



Capel Parish Nurses: *Serving the Community of Capel St Mary*

The Stroke Association is aiming to turn May purple for stroke awareness. A stroke is when the blood supply to part of the brain is blocked – either because of a blood clot or a bleed.

When a stroke strikes, act fast:

F: Face – ask the person to smile, is it lopsided?

A: Arms – are they able to raise both their arms?

S: Speech – is it slurred?

T: Time – if you notice any of these signs then telephone 999 straight away.

The sooner someone gets medical attention if they are having a stroke then the better the outcome and recovery is. A transient ischaemic attack (TIA) or “mini-stroke” has similar signs to a stroke but gets better within 24 hours. However, it could still be a warning sign of a more serious stroke and so it should still be treated as an emergency, so telephone 999.

Do you know someone who has had a stroke that you think would benefit from some advice? If you do, then telephone our Parish Occupational Therapist Margaret.

Who is more at risk? Those with:

- high blood pressure
- high cholesterol
- diabetes
- atrial fibrillation

Also those who are:

- smokers
- overweight
- lack of exercise
- excessive alcohol consumption

Leading a healthy, active lifestyle will reduce the risk of you having a stroke. If you would like any help with any aspect of this then please contact either of us.

Great East Swim training: I have started the great east swim training. The first week I thought it was great, I managed to swim 64 lengths at crown pools, the equivalent of a mile, doing sedate breast-stroke without putting my head under water. I thought, yeah, I can do this. Then I tried swimming front crawl.... my word, that changed the game. I have been told that swimming open water in a wetsuit it is easier to swim front crawl. Currently I can manage about $\frac{3}{4}$ of a length before I lose the ability to breath properly! I have also tried swimming breast-stroke with putting my face under water – it was so much harder than my usual sedate swimming. This is definitely going to be a challenge for me! I am also considering entering the Great East run in September which is a half marathon – would anyone like to join me and train with me? I currently do not do any running so am starting from scratch.

Blessings,

Caroline, your Parish Nurse

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