

Stroke

association

Stroke: the facts

Stroke the facts

- Stroke occurs approximately 152,000 times in the UK every year
- Stroke is the largest cause of complex disability in the world
- 1 in 4 strokes occur in people under 65 years of age

Country	Strokes per year in men	Strokes per year in women	Strokes per year overall
England (2007)	57,488	68,457	125,945
Scotland (2009)	6,532	7,830	14,362
Wales (12/13)	3,333	3,912	7,245
Northern Ireland (13/14)	2,209	2,207	4,416
United Kingdom	69,562	82,406	151,968

What is a
stroke?

A block

Ischaemic stroke: 85%



A bleed

Haemorrhagic stroke: 15%



Mini-stroke/TIA

- Symptoms of a stroke but they last less than 24 hours
- It's a warning sign that a person is at risk of a stroke that could cause considerable harm
- Too many people are unaware of the link between TIA and stroke and are not getting the services and support they need.



What are the
signs of a stroke?

FAST

Suspect a stroke? Act FAST and call 999.

- Facial weakness
- Arm weakness
- Speech problems
- Time to call 999

Suspect a stroke? Act FAST and call 999.

F **A** **S** **T**

Facial weakness Arm weakness Speech problems Time to call 999

Stroke risk factors and prevention

Hypertension

Hormonal Contraception & HRT

Smoking



High Cholesterol



Heart Disease

Obesity



Inactivity

Family History or Ethnicity



Binge Drinking & Substance Misuse

Diabetes



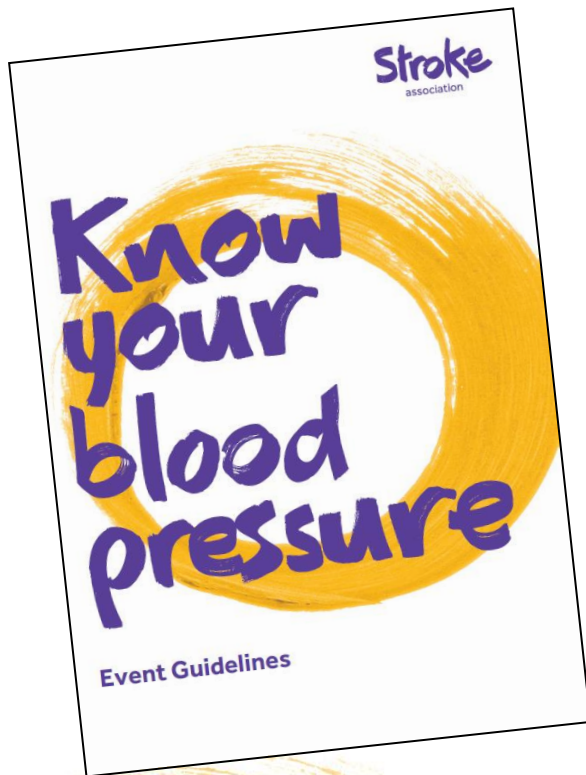
Previous Stroke & TIA



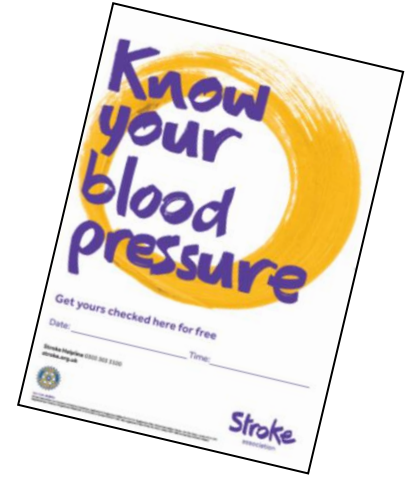
Age



Prevention and Awareness Campaigns



Know your blood pressure

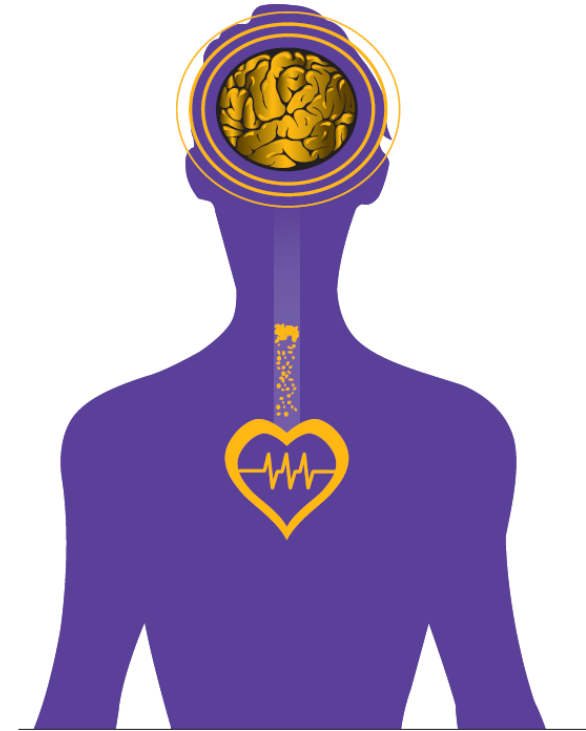


- Great opportunity to speak to people about risk factors and how to spot the signs of a stroke
- On average there are 900 events a year testing 30,000 blood pressures and 4,000 people referred for further investigation

Ask First ...

...to prevent stroke

- Fast heartbeat, breathlessness, chest pain, fatigue, irregular pulse over one minute
- Ask First to prevent a stroke later
- Medication to prevent stroke



Stroke Association

We're here to change the world for people affected by stroke.

- Support
- Research
- Prevention



Facts about the Stroke Association

- 600 staff, 5000 volunteers, £30m income (donations and commissioning)
- Oxfordshire is part of the South Central area based in Southampton
- Oxfordshire has 2 staff, 28 volunteers including 6 ambassadors
- Focus on communication support



Activities of the Stroke Association

- Support Individuals and Groups (clubs)
- Helpline, Talkstroke, Get talking, Stroke News
- Help with daily living – grants, aids, finance, computer based rehabilitation
- Range of information on the website - leaflets, factsheets (over 40)
- Campaigning
- Research



The difference you can make

- Adopting the Stroke Association as charity
- Displaying posters
- Making leaflets available
- Hosting awareness presentations
- Running 'Know your blood pressure' sessions
- Encouraging Volunteering
- Support fundraising/Making donations
- Join the supporters network
- Encourage volunteering



What's happening locally



Together we can
conquer stroke

Thank you for listening

Any questions?

Stroke

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For more information

Helpline: 0303 3033 100

Website: stroke.org.uk