World Stroke Day

When there is a world, international, or national day dedicated to a certain disease, we should take that opportunity to conduct training sessions for the General Population, in order to inform them regarding the features of that disease, its prevention methods, the right behaviour in case it occurs, its recognition, and how to prevent it from happening again.

In Portugal, stroke justifies a particular commitment, as it is the 1st Cause of Death and Impairment.

For conducting the mentioned sessions, we absolutely need help from the various Media, as only they can disseminate information at the required great breadth.

Today we can state that stroke is preventable and treatable.

It can be prevented by correcting the risk factors and treated by recognising its symptoms, considering it an emergency and calling the emergency number “112” immediately, which, in Portugal, through the “Via Verde” service will direct the patient to a hospital that has a Unit for treating stroke’s acute stage - the Stroke Unit.

To prevent another stroke, the patient needs to treat the causes that lead to the 1st stroke, which includes treatment with pharmaceuticals and changing the lifestyle behaviour.