

# Mini Stroke, Massive Warning

**A mini stroke or TIA, as it is known in the medical world, has the same symptoms as a full stroke but they last for 24 hours or less.**



**A mini stroke is a warning sign that a full stroke could be on its way. 1 in 10 people who have a mini stroke goes on to have a full stroke within a week.**

## What do you do if you have stroke/mini stroke symptoms?

If you have any stroke symptoms, even if they are temporary, you need to call 999. If the symptoms go away while you are waiting for the ambulance, don't cancel it. You need to be seen by specialists and referred to a TIA clinic.

Sometimes it is only later on that you realise something wasn't quite right. So if you had symptoms recently but didn't see a doctor, you should make an urgent appointment to see your GP.

## Reducing the Risk of Mini Stroke and Stroke

Having high blood pressure, high cholesterol or other medical conditions such as AF (irregular heartbeat) can increase your risk of having a mini stroke or stroke so it is important to get these checked regularly.

There are a number of risk factors that contribute to high blood pressure, high cholesterol and AF. Some of these you can't control, like your age, gender and family medical history. But there are lifestyle changes you can make which will reduce your risk of mini stroke or stroke.



**Stop Smoking**



**Watch Your Weight**



**Keep Physically Active**



**Eat A Balanced Diet**



**Moderate Your Alcohol Intake**



**Manage Your Stress Levels**



**Get Enough Sleep**

## GET CHECKED!

For more information about mini strokes and the support we offer please visit our website or give us a call:

**[nichs.org.uk/ministroke](https://nichs.org.uk/ministroke)  
028 9032 0184**

**Over 80% of our work relies on donations from the public.**

