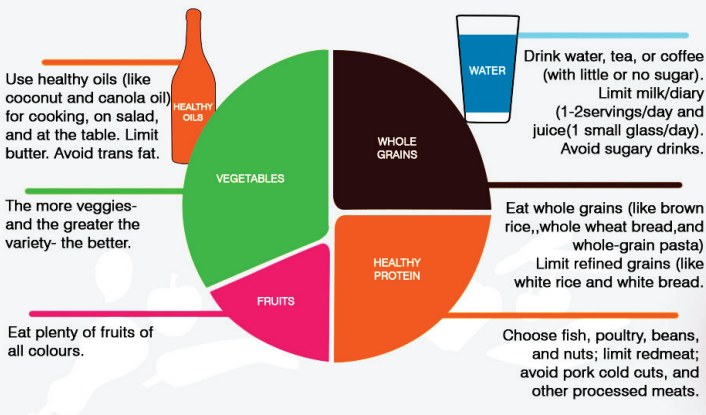
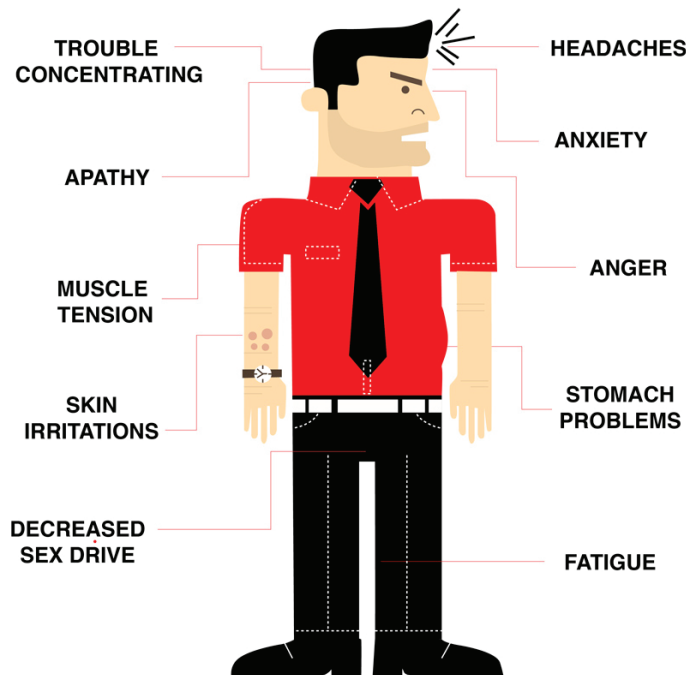


HEALTHY EATING PLATE

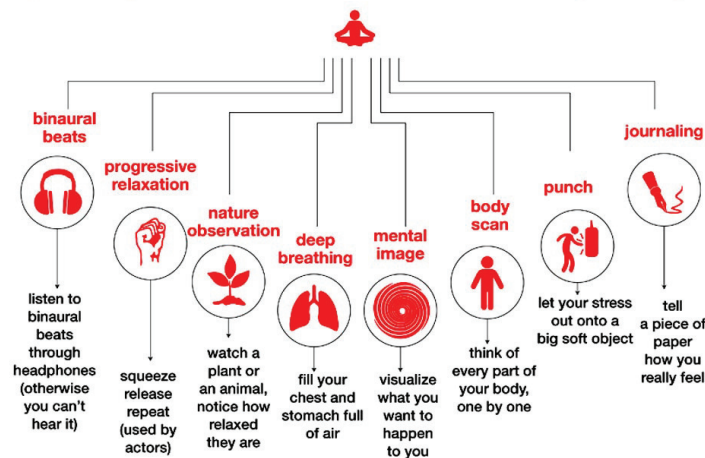


IDENTIFYING THE SIGNS OF STRESS

Stress is a common denominator to every occupation. Regardless of salary, gender, field of experience, excessive stress can cripple productivity and take a tremendous toll on physical and emotional health.



DE-STRESS WITHIN 5 MINUTES



// BLS Strategy To Cope With Stress

- B** **Breath**
Take a few deep breaths
- L** **Let It Go**
Learn to let go and don't hold grudges
- S** **Smile**
Smiling releases endorphin and serotonin which are happy hormones



// Stop smoking

- Inform families and friends of your decision to stop smoking. Their support would facilitate your intention.
- Discard all cigarettes, matches, lighters and ashtrays.
- Take up a hobby or get involved in outdoor activities to fill up your free times.

Understand STROKE And It's Prevention Strategies

A Brief And Practical Guide



SCORE
STROKE COMMUNITY REHABILITATION CENTRE PERKIM



In Cooperation with:
Tingkat Bawah, Blok 37,
Flat Seri Perak, Jalan 1/48A
Bandar Baru Sentul,
51000 Kuala Lumpur.
Tel : 03-40412482, 40417722
Fax : 03-40427403
Email : info@perkim.net.my

STROKE

What is stroke?

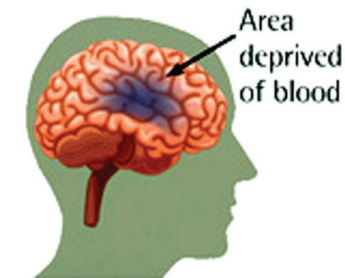
A stroke occurs when a part of the brain gets damaged due to interruption of its blood supply.

The symptoms and signs of stroke depend on the size and location of the damaged area.

There are 2 types of stroke:

1. Hemorrhagic stroke
2. Ischemic stroke

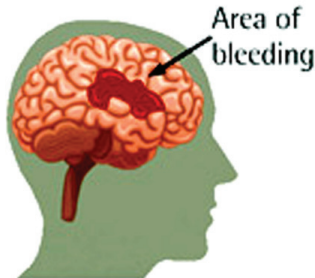
Ischemic Stroke



Obstruction blocks blood flow to part of the brain



Hemorrhagic Stroke



Weakened vessel wall ruptures, causing bleeding in the brain



STROKE WARNING SIGNS AND SYMPTOMS



Facial Drooping

Ask the person to smile



Arm Weakness

Ask the person to raise both arms



Speech Difficulty

Ask the person to repeat a simple smile



Time To Call

Presence of any of these, call 999 immediately

Facial weakness



Arm weakness



Speech problems



Time to call 999



Causes and Risk Factors



PREVENTION

- Taking medications regularly and going for regular check-ups.
- Adopting a healthy lifestyle.
- Maintain a healthy weight.
- Eat healthily. Choose foods low in fat, salt and sugar and high in fibre.
- Exercise regularly.
- Early detection and treatment of high blood pressure, diabetes mellitus, high cholesterol and heart disease.
- Learn to manage stress.
- Quit smoking. Do not smoke.

Healthy lifestyle Physical Activities

• Do as much physical activities at the office or at home, such as walking upstairs, walking, cycling, housework, gardening and walking to the office.

• Practice aerobic activities or recreational sports, 3-5 times a week for at least 20-30 minutes per session

• Practice exercise for muscle flexibility, strength and endurance 2-3 times a week such as stretching, push ups, sit-ups and weight lifting

• Reduce idle activities such as watching tv, sleeping or living a sedentary life.

Healthy diet

- Modify your DIET to follow the ideal food pyramid
- Include fruits and vegetables in every meal
- Include cereals, grain, legume and beans as part of your daily diet
- Limit intake of oily and greasy foods
- Eat less sugary foods and drinks
- Limit intake of high saturated fats, trans fat and cholesterol food.

