



Stroke

What is a stroke?

A stroke happens when the blood supply to part of the brain is interrupted reducing the supply of oxygen. If brain cells lose their supply of oxygen, they become damaged. There are two different types of stroke:

Ischaemic Stroke – This is the most common type of stroke where a blockage, such as a blood clot, cuts off the blood supply to the brain.

Haemorrhagic Stroke – This type of stroke is caused by bleeding in or around the brain.

Transient Ischaemic Stroke

A Transient Ischaemic Stroke (TIA) also known as a 'mini-stroke' is a set of symptoms similar to those of a stroke. It can last from a few minutes to a few hours, but the symptoms disappear within 24 hours.

In a TIA, a blood vessel in the brain is temporarily blocked by a clot, but the body breaks down the clot before any lasting damage is done to the brain.

If you have a mini stroke (TIA), there is an increased chance of you having a full stroke.

Signs and Symptoms

The symptoms of a stroke depend on the part of the brain affected and the extent of the damage. No two strokes are the same and recovery is different from person to person.

The symptoms of a stroke are described by the letters F.A.S.T.

KNOW THE SYMPTOMS OF A STROKE...

F
A
S
T

FACE - has their face fallen on one side? Can they smile?

ARMS - can they raise both arms and keep them there?

SPEECH - is their speech slurred?

TIME to call 999 if you see any single one of these signs.

How can I prevent a stroke?

Not all cases of stroke can be prevented but to reduce your risk you can make changes to your lifestyle. If you have had a stroke it is still important to follow a healthy lifestyle and consult your GP for advice.

1. Eat a balanced diet



2. Keep physically active



3. Maintain a healthy weight



4. Stop smoking



5. Moderate your alcohol intake



6. Manage your stress levels



7. Get enough sleep



As well as having a healthy lifestyle, you should also reduce your risk of high blood pressure, high cholesterol, atrial fibrillation (AF) and diabetes.

Further Support

Living with a chest, heart or stroke condition can be challenging, not just for the person affected but for the wider family and carers as well. Our Care Services team at NICHs offers a range of information, support and activities to help people live with their condition. These services are free and can enable people to feel more in control, improve their confidence and know where else to go to for help. For more information, please visit our website www.nichs.org.uk

Headquarters:

21 Dublin Road
Belfast BT2 7HB
T. 028 9032 0184
E. mail@nichs.org.uk
www.nichs.org.uk

Follow us:

- Facebook: www.facebook.com/NorthernIrelandChestHeartandStroke
- Twitter: [@nichstweet](https://twitter.com/nichstweet)
- Instagram: [@nichstheheartandstroke](https://www.instagram.com/nichstheheartandstroke)
- LinkedIn: www.linkedin.com/company/nichs
- TikTok: [@nichstheheartandstroke](https://www.tiktok.com/@nichstheheartandstroke)



Registered with
**FUNDRAISING
REGULATOR**

INVESTORS IN PEOPLE™
We invest in people Silver