

AVOID A STROKE

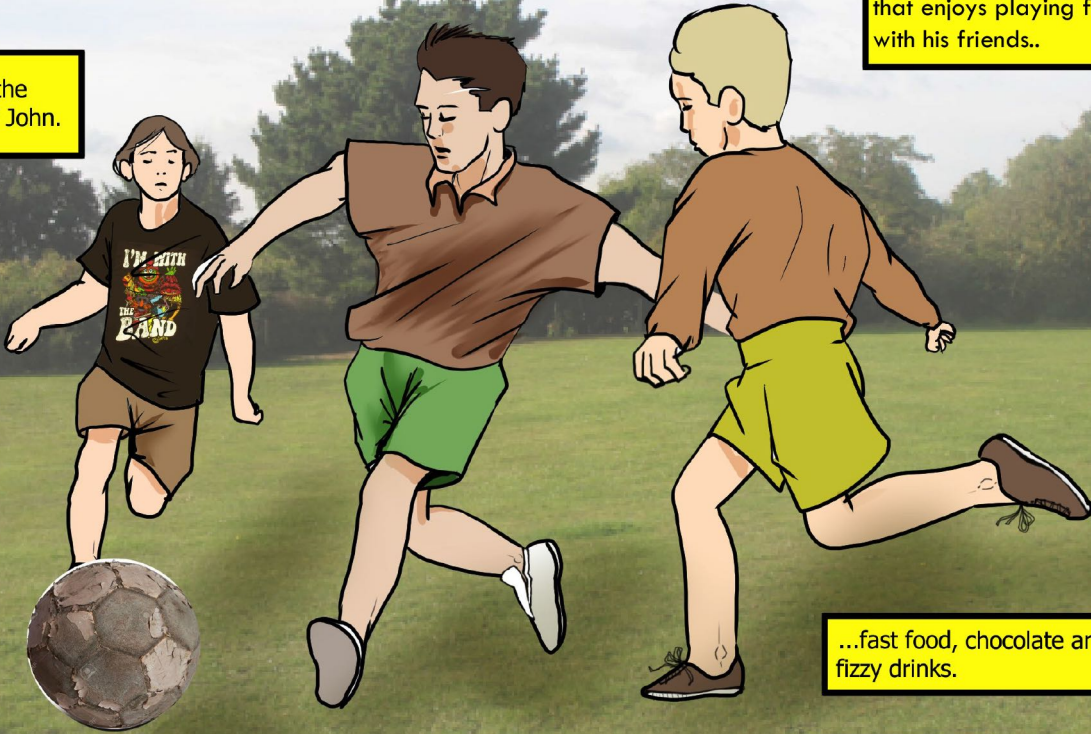
CAUSES, SYMPTOMS AND PRECAUTIONS



1971

This is the story of John.

He's a normal young boy that enjoys playing football with his friends..



...fast food, chocolate and fizzy drinks.

