



## Think F.A.S.T. and Act FAST to save a life

National Stroke Week 14-20 September 2009

Stroke is Australia's second biggest killer with one occurring every 10 minutes.

To save 110,000 people from death and disability due to stroke over the next ten years, the National Stroke Foundation is urging all Australians to think F.A.S.T. and act FAST.

**FAST** stands for **F**ace, **A**rms, **S**peech, **T**ime – it is an easy way to remember the first signs of stroke.

Strokes can occur to anyone of any age and any time. The National Stroke Foundation says every Australian has the power to save a life simply by thinking F.A.S.T. and acting FAST at the first signs of stroke.

Thinking **F.A.S.T.** involves asking these simple questions:

- **F**ace – Has the person's face drooped on one side? Can they smile?
- **A**rms – Can the person raise both arms?
- **S**peech – Do they have slurred speech? Can they understand you?
- **T**ime – If you see any of these signs act **FAST, call 000 immediately.**

Calling an ambulance and getting early treatment could mean the difference between death or severe disability and a good recovery from stroke.

For the first time this year the FAST campaign also includes visual prompts to show people what they might expect to see when the signs of stroke appear.

The National Stroke Foundation believes the pictures will be especially helpful to children, stroke survivors, older and multicultural people as well as those with intellectual disabilities and literacy issues.

"Whenever anyone begins to show the first signs of stroke it is up to the people around them to think and act fast," said Dr Erin Lalor Chief Executive Officer from the National Stroke Foundation.

"Regardless of whether you are at school, home or in the workplace, be sure to know the signs of stroke and act FAST if you see them in someone else. It could save their life."

**For more information or interviews phone Charlotte Ward at the National Stroke Foundation on 00 9346 3574**