

## Media statement

30 August 2019

### Every step counts towards a healthy life

This year **National Stroke Week (2-8 September)** encourages Australians to recognise the signs of stroke and know how to minimise their own risk.

More than 80 per cent of strokes can be prevented and there are some simple steps to manage risk factors by living a healthy lifestyle.

Sunshine Coast Hospital and Health Service Senior Medical Officer Dr Rohan Grimley, said: "With such a huge proportion of strokes being preventable, Stroke Week allows us to shine a light on easy ways to reduce your risk.

"Firstly, make time with your GP for a health check for stroke risk factors such as high blood pressure and Type 2 Diabetes. 1 in 10 Queenslanders have untreated high blood pressure and 60 cases of type 2 diabetes are diagnosed in Queensland every day. If these conditions are managed appropriately your risk of a stroke can be dramatically reduced.

"Lifestyle is also key. Even small changes like moving more, and eating less processed food and more fresh vegetables, can lessen the risk of stroke," Dr Grimley said.

"Over half of Australian adults do not do the recommended amount of physical activity. Aim for at least 30 minutes of activity a day, it can be any activity which makes you feel warm and a little out of breath. Remember you don't have to do it all in one go, it is just as effective if you break it down into 10 or 15-minute sessions."

Besides stroke prevention, National Stroke Week is also an opportunity to educate the community on how to identify stroke symptoms. The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

Using the F.A.S.T. test involves asking these simple questions:

- **Face:** Check their face. Has their mouth drooped?
- **Arms:** Can they lift both arms?
- **Speech:** Is their speech slurred? Do they understand you?
- **Time:** Is critical. If you see any of these signs call 000 straight away.

Powerful treatments to unblock arteries can now make a huge difference to your outcome if you experience a stroke, but only if you act fast and call the ambulance immediately.

**ENDS**

#### **Media Opportunity:**

Senior Medical Officer Dr Rohan Grimley is available for interviews on request.

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