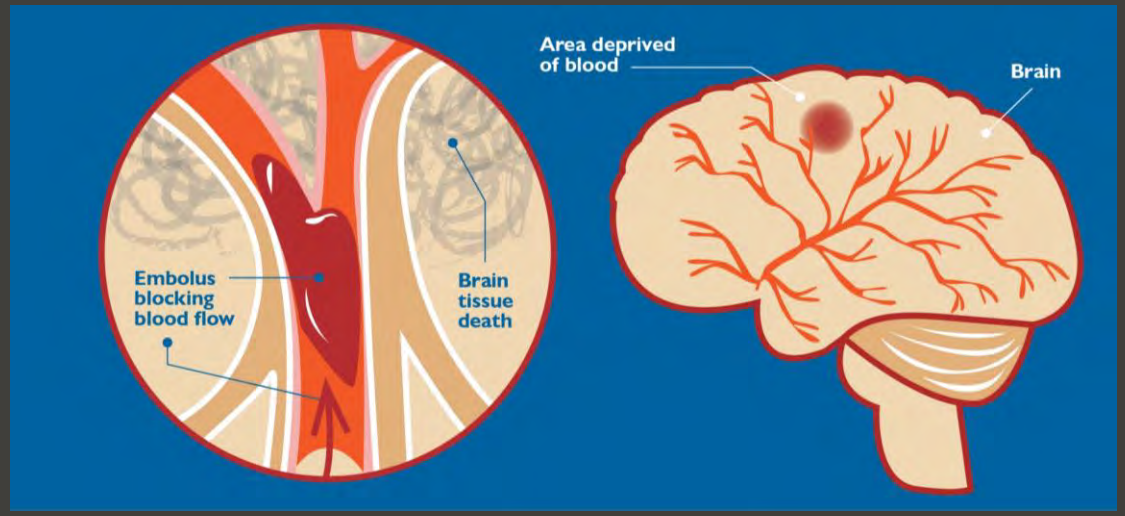
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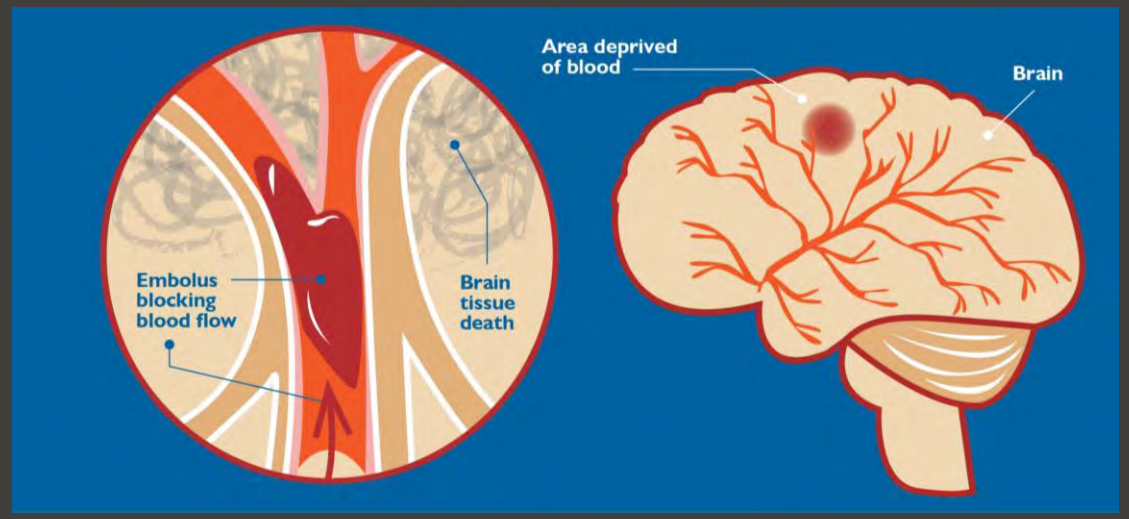
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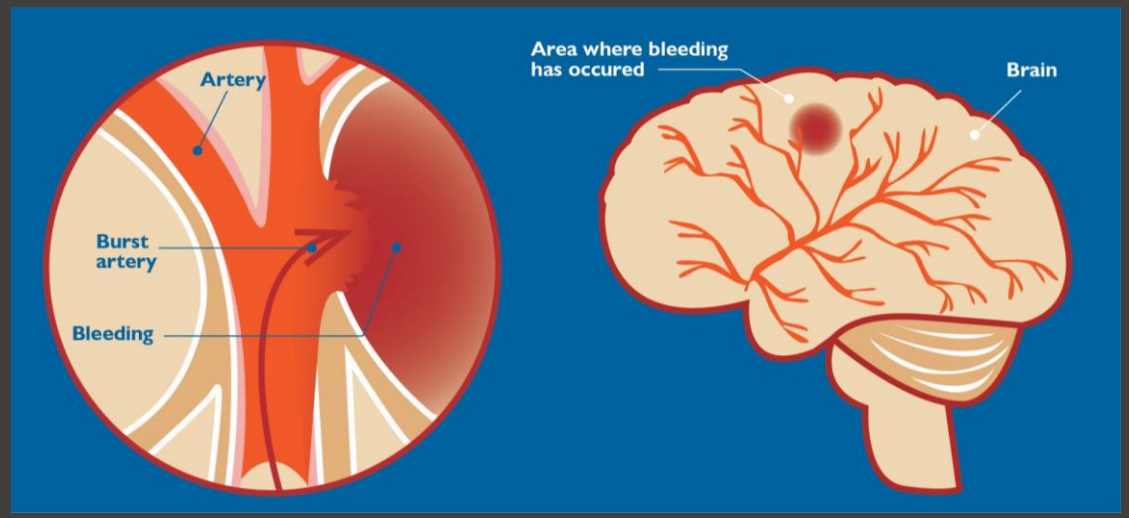