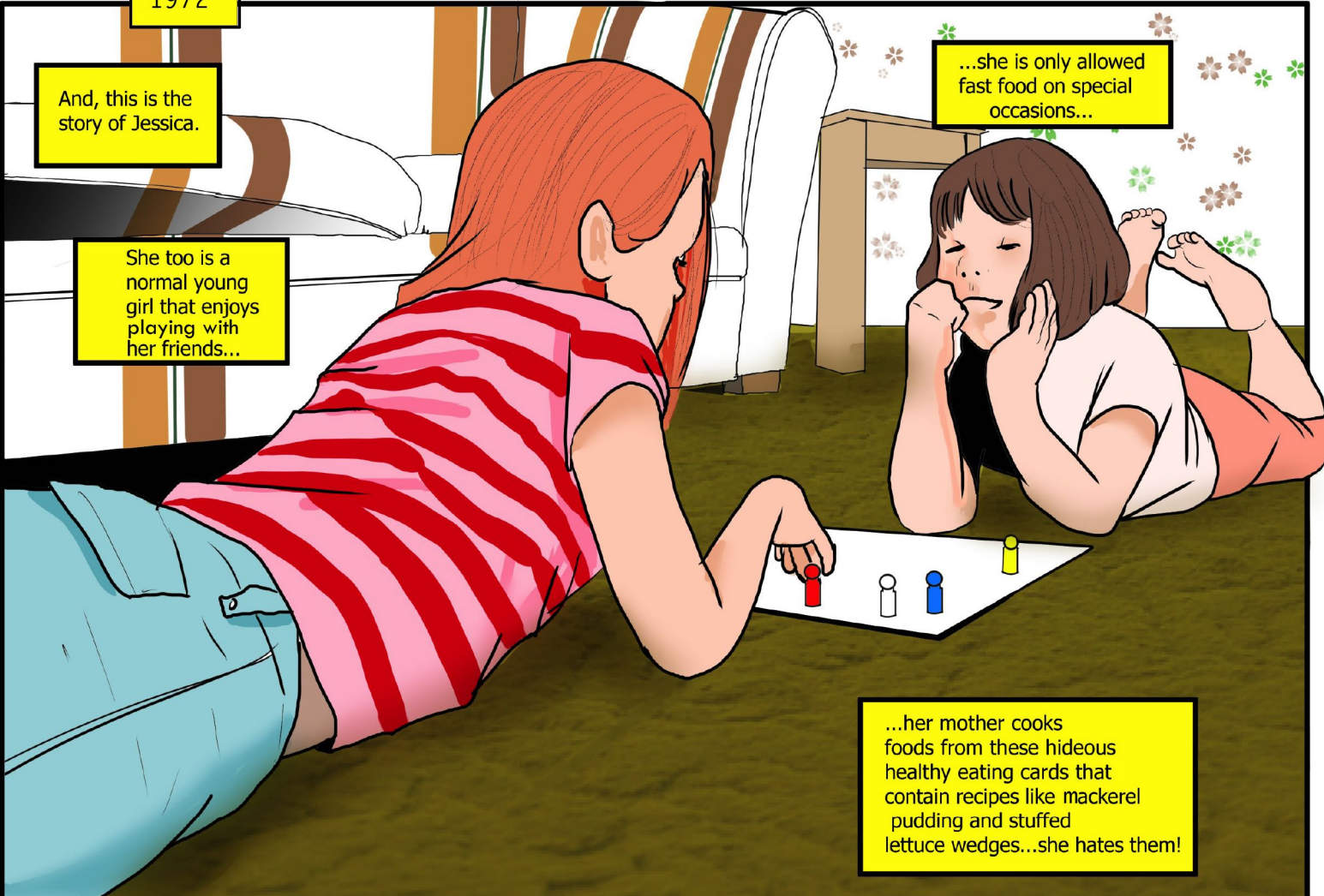
He's a very hyperactive lad!

1972

And, this is the story of Jessica.

She too is a normal young girl that enjoys playing with her friends...

...she is only allowed fast food on special occasions...



...her mother cooks foods from these hideous healthy eating cards that contain recipes like mackerel pudding and stuffed lettuce wedges...she hates them!

1990



John and his friends still socialize 19 years later but these days they consume copious amounts of alcohol every Friday and Saturday night...

...and sometimes Sunday, after Football!

His eating habits including fast food and takeaways. His saturated fat intake is beyond the daily recommended amount...



...So he attends a gym a few times a week...

...but focusses on his arms mostly and keeping slim.



John also smokes 20 cigarettes a day.





Jessica also enjoyed weekend nights out but stayed away from drinks loaded with sugar and calories...

...she worked out a few times a week and kept her heart healthy with cardio activities, aerobics and some light weight lifting.



She would meet up with her best friend for lunch regularly.

Both women would try and order the healthiest menu item, just to best the other...

...and would occasionally enjoy a dessert!

They met on
a night out...



...they began
talking, flirting,
and within 2 years.



married

John & Jessica
Oct 14 1997

2018

John is now 55 years old...

...he is now at the age where regular NHS Health checks are recommended.

The doctor performed checks for heart disease, diabetes, kidney disease and stroke.

John's blood pressure had a systolic recording of 170mmHg which is well above the recommended level of 120mmHg...

A blood sample is taken to check cholesterol levels.

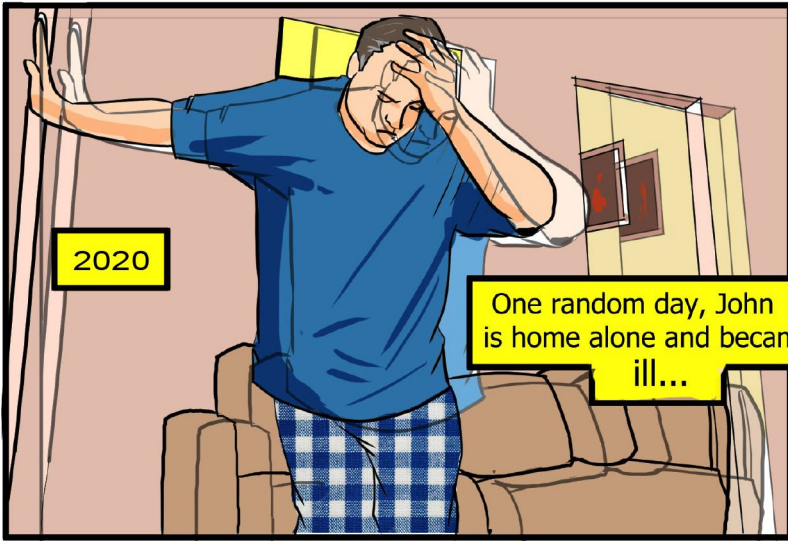
John is asked a series of questions regarding how much physical activity he does, how much he smokes and whether his close relatives have health conditions.

