

BE FAST WHEN STROKE HAPPENS !

B

BALANCE

LOSS OF BALANCE,
HEADACHE,
DIZZINESS



E

EYES

SUDDEN LOSS OF
VISION IN ONE
OR BOTH EYES



F

FACE

DOES THE
PERSON'S FACE
LOOK UNEVEN ?



A

ARM

WEAKNESS IN
ONE ARM/LEG



S

SPEECH

DIFFICULTY IN
SPEAKING



T

TIME

TO REACH
HOSPITAL
QUICKLY



Very Important Information

1) Who can have a stroke? : Although some conditions such as blood pressure, smoking, obesity, etc. are more likely to cause a stroke, it can happen to anyone !

2) Symptoms of Stroke: Sudden, unexplained Loss of balance, slurred speech, weakness in one arm or leg, crooked face, loss of vision - see for full details and video:

<https://strokesupport.in/be-fast/>

These symptoms may go after some time, but the risk of stroke very much remains !

3) Consequences of Stroke: If not death then usually paralysis, speech issues and depression. These can continue for life, despite treatment.

4) Can stroke be prevented ? : With right diet and exercise, risk of stroke can be much reduced.

5) Importance of Time : If right treatment is started within 2-3 hours of a stroke, the bad results may be much lesser.

Stroke = Disability or Death !

Invitation : All Indian stroke affected, their families, physiotherapists, doctors etc. may join free WhatsApp group for knowledge, help and encouragement by any of :

1) Filling form at :

<https://strokesupport.in/contact/>

2) On mobile, going to :

<https://strokesupport.in/r/meet>

3) On mobile, scanning this QR code.

You will be contacted.



<https://strokesupport.in>

StrokeSupport India TM

Raising Stroke Awareness and Supporting
Stroke Survivors and their Families

Delivering
HOPE !



A humble effort of Nav Anubhuti Welfare Society

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