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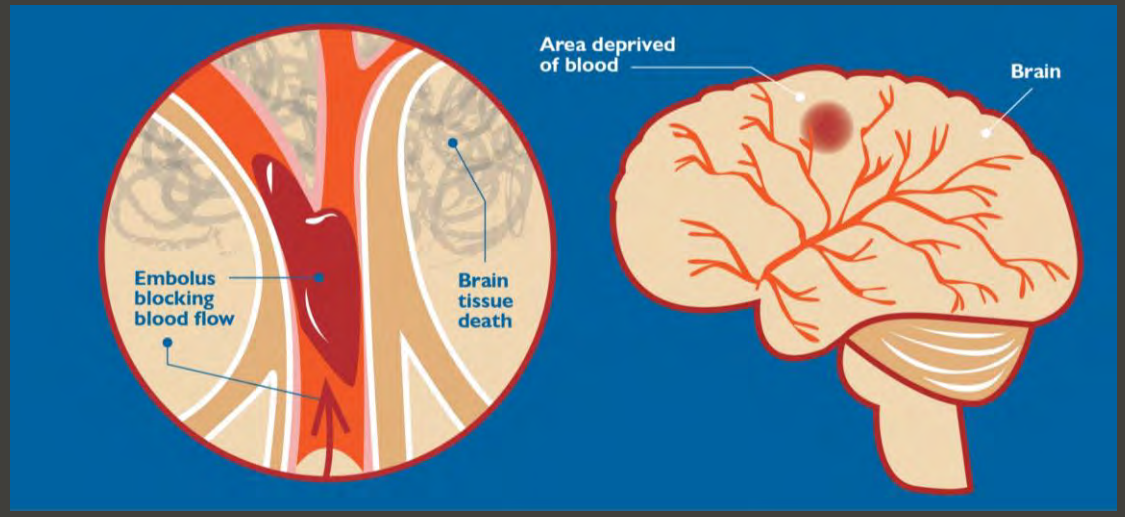
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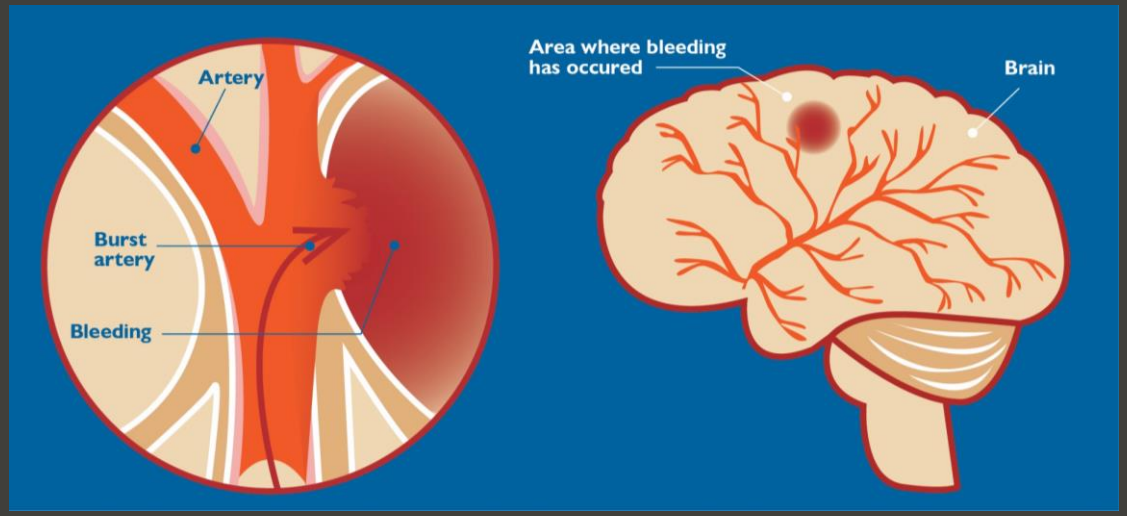




