

# Welcome to the Stroke Society community!

*Stay tuned. Be involved.*

- Always up-to-date information
- Active cooperation between medical and healthcare institutions, also with representatives of the social sector and state institutions
- Cooperation with international organizations
- Scientific and topical studies
- Educational videos, seminars and information materials
- Experience stories - we understand and support!
- Involvement of loved ones and outreach
- Life after a stroke

You can find the application for becoming a member to our stroke society:

**[www.insuldiselts.ee](http://www.insuldiselts.ee)**

## Support the activities of our society!

We would be very grateful, if you support the activities of our patient association and our development.

### Bank details:

Current account: IBAN

EE567700771006296105 LHV pank

BIC/SWIFT: LHVBE22

Eesti Insuldipatsientide Selts

### Estonian Stroke Patients Society

E-mail: [info@insuldiselts.ee](mailto:info@insuldiselts.ee)

Home page: [www.insuldiselts.ee](http://www.insuldiselts.ee)

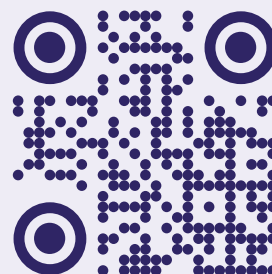
Follow us on social media:

 Insuldiselts

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# We notice and care!



## Our goal is

- Stroke survivors and increasing well-being of their loved ones and quality of life through advocacy and cooperation;
- Encourage and help for stroke survivors with finding different available options that will stimulate both physical and mental recovery faster;
- To be honest and helpful, supporting stroke survivors and their loved ones in achieving their goals;
- Create a community for stroke patients where stroke survivors and their loved ones can communicate in a positive environment;
- To be a negotiator and unifier of the community and health professionals at the national level for supporting more efficient and smoother treatment journey;
- Inform people about stroke prevention, of the main features and of importance of quick action
- Stand up for all stroke patients, that there would be a chance for effective recovery and their family members would be aware of how to support a loved one in the recovery process.

## Risk factors for stroke

- high blood pressure
- high cholesterol
- diabetes
- smoking
- obesity
- low physical activity
- unhealthy eating
- stress
- excessive consumption of alcohol



## Stroke symptoms

Symptoms of a stroke depend on the location of the damage and size. The occurrence of a stroke is characterized by:

- sudden paralysis of one side of the body or face and sensory disturbance;
- sudden severe headache;
- spatial perception disorder;
- swallowing disorder;
- visual impairment;
- difficulty speaking or a speech disorder;
- imbalance, nausea;
- joint stiffness, clumsiness or immobility;
- drowsiness or loss of consciousness;
- decline in mental capacity.

**When stroke symptoms occur  
call an ambulance immediately  
112**

**F** - face

**A** - arms

**S** - speech

**T** - time