

National Stroke Week

Monday 3 to Sunday 9 September 2018



Every step counts towards a healthy life.

This year, Stroke Foundation is encouraging Australians to discover how easy it is to fit healthy habits into their day and do their part to prevent stroke.

It's estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle. There are some risk factors for stroke which can't be prevented like age, family history and prior stroke. If you're male, your risk is also higher.

There are two ways to approach this: first by talking to your doctor and secondly by taking ownership of your own health.

Take charge of your own health:

- Eat well.
- Stay active.
- Be smoke free.
- Moderate alcohol intake.
- Visit your doctor for a health check to help manage blood pressure, type 2 diabetes and atrial fibrillation (irregular heart beat).





Read more about [stroke prevention](#)

Download [free resources](#) to support your Stroke Week event or activity.

Recognise STROKE Think F.A.S.T.

F
Has their **FACE** drooped?

A
Can they lift both **ARMS**?

S
Is their **SPEECH** slurred and do they understand you?

T
Call 000, **TIME** is critical

Stroke FOUNDATION

If you see any of these symptoms
Act FAST
call 000

For more information, please contact:

Stroke Foundation <https://strokefoundation.org.au>

Speak to a health professional

StrokeLine's health professionals provide information and advice on stroke treatment, prevention and recovery. Call StrokeLine on 1800 787 653 *9am – 5pm EST, Monday to Friday*



Ph: 1300 4 Oscar (1300 467 227) www.oscarhospitality.com.au E: info@oscarhospitality.com.au