



This World Stroke Day, lets strike out stroke

Every year on 29th October, communities worldwide observe World Stroke Day to raise awareness about stroke – a leading cause of death and long-term disability. This year, the theme “Every Minute Counts” emphasises the need for quick recognition and immediate medical response.

In India, rising cases of hypertension, diabetes, stress, obesity, and lifestyle-related risks make this awareness even more urgent.

What is a Stroke?

A stroke occurs when the blood flow to a part of the brain is interrupted or reduced, preventing brain tissue from receiving enough oxygen and nutrients.

As a result, brain cells begin to die within minutes — or in some cases, bleeding may occur inside the brain, causing damage to vital brain functions.

Types of Stroke

- **Ischaemic Stroke** (≈85% cases) –
Caused by a blockage in a blood vessel supplying the brain.
- **Haemorrhagic Stroke** –
Occurs when a blood vessel ruptures, leading to bleeding within the brain.

TIA (Mini-Stroke) –
Involves temporary stroke-like symptoms; a serious warning sign of future stroke risk.

Recognising a Stroke – Act F.A.S.T.

- **F** – Face: Ask the person to smile.
Does one side droop?
- **A** – Arms: Ask them to raise both arms.
Does one arm drift down?



S – Speech: Is their speech slurred or unclear?

T – Time: Don't wait — call emergency care immediately.

Remember: Time lost = Brain cells lost.

Key Risk Factors

High blood pressure
Diabetes & high cholesterol
Smoking or alcohol use
Obesity & physical inactivity
Irregular Heartbeat

Prevention – Protect Your Brain Health

Monitor your blood pressure regularly
Eat a low-salt, heart-healthy diet
Exercise regularly
Avoid smoking and limit alcohol intake
Attend regular medical check-ups

Stroke is preventable and treatable – but only if recognised early. By learning the F.A.S.T. signs and responding without delay, we can save lives. NGMH remains committed to promoting awareness and providing timely, compassionate stroke care.