

May 2024
STROKE AWARENESS
MONTH



SecretANGELS

A bespoke quality service to a diverse community

For Stroke Awareness Month 2024
we, at SecretANGELS and MMAS
Foundation, want to emphasize that
awareness is a powerful tool.

A stroke is caused by a lack of blood supply to the brain, which in turn causes damage to brain cells.

Strokes cause a vast range of injuries, from the physical, for example loss of movement, loss of speech, loss of vision, to the psychological, for example changes in personality, impaired mental health and conditions such as post-stroke depression.

While stroke can affect anyone, certain risk factors increase the likelihood of having a stroke.

These include high blood pressure, smoking, diabetes, high cholesterol, obesity, and a family history of stroke.

Recognising the warning signs of stroke is crucial for getting prompt medical attention and preventing long-term damage. The acronym "FAST" is an easy way to remember the signs of stroke.

WHEN STROKE STRIKES, ACT F.A.S.T. NHS

FACE
HAS IT FALLEN ON ONE SIDE?

ARMS
CAN THEY RAISE THEM?

SPEECH
IS IT SLURRED?

TIME
IF YOU NOTICE ANY OF THESE SIGNS MAKE THE CALL
DIAL 999

MMAS
FOUNDATION
A big difference for little people

