



# Stroke

## Early warning signs

### The facts!

Aboriginal people have twice as many strokes as others. If you show any warning signs of a stroke get help straight away.

#### NSW Chronic Care for Aboriginal People Program

#### For more information

Contact your local Aboriginal Medical Service or Health worker. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:  
[www.health.nsw.gov.au/initiatives/chronic\\_care/aboriginal/index.asp](http://www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp)

Produced by the NSW Chronic Care for Aboriginal People Program.  
Aboriginal Health and Medical Research Council:  
[www.ahmrc.org.au](http://www.ahmrc.org.au)

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Chronic Care  
for Aboriginal People





## What is a stroke?

A stroke is when the blood supply to the brain is suddenly cut off or when a blood vessel in the brain bursts.

It causes damage to the brain cells that control your body.

## What causes strokes?

The most important risks are:

- high blood pressure
- heart disease
- uncontrolled diabetes
- cigarette smoking.

Other risks include:

- drinking too much grog
- high blood cholesterol levels
- drug use
- family history.

Some risks apply only to women including:

- uncontrolled blood pressure during pregnancy
- uncontrolled blood pressure during childbirth.

## How do I know if I am having a stroke?

- Numbness or weakness, especially on one side of the body
- Confusion or trouble speaking or understanding talk
- Trouble seeing in one or both eyes
- Trouble walking
- Dizziness or loss of balance or coordination.

## How is stroke diagnosed?

An examination by the doctor, blood tests, scans of the brain and ultrasounds of the brain.

## Early warning

Seek help straight away – if you think you are having a stroke.

## Is there any treatment?

### Prevention

- Reducing your risks
- Controlling blood pressure
- Controlling cholesterol
- Controlling diabetes
- Reducing alcohol
- Stop smoking
- Look after your heart disease.



Rehabilitation helps to overcome disabilities that result from stroke damage.

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