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## Tombarra by the River ...

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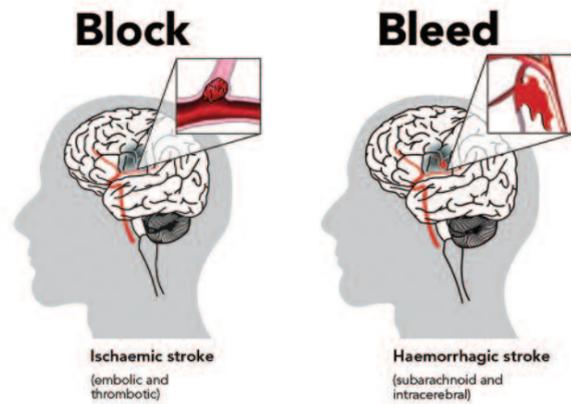
Suited to singles, families, same interest groups and events, Tombarra is conveniently located only 10 minutes drive from Braidwood NSW.

579 Northanger Rd Mongarlowe

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### EARLY DETECTION



## Stroke

A stroke is always a medical emergency. The longer a stroke remains untreated, the greater the risk of stroke-related brain damage. Emergency medical treatment soon after symptoms begin improves the chances of survival and successful rehabilitation.

### So what is a stroke?

A stroke happens when the blood supply carrying oxygen and nutrients to the brain is interrupted. When the brain cells do not get enough blood they die at a rapid rate. Hence a stroke is a medical emergency as the blockage needs to be removed as fast as possible to avoid damage to the brain cells.

Stroke can affect people in many ways, both physically and emotionally as well as the way they think. It can range from muscle weakness and speech difficulties through to memory, hearing, or vision loss.

Every stroke is different. The effect of the stroke depends on where in the brain it occurs and how severe it is.

There are two main types of stroke:

#### Ischaemic stroke (Block):

A stroke caused by a blood clot is called an ischaemic stroke. This kind of stroke accounts for about 80% of strokes. There are two types of ischaemic stroke:

#### Embolic stroke

If a blood clots forms somewhere in the body, it can travel through the bloodstream to the brain. Once in the brain, the clot travels to a blood vessel that's too small for it to pass through and it gets stuck there and stops blood from getting through.



### IS VITAL

#### Thrombotic stroke

As the blood flows through the arteries, it may leave behind cholesterol-laden plaques that stick to the inner wall of the artery. Over time, these plaques can increase in size and narrow or block the artery and stop blood getting through.

#### Haemorrhagic stroke (Bleed in the brain):

A stroke caused by a break in the wall of a blood vessel in the brain is called a haemorrhagic stroke. The break causes blood to leak into the brain, stopping the delivery of oxygen and nutrients.

Haemorrhagic stroke can be caused by a number of disorders which affect the blood vessels, including long-standing high blood pressure and cerebral aneurysms.

#### Transient Ischaemic Attack (TIA):

A transient ischaemic attack (TIA) is sometimes known as a "mini-stroke". A TIA happens when the blood supply to your brain is blocked temporarily. The signs are the same as those of a stroke, but unlike stroke, they only last a short time. The signs may disappear in a few minutes and last no longer than 24 hours. After a TIA, your risk of stroke is higher. Stroke can lead to death or disability. A TIA is a warning that you may be at risk of a stroke and provides an opportunity to prevent this from happening. With investigation and treatment, the risk of stroke following a TIA can be reduced by up to 80 percent.

#### To recognise a stroke think F.A.S.T.

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 right away.

### What can you do to prevent a stroke?

The things you cannot change:

- Age – the older you get, the greater your risk of stroke.
- Gender – stroke is more common in men.
- A family history of stroke — having a parent or sibling who has had a stroke.
- If you've had a previous stroke or transient ischaemic attack (TIA).

#### The things you can change:

- Make time for a health check. A regular check-up with your doctor, particularly once you turn 45, can help detect and manage some of the biggest stroke risks.
  - Ask for a blood pressure check – high blood pressure (or hypertension) is the top risk factor for stroke.
  - Check your cholesterol levels – the main cause of high cholesterol is a diet high in saturated fats (fats from animal foods).
  - Stay on top of type 2 diabetes
  - Get to the heart of it – atrial fibrillation (AF or an irregular heartbeat) can cause clots to form in the heart, which can move to the brain, leading to a stroke.
- Eat well. Having a poor diet can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.
- Stay active. Being inactive, overweight, or carrying too much body fat can contribute to high blood pressure and high cholesterol. It can also lead to heart disease and type 2 diabetes. Regular physical activity can reduce your risk of stroke.

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- Drink alcohol only in moderation. The health risks from alcohol accumulate over your lifetime. This means the more you drink, the greater the risk. Responsible drinking is about balancing your enjoyment of alcohol with the potential risks that may arise from drinking.
- Be smoke free. Smoking has so many negative impacts on the body. It increases stroke risk by increasing blood pressure and reducing the oxygen to the brain.

**Capital Chemist Braidwood**  
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Beauty Community Health Advice Health Services Service