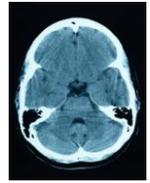


STROKE AND TIA (TRANSIENT ISCHAEMIC ATTACK) **PATIENT INFORMATION**



Q. What is a stroke/ TIA?

A stroke is a serious medical condition that occurs when blood supply to part of the brain is cut off.

TIA – symptoms are similar to a stroke but they pass (transient) ischaemic is the term used to refer to insufficient blood supply. A TIA can last for a couple of minutes to several hours – no longer than 24 hours.

Minor stroke – After 24 hours has elapsed and symptoms persist then it becomes a small/minor stroke – the term is used because it refers to minimal damage.

Q. What causes a stroke?

Stroke is caused by an interruption of the blood flow to the brain, by either a blood clot (Thrombosis) or burst blood vessel (Haemorrhage). As a result brain cells are deprived of the oxygen and other nutrients which they need. Some brain cells become damaged and others die. No two strokes are the same and the symptoms depend on the area of the brain affected and the extent of the damage incurred.

Q. What are the signs and symptoms of stroke / TIA?

- The first signs of a stroke are very sudden numbness or paralysis on one side of the body (drooping arm, leg or lower eyelid or dribbling mouth)
- slurred speech - or difficulty finding words or understanding speech
- sudden blurred vision or loss of sight
- Confusion or unsteadiness or
- a sudden severe headache

Q. How common is stroke/ TIA?

Each year 110, 000 people in the UK have a first stroke, and about 30,000 have a recurrent stroke. Most cases occur in people aged over 65yrs.

Each year about 1 in 100 people over the age of 75 have a stroke. But a stroke can occur at any age even in babies. About 1 million people in the UK are living with the effects of stroke.

The exact number of cases of TIA is not known because many people who have a TIA do not report it to a doctor as the symptoms go away, and the importance of the symptoms are not recognized.

It is estimated that TIA occurs in 35 per 100,000 people each year in the UK. About 1 in 5 people who have a stroke have had a TIA in the past.

Q. What can I expect from Turriff Medical Practice?

If you have a diagnosis of TIA or stroke you will receive a letter annually to attend for a review with the Practice nurse

About 2 weeks prior to this you will have an initial appointment with the nurse assistant to have some blood tests to check your kidney and liver function and cholesterol levels (fats in your blood) You may have a finger prick test to check your blood sugar level (A test to check for diabetes)

At your annual review appointment with the practice nurse which lasts approximately 20 minutes the following will be undertaken:

- The nurse will discuss the results of your blood tests
- We will review your medication and discuss any changes your GP has suggested
- We will take your pulse and listen to your heart rate with a stethoscope
- We will take your blood pressure and check your weight
- We will discuss lifestyle – smoking, alcohol, diet and exercise
- Feel free to ask any questions you may have

Q. What can I do to reduce my risk of stroke?

- Take your medication regularly as prescribed
- Attend for your reviews at the medical practice so that you know that your blood cholesterol and blood pressure are controlled
- Control your weight, eat healthily, keep active, moderate alcohol intake, stop smoking.

THINK FAST AND SAFE A LIFE CALL 999

F ace - can they smile ? Does one side droop

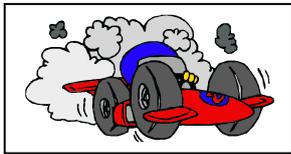
A rm - can they lift both arms ? is one weak

S peech - is speech slurred or muddled?

T ime - to call 999

If any of the above symptoms suddenly develop, then the person needs to see a doctor urgently.

So call an ambulance **FAST.**



Q. where can I find more information?

Helpful websites

Chest heart and stroke Scotland
www.chss.org.uk

Stroke infoplus
www.strokeinfoplus.scot.nhs.uk

The stroke association
www.stroke.org.uk



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