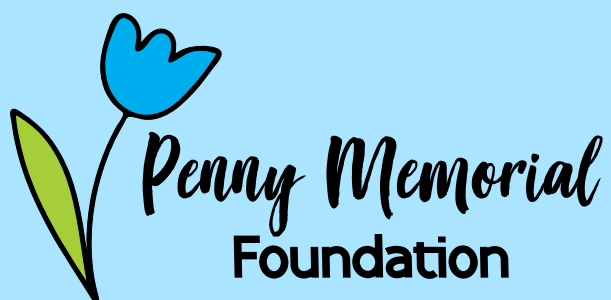


STROKE AWARENESS INFORMATION BOOKLET



**BE STROKE
AWARE!**

**NUMBER 1
CAUSE OF
DISABILITY
IN THE WORLD**

**NUMBER 2
CAUSE OF
DEATH
WORLDWIDE**

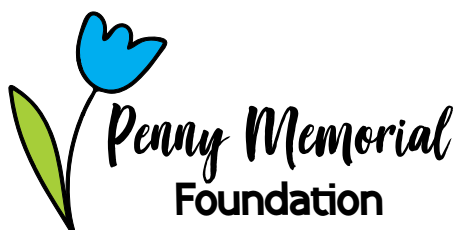
**AFFECTS
1 IN 6
ZIMBABWEANS**

What Is Stroke?

STROKE IS A MEDICAL CONDITION THAT OCCURS WHEN THE BLOOD SUPPLY TO PART OF THE BRAIN IS INTERRUPTED OR REDUCED, WHICH PREVENTS BRAIN TISSUE FROM GETTING OXYGEN AND NUTRIENTS.

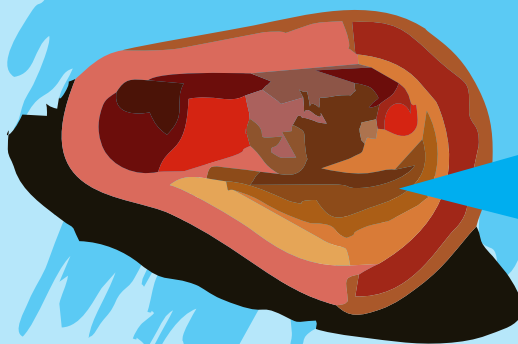
BRAIN CELLS BEGIN TO DIE IN MINUTES.

STROKE IS A MEDICAL EMERGENCY, AND PROMPT TREATMENT IS CRUCIAL. EARLY ACTION CAN REDUCE BRAIN DAMAGE AND OTHER COMPLICATIONS



Ischemic Stroke

- Happens because a blood vessel becomes clogged similar to a pipe filled with sludge, a vessel becomes so filled with fatty deposits lining its walls that it can no longer supply enough blood to the brain.
- Transient Ischemic attacks [TIA's] are minor and even temporary clots with some stroke symptoms. However, they can lead to a major stroke.



