

Wired Stroke Support Service

0844 880 1500 (local rates)

OR

North Cumbria

Catherine Jones on 07712 871273

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South Cumbria

Lisa Kirk on 07712 871276

Lynn Jones on 07712 871272

West Cumbria

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**(Mobile phone charges are considerably more
than landline charges)**

Wired

Unit 7, Wirral Business Park

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Tel: 0844 880 1500 (charged at Local Rate)

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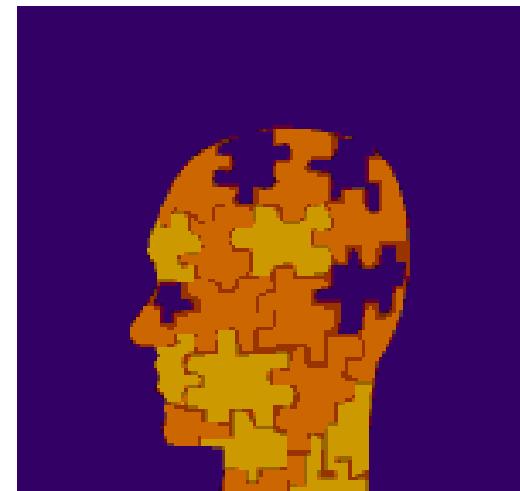
Email: contact@wired.me.uk

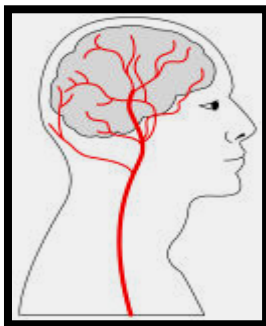
www.wired.me.uk



Cumbria Stroke Support Service

What is a Stroke?





Wired Stroke Support Service

A stroke can change mind and body

The main symptoms of stroke are physical problems in one side of the body (numbness, weakness), drooping in one side of the face, speech problems (slurred speech, muddled words) and visual problems (blurred vision, loss of vision). In more serious cases, the person might lose consciousness.

The onset of stroke symptoms is usually sudden.

A stroke can cause:

- Paralysis
- Loss of feeling and sensation
- Speech impairment
- Tiredness
- Depression
- Anxiousness
- Visual problems
- Difficulty with swallowing
- Memory problems
- Mood swings
- Lack of concentration

A stroke is a disruption in the blood supply to the brain

Most strokes are caused by blockages (usually blood clots) disrupting the brain's blood supply. These are called ischemic strokes. Some strokes are caused by bleeds. These are called haemorrhagic strokes.

Strokes are sudden and have an immediate effect

The brain depends on a supply of blood for the oxygen and nutrients it requires to function properly.

When the blood supply is disrupted, brain cells are starved of oxygen and nutrients. This causes damage to the brain tissue. Because your brain controls everything your body does, a stroke will affect the way your body functions. For example, if a stroke damages the part of your brain that controls your right leg, then movement in your right leg will be affected. Your brain also controls how you think, learn, feel and communicate. A stroke is sudden and the effect on your body