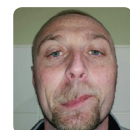


**4 OUT OF 10 TRAVELLERS,  
HAVE HIGH BLOOD PRESSURE.  
HIGH BLOOD PRESSURE IS A  
MAJOR RISK FOR STROKE.**



### If stroke strikes act F.A.S.T



#### Face

Has their face fallen on one side? Can the person smile?



#### Arms

Can they raise both arms and hold them there?



#### Speech

Is their speech unclear?



#### Time

Time to call 999 or 112, if you see any single one of these signs



Knowing the signs of stroke and calling **999** or **112** is very important. If you are having a stroke, the sooner you are looked after, the better your chances of a good recovery.

**Pavee Point Traveller and Roma Centre**  
46 North Great Charles Street,  
Dublin 1

Tel. 01 878 0255  
[www.paveepoint.ie](http://www.paveepoint.ie)

**Irish Heart Foundation**  
50 Ringsend Road, Dublin 4  
D04 t6x0

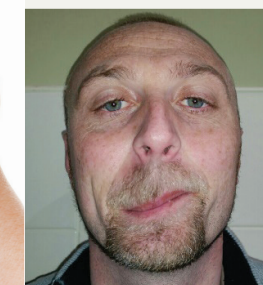
Tel. 01 668 5001  
Fax. 01 668 5896  
Email: [info@irishheart.ie](mailto:info@irishheart.ie)  
[www.irishheart.ie](http://www.irishheart.ie) [www.stroke.ie](http://www.stroke.ie)

The Irish Heart Foundation is your national charity fighting heart disease and stroke. If you are worried about heart or stroke issues, call our Freephone helpline **1800 25 25 50** and talk to an Irish Heart Foundation nurse in confidence. Our nurses are there for you Monday to Friday, 9am to 5pm and until 7pm on Thursdays.



# STROKE

Information for Travellers and Roma



Face



Arm



Speech



Time

# F.A.S.T



## What is a stroke?

A stroke is a brain attack that needs medical attention straight away. Stroke is the third biggest cause of death in Ireland. One in four Traveller deaths is caused by a stroke.

## What happens when you have stroke?

The blood supply to your brain becomes blocked. This is caused by a blockage of your blood pipe or a bleed into your brain because of a burst blood pipe.

## Know if you are at a higher risk

Anyone can suffer a stroke but you are more likely to have a stroke if you have certain risks which include:



### Age:

Over 65% of strokes happen to people aged 65 years and older.



### Men or Women:

Stroke is more common in men under 75 years of age than in women of the same age.



### Family history:

You are more at risk of having a stroke if one or more of your parents, grandparents, sisters or brothers have had a stroke.



### High blood pressure:

Having high blood pressure is a major cause of stroke. It causes your blood pipes to harden and narrow, which may cause a blockage in blood supply to the brain.



### Smoking:

If you smoke you double your risk of stroke.



### Alcohol:

Drinking too much alcohol raises your blood pressure.



### Unhealthy eating:

Eating foods high in fats (butter, fatty meat, cakes, biscuits) can raise your cholesterol. Eating a diet high in salt may cause high blood pressure.



### Not being active:

Your risk of stroke increases by 50%, if you are not active.



### Diabetes:

If you have diabetes you have a greater risk of stroke.

## Good News

Making small changes to your lifestyle and taking medicines as told by your doctor, can reduce your risk of stroke.



Know your blood pressure. Have regular blood pressure and cholesterol checks.



Eat well. Eat more fruit and vegetables and less salt and fatty foods. Eat fish twice a week.



Get to know your doctor. Start having health checks in your 20s or 30s.



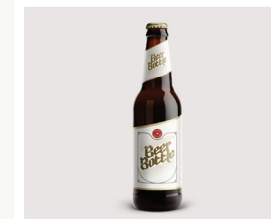
Stop smoking



Be a healthy weight



Be more active



Go easy on the booze



Take medication as prescribed by your doctor