

MEDIA RELEASE



The Hon **David Hawker** MP
Federal Member for Wannon



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THINK F.A.S.T AND ACT FAST TO SAVE A LIFE National Stroke Week 14-20 September 2009

Stroke is Australia's second biggest killer with one occurring every 10 minutes.

During National Stroke Week, Federal Member for Wannon David Hawker is urging all Western Victorians to think **F.A.S.T** and act FAST to save lives from stroke.

"**F.A.S.T** stands for **Face, Arms, Speech, Time** – it is an easy way to remember the signs of stroke," Mr Hawker said.

"Strokes can occur to anyone of any age at any time. The National Stroke Foundation says every Australian has the power to save a life by thinking **F.A.S.T** and acting FAST at the first signs of stroke.

"When the signs of stroke appear, time lost is brain lost so it is critical that urgent action is taken.

"Anybody, regardless of their ability, can think F.A.S.T and act FAST to save a life."

Thinking **F.A.S.T** 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** – Time is critical. If you see any of these signs, call 000 now!

Mr Hawker said acting FAST is vital because early treatment could mean the difference between death or severe disability and a good recovery from stroke.

"For the first time this year the **F.A.S.T** campaign includes visual prompts to show people what they might expect to see when the signs of stroke appear," he said.

"The National Stroke Foundation believes the pictures will be especially helpful to communicate the signs to children, stroke survivors, older people and people from multicultural backgrounds, as well as those with intellectual disabilities and literacy issues."

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Media contact: Jane Templeton (02) 6277 4118