The results show that John is at risk of heart disease and stroke...

...and if lifestyle changes aren't made...

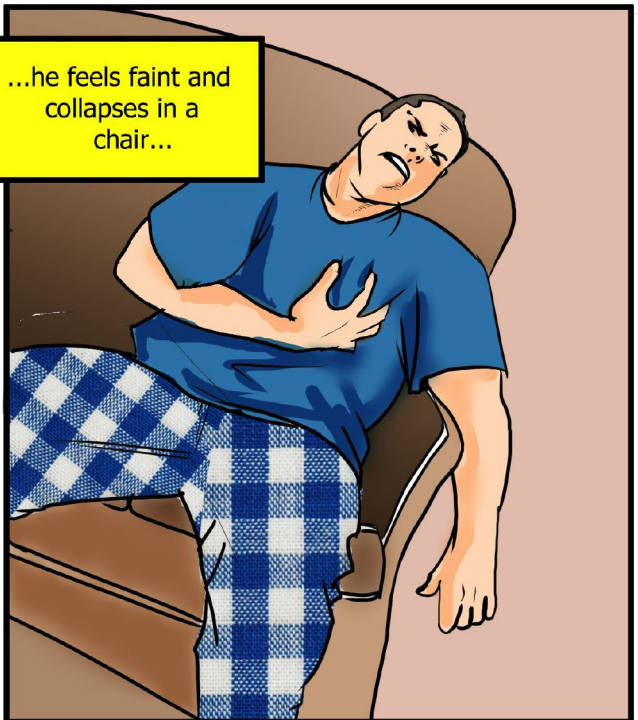
...like proper diet and stopping smoking...

...then the consequences could be fatal.



2020

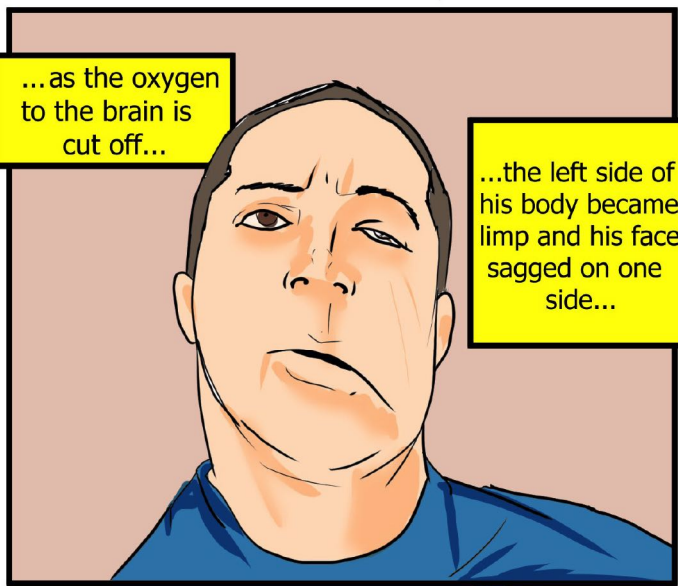
One random day, John is home alone and became ill...



...he feels faint and collapses in a chair...



...a searing pain strikes the side of his head, his vision is blurred, his speech becomes slurred...



...as the oxygen to the brain is cut off...

...the left side of his body became limp and his face sagged on one side...



It was hours before Jessica returned home.

The future



A few years later, Jessica knows the consequences of an unhealthy lifestyle and continues to strive to live a healthy life...

... she keeps her blood pressure down by avoiding high cholesterol foods and high salt content foods like processed meats, cheese and ice cream...

... maintains a diet that includes five portions of fruit and vegetables a day, frequently eats grains and uses low fat dairy, does not smoke...



... she gets 30 minutes of exercise every day ...

... she continues to build strength by light weight lifting...



... makes regular visits to the doctors to check her heart remains healthy.



She still enjoys the company of her best friend...

... they keep each other occupied while staying active...

... and they both live long and happy lives.

Shane