

STROKE : It's a brain attack!



2 Million brain cells die every minute



Recognise the signs and get urgent treatment

Face. Arm. Speech.



Stroke is a preventable disease



Every 40 seconds, someone has a stroke



Ischaemic stroke is the most common type

Stroke

Are you at risk?



Eat healthy



Exercise



Quit smoking



Manage cholesterol



Treat diabetes



Control blood pressure

Sources : American Heart Association Statistics Committee and Stroke Statistics Subcommittee. (2013). Heart disease and stroke statistics - 2013 update: a report from the American Heart Association. Circulation, 127, e6-e245

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