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- A **Transient Ischaemic Attack** (TIA) or "mini-stroke" is caused by a clot that clears itself





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T **TAKE ACTION**
—CALL 111—
IMMEDIATELY



While driving home from work, Stacey Yepes, a 49-year-old Canadian, could sense she was beginning to feel unwell. To make sure others could see what was happening, she pulled over, took out her phone and began recording.

Watch to see what a TIA or minor stroke looks like as it happens and remember.....



Warning: Viewer discretion advised as this video contains a real-life medical event, and some certain viewers may find its content to be disturbing.





2. WHY IS IT IMPORTANT TO TAKE ACTION?

Time is brain and the sooner any treatment is started the better



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- The shorter the time the less risk of permanent damage
- Stroke is always a medical emergency, just like a heart attack



THE STROKE PATHWAY



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Rehab



Rehabilitation can start as quick as 24 hours after the stroke

3.

HOW CAN YOU REDUCE STROKE RISK?



REDUCE STROKE RISK

Up to 75% of strokes are preventable, and the risk of stroke can be reduced by:



Monitor blood pressure



Be smokefree



Reduce your salt intake



Eat healthy



Move more



Maintain a healthy weight



Alcohol intake LOW



Manage Medication



Treat irregular heart rhythms (AF)



Manage your diabetes



HE TOHU O TE
MATE IKURA RORO
WAEA TONU ATU KI 111



HE KANOHI
Kua tītaha tētahi taha o te kanohi?

HE RINGA
Kua ngoikore tētahi ringa?

HE KŌRERO
Kua parure, kua kunanu, kua ngaro rānei tōna reo?

MAHIA TE MAHI
waea tonu atu ki **111**

Ngā Mihi and Thank you!

STROKE FOUNDATION•NZ

stroke.org.nz