

SAMHS INFO BULLETIN



Compiled by Corporate Communication

WORLD STROKE DAY 29 OCTOBER 2012

Stroke a non-communicable disease that attacks 15 million people worldwide every year and claims a life every six seconds can be beaten.

Here are the facts:

- Regardless of age, stroke can strike anyone at any time.
- Stroke can be prevented.
- Stroke survivors can regain their quality of life with appropriate care and long-term support.

These are the warning signs that someone is having a stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Here are six steps anyone can take to reduce the risk and the danger of stroke:

- Know your personal risk factors: high blood pressure, diabetes, and high blood cholesterol.
- Be physically active and exercise regularly.
- Maintain a healthy diet high in fruit and vegetable and low in salt to stay a healthy state and keep blood pressure low.
- Limit alcohol consumption.
- Avoid cigarette smoke. If you smoke, seek help to stop now.
- Learn to recognize the warning signs of a stroke.

Approved by: D Med (SAMHS)