MEDIA RELEASE

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Toowoomba Hospital works to spread stroke message

With stroke being Australia’s second biggest killer, staff from the Stroke Unit at the Toowoomba Hospital will be working to raise awareness during National Stroke Week (8 – 15 September).

Stroke Care Coordinator Tim Richardson said the team would be encouraging local residents to take action to reduce their stroke risk and to learn more about stroke.

“Stroke kills more women than breast cancer and more men than prostate cancer.

“The recent Stroke in Australia report demonstrated no postcode is untouched by this disease. However, many strokes can be prevented.

“There are some risk factors such as age, gender and family history that we can’t control. But there are a number of lifestyle risk factors that we can control.

“For example, high blood pressure is the most important known risk factor for stroke. High blood pressure can cause damage to blood vessel walls, which may eventually lead to a stroke.

“High cholesterol is another factor that contributes to blood vessel disease, which often leads to strokes.

“Other factors that increase your risk of stroke include smoking, being overweight, poor diet, lack of exercise, and excessive alcohol consumption," Mr Richardson said.

For more information local residents are encouraged to visit Tim at the Terry White Chemist’s health check station in the Clifford Gardens Shopping Centre between 8.30am – 12pm on Thursday 11 September.

“I will be available to talk to anyone who is interested in finding out more about reducing their risk of stroke,” Mr Richardson said.

Members of the Toowoomba Hospital Stroke Survivor Group will also have a display in the hospital foyer throughout the week.

Ends

MEDIA: Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or DDHHS_media@health.qld.gov.au