

September 2015

## Think FAST during Stroke Week

During Stroke Week (14 – 20 September) South Western Sydney Local Health District is encouraging people to be aware of how to recognise stroke and what to do, to live healthy and get regular health checks.

“While the consequences of ignoring the warning signs can be deadly, it’s important to remember that stroke can be prevented,” said SWSLHD’s Stroke Clinical Nurse Consultant, Angela Firtko.

The National Stroke Foundation (NSF) is launching Stroke Week at Bankstown-Lidcombe Hospital on Monday with a range of Stroke Week activities that aim to increase stroke awareness and include talks and health checks:

- The Think F.A.S.T. (Face, Arms, Speech, Time) bus will be on Eldridge Road from 10am with information relating to stroke prevention.
- Blood pressure monitoring in the foyer from 10am until 2pm and on the bus from 12-2pm.
- A carer who lost her partner to a stroke will share her experiences in a talk from 2:30pm in ward 2B.
- The Stroke Support Group will be meeting on Wednesday at the Revesby Workers club from 10:30am until 12:30pm.

Ms Firtko said Stroke Week was all about bringing people together to encourage healthy living and regular health checks.

“1 in 6 people will have a stroke and behind these figures are mums, dads, brothers and sisters. No one is immune to stroke so it is important to be physically active and avoid excessive alcohol consumption.

Patients should have awareness of their numbers such as Blood Pressure and Cholesterol, Blood sugar level,” she said.

In association with NSF, the District is encouraging participants to choose an activity that best suits them to live healthy and have health checks.

“Most of the time, symptoms develop suddenly and without warning which is why we’re urging people to be proactive and reduce their stroke risk factors.

“In treating stroke, quick diagnosis and treatment can save lives and reduce the impact of stroke both physically and emotionally,” she said.

Bankstown-Lidcombe, Liverpool and Campbelltown Hospitals are accredited as specialist 24/7 Acute Stroke Thrombolysis Centres with Fairfield and Bowral patient’s having access to these services if required.

“If the stroke is caused by a blood clot, a clot-busting drug may be given to dissolve the clot.

“The sooner this treatment is started, the better chance of a positive outcome, especially if the medication is started within 4.5 hours from the onset of symptoms.

Ms Firtko said the main aim of post stroke treatment is to help the patient recover as much as possible and prevent future strokes.

“Recovery from your stroke will begin while you are still in the hospital or at a rehabilitation centre and will usually continue when you are discharged,” she said.

For more information visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au).