

## See a stroke call 000

### National Stroke Week 17-23 September

If you felt the side of your face go numb or were unable to move your arm - what would you do?

You could be having a stroke and during National Stroke Week, the National Stroke Foundation is calling on Australians to 'look out for the signs of stroke, act **FAST** and call 000'.

The National Stroke Foundation says that it's vital anyone experiencing the signs of stroke or recognising them in someone else should call 000 immediately.

National Stroke Foundation CEO, Dr Erin Lalor, says that getting medical treatment immediately can make a huge difference to someone's recovery.

"We say that time lost is brain lost. Getting immediate treatment can be the difference between death or severe disability and making a good recovery after a stroke."

"But people don't always recognise when a stroke happens."

"There is a simple test for stroke that everybody should know it's called the **FAST** test," she said.

**FAST** stands for **F**acial weakness, **A**rm weakness, **S**peech difficulty, **T**ime to act. Using the **FAST** test involves asking three simple questions:

- **Face** – Can the person smile, has their mouth or eyes drooped?
- **Arms** – Can the person raise both arms?
- **Speech** – Can the person speak clearly and understand what you say?
- **Time** – Act **FAST** and **call 000 immediately**.

Stroke is the second single biggest killer in Australia – with one occurring approximately every 10 minutes.

The National Stroke Foundation says that it's important to get medical attention even if the signs only last for a short period.

**For more information or for interviews, contact Nicola Edwards at the National Stroke Foundation on 03 9670 1000.**