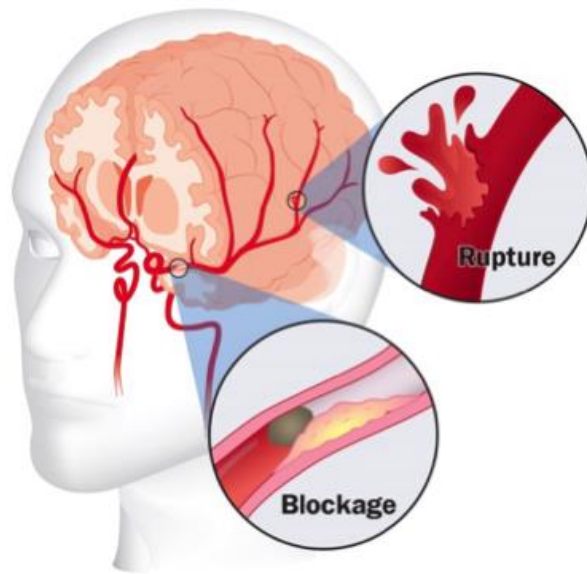


So here we are again with my 7th blog on medical emergencies.

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Always let's stick to basics, please.

# Stroke / T.I.A.



So, let's discuss what Strokes & T.I. A's (Transient Ischaemic Attacks) are.

**Facts:** - There are **more than 100,000 strokes in the UK each year** causing 38,000 deaths.

-A blockage of a blood vessel in the brain or neck, called an **ischemic stroke**, is the most frequent cause of stroke and is responsible for about 80 percent of strokes.

A stroke occurs when blood supply to part of the brain is cut off. This starves the brain of oxygen, with devastating consequences. Stroke is the fourth biggest killer in the UK, and a leading cause of disability.

There are two types of strokes:

**Ischaemic strokes** are caused by a blockage (usually a blood clot) cutting off the blood supply to the brain. About 85% of strokes are ischaemic.

**Haemorrhagic strokes** are caused by a blood vessel bursting in the brain.

Use the F.A.S.T. test (F-Face, ask them to smile and see if both sides of the mouth raise: A-Arms, ask them to raise both their arms: - S-Speech, ask them to say 'you can't teach an old dog new tricks: T-Time, you have only 6 hours from the onset of symptoms to reverse this event). CALL 999

A T.I.A. is also classed as a mini-stroke and the symptoms resolve in < 24hrs - THIS IS A WARNING, TAKE HEED.

*Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.*

[www.evexiatraining.co.uk](http://www.evexiatraining.co.uk)

