

Thursday 31 August 2017

Think **F.A.S.T** and act **FAST** this National Stroke Week

Local Stroke Coordinator, Donna Jay from Shoalhaven Hospital is joining the Stroke Foundation in urging Shoalhaven residents to think FAST and learn the signs of stroke.

Shoalhaven District Memorial Hospital is hosting free health checks on Thursday, 7 September 9am to 3pm in Jelly Bean Park, Nowra as part of National Stroke Week in an effort to spread awareness of the [FAST message](#) and knowing the signs of stroke.

National Stroke Week will run from 4 - 10 September and is the Stroke Foundation's annual awareness campaign.

Donna is helping the Stroke Foundation ensure someone in every Australian household knows the signs of stroke and to call 000.

"Stroke kills more women than breast cancer, more men than prostate cancer and leaves thousands with an ongoing disability. Yet, it doesn't have to be this way. Stroke can be treated. But people need to get to hospital quickly."

FAST spelt out Face, Arms, Speech and Time.

"It is easy to remember and could save your own life or that of a loved one," Donna Said

"Ask yourself these questions if you are confronted with a medical emergency you suspect may be a stroke. Has the person's mouth drooped? Can they lift both arms? Is their speech slurred? If the answer to any of these is 'yes', call an ambulance straight away," she said.

Stroke Foundation Chief Executive Officer Sharon McGowan said 80 percent of strokes displayed at least one of the FAST symptoms.

"Stroke is always a medical emergency and time is critical. Almost 1.9 million brain cells die each minute, so it is important to recognise the signs of a stroke and seek medical help as soon as possible," Ms McGowan said.

"With the right treatment at the right time, many people are able to make a full recovery.

"I am proud of Shoalhaven District Memorial Hospital for making an effort to raise awareness of stroke and FAST during Stroke Week this September.

"Please join the "FAST Response Team" this September and share the signs of stroke with your family, friends and colleagues. You could save their lives," Ms McGowan said.

National Stroke Week will run from 4 - 10 September. To find out more or to register your activity visit www.strokefoundation.com.au

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About National Stroke Week

National Stroke Week is taking place Monday 4 September to Sunday 10 September 2017. Activities occur throughout September.

This year, Stroke Foundation is asking Australians to join the FAST Response Team by knowing and sharing the signs of stroke – FAST. Ensuring every Australian household has someone who knows the signs of stroke and to call 000 is a key priority of the Stroke Foundation. Think F.A.S.T act FAST. When it comes to stroke, every minute counts. Time saved = brain saved. The earlier appropriate treatment is delivered, the better the outcomes can be for patients.

Face - Check their face. Has their mouth drooped?

Arms - Can they lift both arms?

Speech - Is their speech slurred? Do they understand you?

Time is critical. If you see any of these symptoms Act FAST and call 000 immediately.

F.A.S.T. is recognised internationally. We know that 80 percent of strokes will show at least one of the FAST signs of stroke.

This year's campaign is supported by Nestle' Health Science and a Medtronic International grant.

How to get involved

As part of National Stroke Week 2017 we are encouraging Australians to:

1. Host an awareness activity to share the Stroke Week message.
2. Health checks - get a personal health check or run a health check event for your staff, community group or members of the public

To find out more visit www.strokefoundation.org.au

Illawarra Shoalhaven Local Health District

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