Fatty deposits
lining the wall
of a blood
vessel

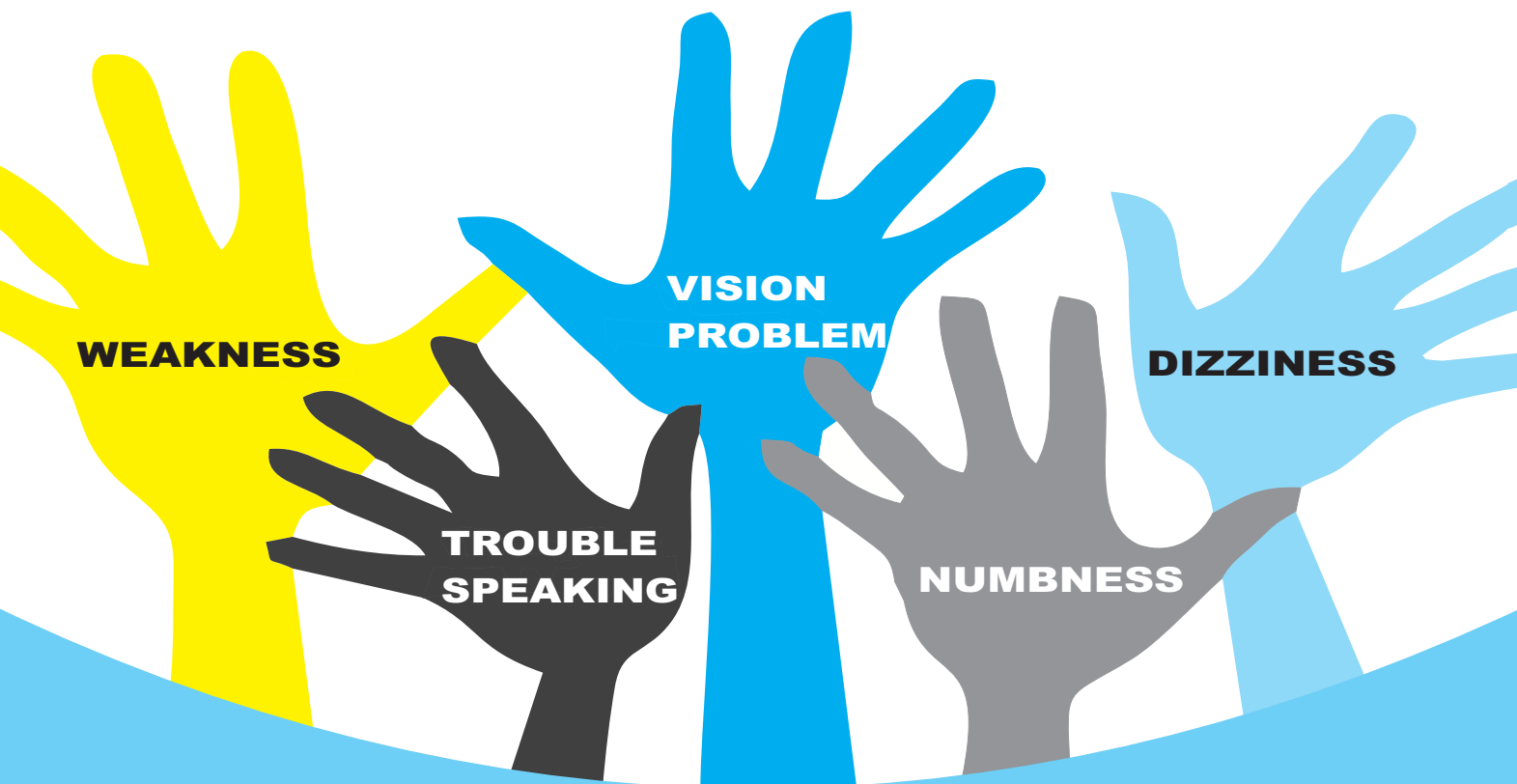
Hemorrhagic Stroke

- Happens because a blood vessel ruptures
- Aneurysms are weakened blood vessels that balloon eventually leading to hemorrhaging bursting



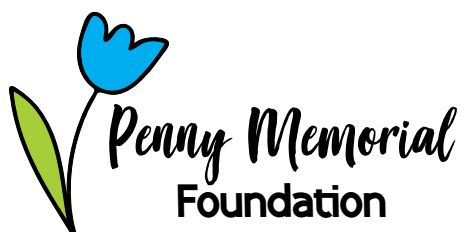
Caused by bleeding

5 SUDDEN WARNING SIGNS OF STROKE



IF YOU SEE ANY OF THESE SIGNS
CALL FOR HELP

*LEARN THE WARNING SIGNS BEFORE ITS TOO LATE
SOMEONE'S LIFE COULD BE IN YOUR HANDS*



Foods to Prevent Stroke

- **Eat folate rich foods such as beans, broccoli, peas, leafy green vegetables**
 - **Fruits and Vegetables, as they are good antioxidants**
 - **Food rich in potassium including potatoes, mushrooms, cucumbers and avocados**
 - **Oats, almonds and soy products**
 - **Fatty fish rich in Omega-3**
 - **Magnesium rich foods like Cornmeal**
 - **Limit Salt**
- 

Stroke Prevention Tips

- **Monitor and keep blood pressure normal**
- **Irregular heartbeat should be treated**
- **Avoid smoke and smoking**
- **Control diabetes with diet or Insulin**
- **Maintain normal weight**
- **Follow a diet low in saturated fats, cholesterol, and salt**
- **Limit alcohol consumption**
- **Stay active with a reasonable exercise program**



BE STROKE AWARE

Each year, stroke kills twice as many women as breast cancer. Yet, only 1 in 4 women can name more than two of the six primary stroke symptoms, according to experts. Taking time to learn the signs of stroke might save someone's life, maybe even your own.

6 Primary Stroke Symptoms:

1. Sudden numbness or weakness of face, arm or leg, especially on one side of the body
2. Sudden confusion or trouble understanding.
3. Sudden trouble speaking
4. Sudden trouble seeing in one or both eyes
5. Sudden trouble walking, dizziness, loss of balance or coordination
6. Sudden severe headaches with no known cause



370 000
NUMBER OF MEN WHO
SUFFER A STROKE
EACH YEAR

Women
Stroke
Symptoms

Sudden face and limb pain

Sudden shortness of breath

Sudden hiccups

Sudden heart palpitation

Sudden chest pain

Sudden nausea
Sudden general weakness

425, 000

NUMBER OF WOMEN WHO SUFFER
A STROKE EACH YEAR

Stroke Facts

- Every 45 seconds someone has a stroke (700 000 per year)
- Every 3 minutes someone dies from a stroke worldwide
- Stroke is the second leading cause of death
- Stroke is the number one cause of long term disability
- 24% of strokes lead to death
- 50% to 70% of stroke victims will improve or have a mild disability
- 15% to 30% will have permanent disabilities
- 20% will require custodial care in an institution three months after the stroke



**Stroke kills twice as many women
as breast cancer every year.**

SHURUGWI – Two kids, one aged seven and another 9 from Ward 13, Masarirambi Village under Chief Nhema in Shurugwi are looking and taking care of their mother who has been paralyzed for the past four years.

It is heart breaking to see the seven year old girl bathing her mother. The nine year old cannot be involved in the bathing of the mother because he is a boy.

The family is also in dire need of food. Unki Mine has at times sent the family some food hampers.



Sithembile Wangai (32) was paralysed in 2016. Her mother was nursing her since then but she passed on last year leaving the burden on the two minors.

“I suffered a stroke in 2016 and I was unable to walk since then. My seven-year-old daughter bathes me and her nine-year-old brother helps to move around including carrying me to the toilet. “I appeal for a wheelchair and food from well-wishers. I am also appealing for school fees for my kids who do part time jobs to get what they need,” said Wangai.

The two kids do part-time jobs in order to raise their fees. The two kids carry their mother to their toilet. The family is also desperate for a wheel chair for the mother since she can't walk on her own.

Newton Mukunzwe, a youth from Ward 19 who recently visited the family and left them some food appealed for more well-wishers to support the family. “I brought some food but this is just a drop. I am pledging school uniforms and exercise books for the kids. There are other villagers who are also supporting family,” - Mukunzwe.

**STROKE
AWARENESS
MONTH
1 MAY - 31 MAY**

  **+263 716335511**

  **@pmfzimbabwe**

 **Penny Memorial Foundation**