Stroke = brain attack
Caused when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a buildup of fatty materials or a clot; or bursts leading to bleeding in the brain.

Know the signs of stroke

- Sudden numbness or weakness of face, arm or leg especially on one side of the body
- Sudden confusion or trouble in speaking and understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache which may be accompanied by altered consciousness

ACT urgently

Stroke is a medical emergency
3 key questions to help you spot a stroke

- Face
  Is there drooping of one side of face?

- Arms
  Is there weakness in one arm?

- Speech
  Is the speech slurred or strange?

If yes, contact the nearest health facility

World Stroke Day 29 October 2016