

# Stroke Week promotes FAST

OCCUPATIONAL THERAPIST and stroke survivor, Emma Gee last week spoke about her life after suffering a stroke almost five years ago at just 24 years of age to help promote National Stroke Week in Shepparton.

Emma was just one of around 60,000 Australians to have a new or recurrent stroke each year - that's one stroke every 10 minutes, but lucky enough not to be one of the one in five people having a first-ever stroke to die within one month, or one of the one in three to die within a year.

This year, National Stroke Foundation's Stroke Week again campaigned for awareness of FAST - a procedure to help detect the early warning signs of stroke.

FAST involves asking three simple questions:

Face - Check their face. Has their mouth drooped?

Arms - Can they lift both arms?

Speech - Is their speech slurred? Do they understand you?

Time - Time is critical.

If you see any of these signs, call 000 immediately.

Treatments given within the first three hours of detecting these stroke-warning signs can prevent the severity of stroke, improving chances of survival and recovery.

National Stroke Foundation has also heeded warning of bogus stroke warning sign emails circulating advocating the use of S.T.R (Smile, Talk and Raise both arms) as a way to recognise a stroke and discussing treatments for stroke including pricking a stroke patient's ears and fingers with a pin or needle until they bleed, neither of which the National Stroke Foundation endorses.

For more information visit [strokefoundation.com.au](http://strokefoundation.com.au).