



## Facial weakness

Can the person smile?  
Has their mouth or eye drooped?



## Arm weakness

Can the person raise both arms?



## Speech problems

Can the person speak clearly  
and understand what you say?



## Time to call 999

Stroke is a medical emergency.

**Every second counts  
when you're having  
a stroke**

Don't wait and always call 999  
if you see any one of these signs.

# Did **you** know?



There is a stroke in the UK every **five minutes**. There are currently **1.3 million stroke survivors** living in the UK.

**A stroke can happen to anyone, of any age at any time.**

By knowing the FAST test, you can recognise stroke if it happens to you or someone around you, and get the medical help needed as soon as possible.

Acting FAST will give the person having a stroke the best chance of survival and recovery.

**Remember – any one of the FAST symptoms means it is time to call 999.**

# Mark's story

**Mark Gater, 57**, had a life-changing stroke in April 2018, when his wife Victoria recognised the signs of stroke.



Victoria said: "We had been out with family for dinner the day prior to Mark's stroke. The following morning, Mark was alone in the bedroom. My daughter and myself heard a crash and found him sitting on the floor. He was unable to respond and I noticed his right arm wasn't moving. For a split second I thought he may have broken it.

"However when I asked him to speak to me or lift his arm, he was unable to respond. I'd seen all the adverts for FAST but never realised until that moment just how important that would be to me. Mark showed all symptoms in the FAST advert and I was able to put my knowledge into action. We called an ambulance and it arrived within minutes. They very quickly assessed Mark and just twenty minutes later we were on our way to hospital. By the time we arrived at hospital Mark was unresponsive and his condition had deteriorated further.

After a second CT scan revealed that a blood clot had gone to Mark's brain, Victoria was given the devastating news that Mark may not survive. Mark spent six weeks doing intensive therapy and is now continuing to make improvements all the time.

Victoria added: "Mark still has a long journey ahead, but we hope with adaptations and specialist equipment he will overcome obstacles. Mark is a very strong man, stubborn and determined. No matter how tired or fed up he may have felt he always gave 110% to his therapy. Our life may now be different but it will still be one full of love and laughter along the way."

# Other symptoms of stroke

The **FAST test** helps to spot the three most common symptoms of stroke. But there are other signs that you should always take seriously.

**These include:**

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- Difficulty finding words or speaking in clear sentences.
- Sudden blurred vision or loss of sight in one or both eyes.
- Sudden memory loss or confusion, and dizziness; or a sudden fall.
- Sudden, severe headache.

**If you spot any of these signs of a stroke, don't wait. Call 999 straight away.**



Ambulance paramedics are trained in stroke, and will ensure the person receives emergency medical care and specialist treatment.

# Trevor's story



**Trevor, 43**, from Haslemere, started to feel unwell whilst out on a delivery for his catering business.

Trevor said: "I couldn't work out what was happening to me, but it was a strange foggy haze of tiredness that I have never experienced before. I remember thinking I needed to get through my deliveries as soon as possible so I could get back home.

"The following day I was still feeling unwell, and after my symptoms began to get worse, a friend convinced me to call 111. Within 10 minutes a paramedic was in my house and warning me that I could be possibly having a stroke."

Trevor was rushed to Frimley Park Hospital where he spent three days recovering. The stroke left Trevor with weakness down the right side of his body; he struggled to walk and move his right hand.

Trevor adds: "I remember lying in the hospital bed in complete disbelief. I was healthy, only 43 years old, and all I could do was keep asking myself: 'why is this happening to me?'

"I count myself very lucky to have made a good recovery after a stroke, but there are hard days."

**Don't forget, if you spot any of these signs of a stroke, don't wait. Call 999 straight away.**

# Could you help save a life?

Help us spread the FAST message by sharing on your social media!

Don't forget to follow us to keep up to date on FAST and the work we do to rebuild lives after stroke.



@TheStrokeAssociation



@TheStrokeAssoc



@TheStrokeAssociation

## Do you need support?

We're here to help rebuild lives after stroke. From local support services and groups to our dedicated helpline, we're here to support you.

Visit **our website** and enter your postcode to see what may be available in your area.

If you or a loved one have been recently discharged from hospital after a stroke, find out more about **what happens next**.

# Do you know your **stroke** risk?

Did you know there are a number of factors that can increase your risk of stroke?

These include:

- High blood pressure.
- Atrial Fibrillation (a type of irregular heartbeat).
- High cholesterol.
- Diabetes.
- Smoking.
- Drinking too much alcohol.



For further information about these and other stroke risk factors, as well as how to reduce or manage your risk, visit our **website**, call our Helpline on **0303 3033 100** or speak to your GP.

# Stride for stroke

Rebuilding lives after stroke

Stroke  
Association



Wondering how? Let us introduce you to our new challenge, **Stride for Stroke**. Not only will it keep you active, but you can raise vital funds and honour the incredible courage and strength of the 1.3 million stroke survivors across the UK while doing it!

It sounds simple enough - walk 1.3 million steps (one for every stroke survivor out there). That's around 600 miles, so how will you do it? One way is to walk 10,000 steps a day for 120 days. And, by asking your friends and family to sponsor you, you can raise vital funds to help rebuild lives after stroke.

Every five minutes, stroke destroys lives. Part of your brain shuts down, and so does a part of you. As a charity, we fund crucial research that transforms the possibilities for life after stroke. It gives stroke survivors hope.

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Find out more, and sign up today at [stroke.org.uk/stride](https://stroke.org.uk/stride)

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**When stroke strikes, part of your brain shuts down.**  
And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at [stroke.org.uk](https://stroke.org.uk).

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**We're here for you.**

Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: **[Helpline@stroke.org.uk](mailto:Helpline@stroke.org.uk)**

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Rebuilding lives after stroke

**Stroke**  
Association