Different Strokes

Reclaiming lives after stroke

STROKE AWARENESS FOR BLACK AND SOUTH ASIAN COMMUNITIES

Your health matters - know the signs and reduce your risk!



www.**differentstrokes**.co.uk



Why Black & South Asian Communities are at Higher Risk

Many people believe strokes only happen to older people, but in fact, strokes can affect people at any age. Black and South Asian people are more likely to have a stroke at a younger age compared to other groups.

This is due to several factors:

- Increased risk of diabetes and high blood pressure
- Family history of heart disease or stroke
- Unbalanced diet rich in salt and fats
- Smoking and lack of physical activity
- Socioeconomic deprivation, limiting access to care
- Systemic barriers in healthcare, which can delay diagnosis and treatment



Be aware of the signs of stroke

If you or someone you know is having a stroke, remember **FAST**. This can help save lives!

F – Face: Is one side of the face drooping? Can they smile?
A – Arms: Can they lift both arms, or is one arm weak or numb?
S – Speech: Is their speech slurred or difficult to understand?
T – Time: Time is critical. If you see any of these signs, call 999 immediately!

Don't Wait - Act FAST!

The quicker you get help, the better the chances of recovery.

What You Can Do to Reduce Your Risk

- **Eat a healthy, balanced diet:** Include fruits, vegetables, whole grains and lean protein. Limit foods that are high in salt and sugar.
- **Be physically active:** Aim for 30 minutes of activity most days, like walking or household chores.
- **Check your blood pressure:** High blood pressure, a main causes of stroke, often has no symptoms. Get regular check-ups.
- **Quit smoking:** Smoking increases your stroke risk. Talk to your doctor for help.
- **Control your diabetes:** If you have diabetes, manage it carefully with your doctor
- **Know the FAST Signs of a Stroke**

Learn from survivors

"It's important we encourage the people we know to not ignore symptoms and to get checked out"

Sheila, stroke at 33 years old

"Stroke doesn't discriminate, and in Black and South Asian communities, the risks are even higher. Knowing the signs, managing health, and prioritising prevention can save lives. Take action today - your health is your greatest strength."

Ranj, stroke at 39 years old





Different Strokes is a national charity dedicated to supporting **working age stroke survivors** in the UK.

Get in Touch

For more information or support, please contact us or visit our website:

0345 130 7172

info@differentstrokes.co.uk

www.differentstrokes.co.uk

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Different Strokes is a registered charity in England and Wales (1092168) and Scotland (SC044190).