

## Useful information – credit card sized

Simply cut out and fold so you will have a credit card sized FAST reminder with useful stroke information.

### Recognise the signs of a stroke – FAST

**Face** – the face may have dropped on one side, the person may not be able to smile or their mouth or eye may have drooped.

**Arms** – the person with suspected stroke may not be able to lift both arms and keep them there because of arm weakness or numbness in one arm.

**Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.

**Time** – it is time to dial 999 immediately if you notice any of these signs or symptoms.

The best advice is that if you experience any neurological symptom that comes on suddenly and is unfamiliar (eg not like your normal migraine) then you should seek urgent medical advice. And take an aspirin (unless you are allergic to it). Doctors have traditionally not advocated self-medication because of a fear that it may worsen bleeding in the rarer form of haemorrhagic stroke, but in TIA the risks are negligible and the benefits potentially huge.

From an article by Dr Mark Porter in the Times in November 2016.  
[www.v8register.net/sub/news/161107/strokes.htm](http://www.v8register.net/sub/news/161107/strokes.htm)

### Recognise the signs of a stroke – FAST

**Face** – the face may have dropped on one side, the person may not be able to smile or their mouth or eye may have drooped.

**Arms** – the person with suspected stroke may not be able to lift both arms and keep them there because of arm weakness or numbness in one arm.

**Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.

**Time** – it is time to dial 999 immediately if you notice any of these signs or symptoms.



01235 555552  
[www.mgcc.com](http://www.mgcc.com)

Renewal date of this card and its Association Ltd on the members of this club or shall not drive in any part sold a valid motor vehicle and agree to be bound by