



## Stroke

A stroke is a serious life-threatening medical condition that occurs when the blood supply to part of the brain is cut off.

Strokes are a medical emergency and urgent treatment is essential.

The sooner a person receives treatment for a stroke, the less damage is likely to happen.

If you suspect that you or someone else is having a stroke, phone 999 immediately and ask for an ambulance.

### **Symptoms of a stroke**

The main symptoms of stroke can be remembered with the word F.A.S.T.:

Face – the face may have dropped on one side, the person may not be able to smile, or their mouth or eye may have dropped.

Arms – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in one arm.

Speech – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.

Time – it's time to dial 999 immediately if you see any of these signs or symptoms.

Read about the symptoms of a stroke.

### **Causes of a stroke**

Like all organs, the brain needs the oxygen and nutrients provided by blood to function properly. If the supply of blood is restricted or stopped

Brain cells begin to die.

This can lead to brain injury, disability and possibly death.

There are two main causes of strokes:

ischaemic – where the blood supply is stopped because of a blood clot, accounting for 85% of all cases

Haemorrhagic – where a weakened blood vessel supplying the brain bursts

**Stroke Helpline**  
**0303 3033 100**

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