

Useful health information cards

Recognise the signs of a stroke with the reminder – FAST

It's a simple check, but it could save a life. Simply cut out and fold so you will have a credit card sized reminder with useful stroke information. You can keep it with your credit and debit cards.

Recognise the signs of a stroke – FAST

Face – the face may have dropped on one side, the person may not be able to smile or their mouth or eye may have drooped.

Arms – the person with suspected stroke may not be able to lift both arms and keep them there because of arm weakness or numbness in one arm.

Speech – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.

Time – it is time to dial 999 immediately if you notice any of these signs or symptoms.

The best advice is that if you experience any neurological symptom that comes on suddenly and is unfamiliar (eg not like your normal migraine) then you should seek urgent medical advice. And take an aspirin (unless you are allergic to it). Doctors have traditionally not advocated self-medication because of a fear that it may worsen bleeding in the rarer form of haemorrhagic stroke, but in TIA the risks are negligible and the benefits potentially huge.

From an article by Dr Mark Porter in the Times in November 2016.
www.v8register.net/sub/news/161107strokes.htm

Sepsis in adults is a serious condition Just ask – could it be sepsis?

It's a simple question, but it could save a life. Here is a card you can cut out, fold in half to create as a credit card sized reminder. You can keep it with your credit and debit cards.

SEPSIS IN ADULTS IS A SERIOUS CONDITION
that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.
The UK Sepsis Trust registered charity number (England & Wales) 1159843

Seek medical help urgently if you develop any or one of the following:

Slurred speech or confusion
Extrême shivering or muscle pain
Passing no urine (in a day)
Severe breathlessness
It feels like you're going to die
Skin mottled or discoloured

JUST ASK "COULD IT BE SEPSIS?"
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

INFORMATION FOR HEALTH PROFESSIONALS
Sepsis is when the body's response to infection injures its own tissues and organs. If left untreated, sepsis can lead to shock, multi-organ failure and death.

THINK SEPSIS IF THE PATIENT:

- Is triggering an early warning score
- Looks ill
- Has any signs of infection

THE UK SEPSIS TRUST
www.sepsistrust.org

Email info@sepsistrust.org for more information

Don't ignore the signs of a stroke

See our NEWS item on how to recognise the signs of a stroke with the FAST reminder. See: <http://www.v8register.net/sub/news/161107strokes.htm>

Sepsis

Sepsis, also known as blood poisoning, is the reaction to an infection in which the body attacks its own organs and tissues. If left untreated, sepsis can lead to shock, multi-organ failure and death – and rapidly. Be aware of the signs of sepsis and just ask “could it be sepsis?” See: <http://www.v8register.net/sub2/news/180425-sepsis.htm>

Aortic aneurysm – like a tyre blowout

You need to take up offers to be screened to check the wall of the aorta, the largest artery in your body, for any weakening or bulging. See: <http://www.v8register.net/sub2/news/180523-aorta.htm>

Cut out these symptom reminder cards

Cut out these credit card sized symptom reminders and keep them with your credit or debit cards. When you need them you do not want to be hunting for them, they have to be available promptly and easily. You will want to keep your credit and debit cards in a place where you know they are safe – so keep these reminder cards with them! Do it now.

Aortic aneurysm - like a tyre blowout so take up screening

It's a simple step, but it could save a life. Despite the very best modern surgery only one in five people survives a leak from an abdominal aortic aneurysm. The trick is to catch it early at a stage when the wall of the aorta is starting to weaken and bulge. This is where the national screening programme comes in. To illustrate why a leak is serious Dr Porter notes "the aorta is the largest artery in your body. At about 2cm in diameter it is the size of a garden hose pipe, but under much higher pressure — enough to send a column of blood nearly 2 metres into the air — so you can imagine what happens if it ruptures. This is how 3,000 people die in England and Wales every year."

Aorta aneurysm

Enlarging aneurysms in men or women can cause deep, constant mid-abdominal pain, backache and pulsating behind the navel (often normal in slimmer people). If the aneurysm bursts you will know about it, but **symptoms include sudden or intense tummy or back pain, feeling faint, nausea, cold sweats and even loss of consciousness.** Your only hope is to get hospital as fast as possible, and even then it may be too late.