



STROKE

Know the signs

Think FAST



Around 2 4 New Zealanders have a stroke each day – about six of those are aged under 65.

A stroke will strike suddenly. Damage will move through the brain fast. But you can help if you know the signs to look for, and think and act fast.

- **FACE** – Is their face drooping on one side? Can they smile?
- **ARM** – Is one arm weak? Can they raise both arms?
- **SPEECH** – Is their speech jumbled or slurred? Can they speak at all?
- **TIME** – Time is critical. Call 111

A stroke is always a medical emergency so call 111

immediately – rather than your doctor, family and friends, or waiting for it to pass.

Causes: A brain aneurysm, burst or a weakened blood vessel leak, or a blood vessel carrying blood to the brain is blocked by a blood clot.

Body Facts

The total length of all the blood vessels in the human body is about 100,000 km.



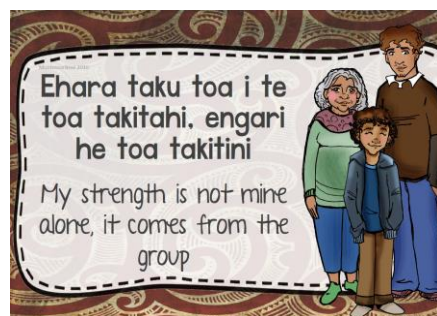
STOP MEN DYING TOO YOUNG

Men are facing a health crisis that isn't being talked about. They are dying too young, before their time. We're taking action and we need your help!

THE MOUSTACHE IS OUR RIBBON
- To show you care:

MOVE

Men and women alike can embrace the sweaty Mo this Movember by being active. It's what we like to call Move. Set a distance goal at the start of the month, and walk, run, cycle, swim or row your way to achieving it. You can raise much needed funds for men's health while you're at it. (Go online to join a team up from your workplace.)



Joke for November



I say no to alcohol but it doesn't listen!

5 things blokes can do:

- 1. Make man time**
Stay connected. Your mates are important - spending time together is good for you. Catch up regularly and check in.
- 2. Have open conversations**
You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.
- 3. Know the numbers –the risks**
At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you have a father or brother with prostate cancer, you should be having this conversation at 45.
- 4. Know thy nuts! Simple**
Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.
- 5. Move – more!**
Add more activity to your day. Do more of what makes you feel good. Walk, run, cycle, take the stairs, make love!

Any concerns about your prostate? Any issues with your water works?

Want to book in an annual health WOF?

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RGON, BN, CAT, BusCert, PGCert
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