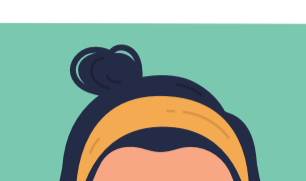


# 8 things you might not know about STROKE



In partnership with



Posturite is proud to be a partner to the Stroke Association charity.

In appreciation of their fantastic research, specialist support and campaigning, let's learn more about stroke...

1

**A stroke happens when the blood supply to part of the brain is cut off.**

*This can damage brain cells and affect how your body works.*

*It's a bit like if a car engine can't get enough petrol, it stops working.*



2

**What are the signs someone might be having a stroke?**

Use the **FAST** test:

**F**ace weakness: Can the person smile? Has their mouth or eye drooped?

**A**rm weakness: Can the person raise both arms?

**S**peech problems: Can the person speak clearly and understand what you say?

**T**ime to call 999: if you see any of these signs.



3

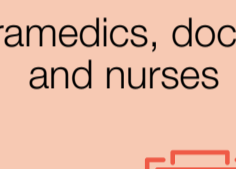
**"ONE DAY I GOT WOBBLY AND I FELL OVER."**

**Children as well as adults of all ages have strokes.** It's a myth that strokes are experienced by older people alone.

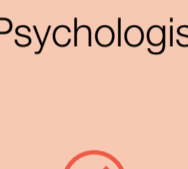


4

**Who's on the team for the best possible stroke recovery?**



Paramedics, doctors and nurses



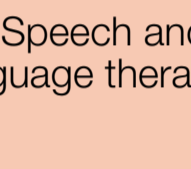
Psychologists



Occupational therapists



Physiotherapists



Speech and language therapists



Dietitians



Stroke Association staff



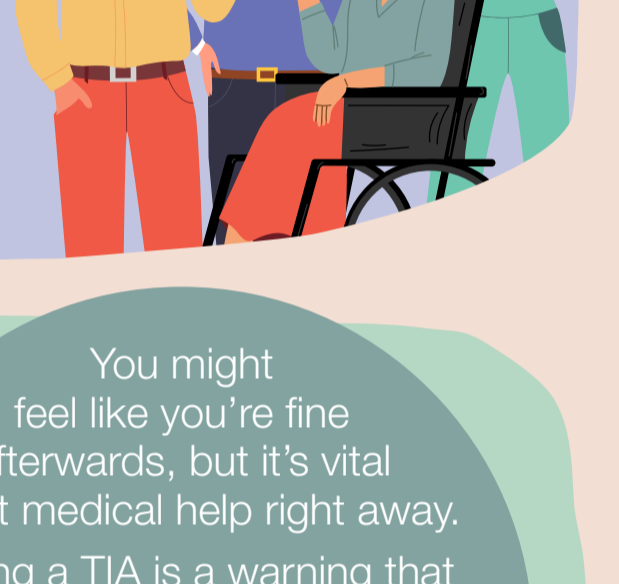
Stroke Association volunteers

**It takes a whole team to help one person recover after a stroke.**

Family, carers, support networks, health professionals, researchers, policy-makers, fundraisers and donors – all play a role in the process of rebuilding lives.

5

**There are 1.3 MILLION stroke survivors in the UK**



6

**A TIA** is a **transient ischaemic attack**, also known as a **mini-stroke**.



**!** You might feel like you're fine afterwards, but it's vital to get medical help right away. Having a TIA is a warning that you are at risk of having a stroke, and the risk is greatest in the first days and weeks after a TIA. So you urgently need to find out what caused it, and get advice and treatment.

7

**You can be helpful to a stroke survivor who has challenges with speech and communication by:**

Remembering to Ask, Wait and Listen:



Face me when you speak.



Ask me what helps.



Speak slowly and clearly.



Keep sentences short.



Without interrupting, wait for my reply.



Try using gestures or drawings.

8

**Not everyone who needs THROMBECTOMY treatment for stroke, can get it.**



It's a medical procedure that retrieves the blood clot causing the stroke from the brain.

10% of stroke patients could benefit from this procedure, **but....**

**SADLY ONLY 3.1%** receive it in the UK.

**You can miss out:**

**Because of where you live**

**Because your stroke happens at a weekend**



**The Stroke Association is campaigning hard to transform this.**

Visit [stroke.org.uk](http://stroke.org.uk) to find out much more.

Posturite raised **£30,264** last year for the Stroke Association

**THANK YOU**

to all the staff, customers and partners who contributed to this magnificent total. Special high-fives to donors:



**Our charity partnership continues and we hope to raise even more for the Stroke Association this year!**

[See photos of our partnership activities](#)

Images marked © Stroke Association appear with kind permission of the Stroke Association charity. The most up-to-date statistics available have been used and they change regularly.