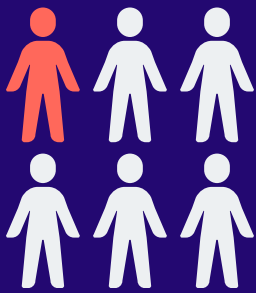


ALL ABOUT

STROKE



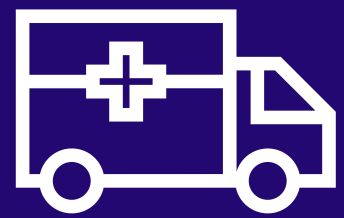
Of people who have had a stroke are likely to have another



1 in 6 people in the UK have a stroke in their lifetime

Symptoms:

- + Face - drooping on one side
- + Arms - weakness or numbness
- + Speech - slurred or unable to understand
- + Time - dial 999 if you see any of these symptoms



What increases the risk of stroke?

- High blood pressure
- High cholesterol
- Irregular heart beats
- Diabetes



Preventing a Stroke:

- Eat well
- Do regular exercise
- Follow alcohol advice
- Quit smoking



Learn more at
<https://www.nhs.uk/conditions/stroke/>