

Stroke

a short guide

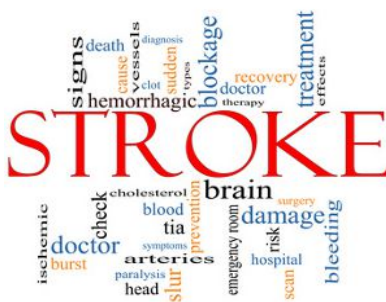
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What is Stroke?

Stroke. Stroke is a brain attack it happens when the blood supply to part of your brain is cut off. There can be different types of stroke most strokes are caused by a blockage cutting off the blood supply to the brain. This is an ischaemic stroke.

However, strokes can also be caused by a bleeding in or around the brain this is a haemorrhagic stroke.

The quicker you receive treatment the better your chances of recovery



Stroke Facts

Up to 80% of strokes are preventable

Stroke can happen to anyone at anytime

Family history can increase the chance of stroke

There are over 1.2 million stroke survivors in the UK

By the age of 75 , 1 in 5 women and 1 in 6 men will have a stroke



Such an important subject I learnt so much



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If you would like to learn more about stroke and how to help someone book a course with us

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