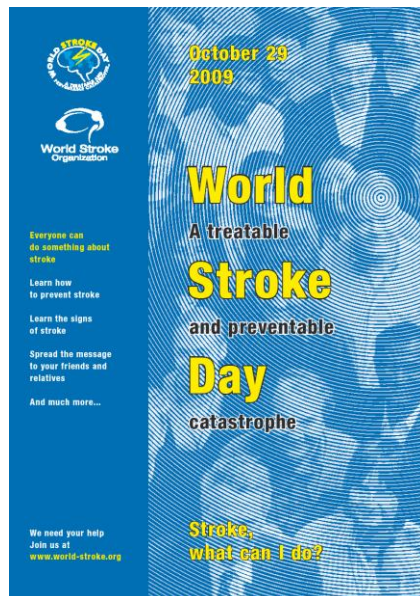


## STROKE: A PREVENTABLE AND TREATABLE CATASTROPHE

### A GROWING EPIDEMIC AND RISING GLOBALLY



#### What can I do as an individual?

- ✓ Find out your stroke risk
- ✓ Check or review your lifestyle
- ✓ Measure your blood pressure
- ✓ Learn the signs of stroke
- ✓ Spread the message to your friends and relatives

#### What can I do as a patient?

- ✓ Follow advise about medications
- ✓ Control your risk factors
- ✓ Live a healthy lifestyle

### EVERYONE CAN DO SOMETHING ABOUT STROKE

- An ageing population, unhealthy diets, smoking, and little exercise, is leading to a significant increase in the number of people with high blood pressure, high cholesterol, obesity, diabetes, stroke, heart disease and dementia.
- Worldwide, stroke accounts for 5.7 million deaths each year and ranks second to ischemic heart disease as a cause of death; it is also a leading cause of serious disability, sparing no age, sex, ethnic origin, or country.
- Last year in Somerset over 1,200 people suffered a stroke, of whom 250 were under the age of 65. 20% of stroke patients die within 30 days of having a stroke. Those who survive are often left with moderate to severe long-term disability. To date, nearly 12,000 people in Somerset are registered as having survived a stroke or TIA (minor stroke).

For more information about World Stroke Day, please visit:

<http://www.world-stroke.org/wsd/>

Would you recognise the signs of a stroke? Visit NHS Choices and FAST to find out more:

<http://www.nhs.uk/actfast/Pages/default.aspx>

Find out about the Stroke Association and their work to raise awareness of stroke:

<http://www.stroke.org.uk/>

