

World Stroke Day #SavePreciousTime

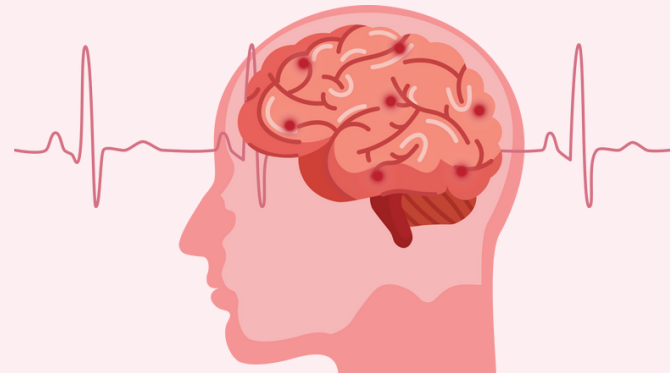
What is a stroke?

A stroke is a medical emergency affecting over one in four adults globally. It occurs when the blood supply to a part of the brain is cut off resulting in oxygen starvation, brain damage and loss of function. Stroke survivors can develop short and long-term complications, including, for example, mobility and speech issues. Knowing more about the prevention and symptoms of stroke could save millions of lives. For World Stroke Day, DigiCare4You wishes to raise awareness of the seriousness of strokes and the importance of prevention strategies.



How to recognise a stroke?

Signs of a stroke should be taken seriously and be considered a medical emergency. Knowing the signs is crucial to act quickly. F.A.S.T is an easy acronym to use to remember the key signs and act on them:



Face. Ask the person to smile. Does one side of the face droop?

Arms. Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to rise?

Speech. Ask the person to repeat a simple phrase. Is the person's speech slurred or strange?

Time. If you observe any of these signs, call emergency medical help immediately.



Some other less commonly known symptoms are:

- 1 **Trouble seeing** in one or both eyes through sudden blurred or backed vision
- 2 A sudden, **severe headache**, which may be accompanied by vomiting, dizziness or altered consciousness
- 3 **Trouble walking** and coordinating movements



Key, if these symptoms occur, is to **sit down immediately** to prevent any falls. All these symptoms tend to come on suddenly and progress rather quickly, so it is important to act as quickly as possible.

Importance of prevention for People with Diabetes and Hypertension

Living with diabetes is a **major risk factor** for developing cardiovascular diseases and strokes. The World Stroke Organization suggests that the likelihood of developing a stroke for an adult living with diabetes compared to one who does not is:



Prevention is key as the risk of developing a stroke can be considerably reduced by keeping blood glucose levels in range, blood pressure low and cholesterol levels on target. Adopting a **healthy lifestyle** through **regular exercise** and a **balanced diet** can drastically reduce the risk of having a stroke. Prescribed medicines may also be taken, in some cases, to reduce blood pressure and cholesterol levels.

DigiCare4You aims to improve the early prevention and management of type 2 diabetes and hypertension via a **community-based, person-centred** solution, integrating both social and healthcare systems, supported by the use of **digital tools**. The goal of this intervention is not only to improve the health status of the users, but also to empower the entire family in adopting a **healthy lifestyle**.



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