



strokefoundation

Stop stroke. Save lives. End suffering.

## Strokesafe™ for life



Other risk factors for stroke include age, diabetes and irregular heart beat. More information on these can be found in the brochures on:

- High blood pressure and stroke
- Irregular heart bear and stroke
- High cholesterol and stroke
- What is a Transient Ischaemic Attack (TIA)?

## Helping us

Our challenge is to save 110,000 Australians from death and disability due to stroke over 10 years.

You can help make this a reality by:

- Making a tax deductible donation online or by post.
- Leaving a lasting bequest in your will.
- Becoming a corporate partner or sponsor in strokesafe™
- Having your own fundraising event.
- Travel to your dream destination as part of a Memorable Challenge.

For more information visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au) or contact us on 03 9670 1000

## About us

The National Stroke Foundation is a not-for-profit organisation that works with the public, government, health professionals, patients, carers and stroke survivors to reduce the impact of stroke on the Australian community.

Our challenge is to save 110,000 Australians from death and disability due to stroke over 10 years.

We will achieve this by:

- Educating the public about the risk factors and signs of stroke and promoting healthy lifestyles.
- Working with all stakeholders to develop and implement policy on the prevention and management of stroke.
- Encouraging the development of comprehensive and coordinated services for all stroke survivors and their families.
- Encouraging and facilitating stroke research.

### National Stroke Foundation

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ABN 420 061 733 79

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Note: All information was correct at the time of printing September 2007

Partners:



Supported by H&L Hecht Trust, Corrs Chambers Westgarth, Pfizer, Sanofi-Aventis and Servier



Brought to you by the National Stroke Foundation

## Our campaign - strokesafe™

In 2004, the National Stroke Foundation developed strokesafe™, a public health campaign to address the escalating rise of stroke in Australia. Over recent years, the rate of stroke has increased due to an ageing population and it is now the second biggest killer in the community.

strokesafe™ was developed in response to research showing that many people did not know the causes of stroke or how to prevent one.

The strokesafe™ campaign promotes awareness of stroke and how people can make themselves safe from stroke, through mass media advertising, resources, information and events for the community, National Stroke Week events and activities and the strokesafe™ awards program.

The campaign aims to get the message out to the community that stroke is treatable and preventable.

## What is a stroke?

A stroke is not a heart attack. Also known as cerebrovascular disease, a stroke occurs when the supply of blood to the brain is suddenly disrupted. Blood is carried to the brain by blood vessels called arteries. Blood may stop moving through an artery because the artery is blocked by a clot or plaque, or because the artery breaks or bursts.

When blood stops flowing, the brain does not receive the oxygen it needs, and therefore brain cells in the area die and permanent damage may be done. Some strokes are fatal while others cause permanent or temporary disability. Some people are able to make a full recovery after a stroke.

Stroke is the second single greatest killer and one of the leading causes of disability amongst adults in Australia.

## Recognising signs of stroke

The **FAST** test is an easy way to remember and recognise the signs of stroke. **FAST** stands for Facial weakness, Arm weakness, Speech difficulty, Time to act. Using the **FAST** test involves asking three simple questions:

**Facial weakness** – can the person smile? Has their mouth or eye drooped?

**Arm weakness** – can the person raise both arms?

**Speech difficulty** – can the person speak clearly and understand what you say?

**Time to act fast** – call 000 immediately.

Stroke is a medical emergency. If you see the signs of stroke call 000 immediately.

The signs of stroke are:

- Weakness, numbness or paralysis – in the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or unexplained fall
- Loss of vision, sudden blurred or decreased vision in one or both eyes
- Headache – usually severe and abrupt onset or a change in the pattern of headaches
- Difficulty swallowing.

The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. When symptoms disappear within 24 hours, this episode is a mini stroke or Transient Ischaemic Attack (TIA). If you or someone else experiences the signs of stroke, no matter how long they last, seek immediate medical attention.

## Statistics on stroke

- Australians will suffer more than half a million first ever strokes in the next 10 years
- One in three people die within a year of having a stroke
- Stroke kills more women than breast cancer
- Almost one in five people who experience a stroke are under the age of 55
- Men are more likely to suffer a stroke and at a younger age.

## What can I do?

Here are some simple ways to help prevent stroke:

- Keep your blood pressure and cholesterol low
- Exercise and eat a healthy diet
- Limit alcohol consumption
- Do not smoke.

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### You can help make Australia strokesafe

Yes, I would like to make a tax deductible gift of:

\$250  \$150  \$100  \$50 Other \$ \_\_\_\_\_

My cheque (payable to National Stroke Foundation) is enclosed or

Please debit my:

Mastercard  Visa  Amex  Diners

Card no: \_\_\_\_\_

Signature \_\_\_\_\_ Expiry Date \_\_\_\_\_

Dr/Mr/Mrs/Ms/Miss \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please forward to: National Stroke Foundation  
Reply Paid 78215, Melbourne VIC 3000