



**ZIAN SAFE
HARBOUR**

CARE & EDUCATION SERVICES

Emergency Awareness, Early Intervention & Stroke Care

CATEGORY

**Health Education
Guide**

 **MEDICAL EMERGENCY AWARENESS**

Stroke: Every Second Counts

Recognizing Signs, Rapid Emergency Action & Path to Rehabilitation

UNDERSTANDING STROKE

A stroke occurs when blood flow to part of the brain is interrupted or reduced, depriving brain cells of oxygen and essential nutrients. Within minutes, affected brain cells begin to die. Because the brain controls movement, speech, memory, emotions, and other vital body functions, a stroke can have life-changing consequences if not treated immediately.

Stroke is a true medical emergency. Prompt recognition and urgent medical care can significantly improve recovery rates and reduce the risk of permanent disability.

Types of Stroke

85% OF CASES

01

Ischemic Stroke

The most common type of stroke. Occurs when a blood clot blocks an artery supplying blood to the brain. Early treatment with clot-busting medications can restore blood flow and minimize brain damage.

- Cause: Blood clot / Blockage

RUPTURE /
BLEEDING

02

Hemorrhagic Stroke

Occurs when a weakened blood vessel ruptures, causing bleeding in or around the brain. Commonly associated with uncontrolled high blood pressure, aneurysms, or blood vessel structural abnormalities.

- Cause: Ruptured blood vessel

WARNING SIGN

03

Transient Ischemic Attack (TIA)

Often called a "mini-stroke," a TIA involves a temporary blockage of blood flow. Symptoms resolve within minutes or hours, but it must never be ignored as it strongly signals an impending major stroke.

- Urgent action required immediately

Who Is at Risk?

Although stroke can occur at any age, several medical conditions and lifestyle factors significantly elevate individual risk. Most risk factors can be prevented or managed with appropriate medical guidance:

● **High blood pressure** (Leading risk)

● Diabetes mellitus

● High cholesterol

● Heart disease

● Smoking & tobacco use

● Obesity

● Physical inactivity

● Excessive alcohol consumption

● Poor nutrition

● Family history of stroke

● Increasing age

CRUCIAL WARNING SIGNS

Think F.A.S.T. Save a Life.

Early recognition saves lives. If you notice any of these symptoms, act without delay.



Face Drooping

Ask the person to smile. Does one side of the face droop or feel numb?



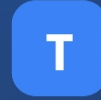
Arm Weakness

Ask them to raise both arms. Does one arm drift downward or feel weak?



Speech Difficulty

Is their speech slurred, confused, or difficult to understand or articulate?



Time to Call

If you observe any of these signs, call emergency medical services immediately!

ADDITIONAL STROKE WARNING SYMPTOMS

- Sudden numbness/weakness in body side
- Sudden vision loss or double vision
- Severe headache with no known cause
- Loss of balance or coordination
- Dizziness & difficulty walking
- Sudden confusion or memory loss

What Should You Do During a Stroke?

Immediate Emergency Protocol

- 1** Call emergency medical services immediately without delay.
- 2** Note the exact time when symptoms first appeared.
- 3** Keep the individual calm, reassured, and in a safe, resting position.
- 4** Do NOT give food, drinks, or medications unless explicitly instructed by doctors.

Every minute without treatment results in the loss of millions of brain cells. Immediate medical intervention dramatically improves outcomes.

Treatment and Rehabilitation Pillars

Modern medicine offers effective acute treatments including clot-dissolving medications, minimally invasive clot removal procedures, or surgery. Recovery continues long after hospital discharge through coordinated multidisciplinary rehabilitation:



Physical Therapy

Focuses on restoring mobility, gait retraining, strength rebuilding, balance improvement, and motor function recovery.



Occupational Therapy

Helps survivors relearn everyday activities such as dressing, eating, bathing, grooming, and adapting home environments.



Speech & Language Therapy

Assists with overcoming speech difficulties (aphasia), language comprehension, articulation, and swallowing challenges (dysphagia).



Psychological Support

Addresses post-stroke emotional changes, anxiety, depression, cognitive adjustments, and builds mental resilience.



Nutritional Guidance

Provides customized dietary plans promoting arterial health, managing blood pressure, and supporting overall recovery.



Medical Follow-up

Ensures ongoing physician monitoring, medication adjustment, and secondary stroke prevention protocols.

Preventing Stroke: Key Measures

The majority of strokes can be prevented through proactive health management and healthy lifestyle choices:

✓ Monitor & control blood pressure

✓ Manage diabetes & blood sugar

✓ Maintain healthy cholesterol levels

✓ Eat a balanced, nutrient-rich diet

✓ Exercise regularly & stay active

✓ Maintain a healthy body weight

✓ Avoid tobacco & smoking exposure

✓ Limit alcohol consumption

✓ Attend routine health check-ups

The Essential Role of Caregivers

Caregivers are essential partners throughout the recovery journey. They assist with daily activities, medication management, home rehabilitation exercises, emotional encouragement, and monitoring for potential complications. Educating caregivers empowers them to provide safe, compassionate, and effective care while promoting dignity and independence for stroke survivors.

Zian Safe Harbour Care's Commitment

EDUCATION • EARLY ACTION •
COMPASSION

At Zian Safe Harbour Care, we believe that education is a powerful tool in improving health outcomes. Through caregiver training, health education, and community awareness initiatives, we strive to equip individuals with the knowledge and skills needed to recognize medical emergencies, respond appropriately, and provide compassionate, high-quality care.

"Know the signs. Act FAST. Save a life. Every second counts."

