

Not just a funny turn

Your doctor or health professional thinks you may have had a **TIA (Transient Ischaemic Attack)**

This is a type of stroke that **gets better within 24 hours**. It is often called a **mini stroke** - there is more information over the page

You may have had some of these **symptoms** - weak arm or leg, difficulty thinking of words, strange vision, speaking and understanding other people, difficulty with your balance.

Your doctor or health professional has **referred you to a stroke specialist for tests**. The specialist will talk to you about why you had your symptoms, and what you can do to reduce your risk of it happening again.

There are some things you **must do now**

- **Take aspirin** if you have been given it
 - If your doctor or healthcare professional has given you a dose of aspirin (or another drug if you are allergic to aspirin) you **must** take this until you go to the clinic.
- **Carry on taking any medicine** you already take to reduce your risk of heart disease
- **Do not drive** at the moment
 - The specialist will give you more advice on driving when you see them – if not, ask them!
- **Watch out for signs** of a full stroke – there is information to help on the other side of the page. If your symptoms do come back, or if you have other symptoms of a stroke call 999 immediately
- **Go to your appointment** at the TIA clinic
- Without any treatment **1 in 8 people** will have a full stroke after their TIA

If you have a question about your appointment at the clinic please ring **0161 922 6339**

We are open Monday am, Monday pm, Tuesday am and Thursday am. The ambulatory clinic runs each afternoon 5 days a week.

What is a Transient Ischaemic Attack?

(TIA or mini stroke)

The **brain** controls **everything we do** - movement, emotions, communication, thinking.

The **brain needs blood to work**, if the **blood supply is cut off the brain is damaged**. This can happen suddenly and is called a stroke.

For some people the **signs of a stroke go away** within 1 day (24 hours)

This mini stroke is called a **Transient Ischemic Attack** or **TIA**

Although your symptoms disappeared it is important that you get urgent help. We know that lots of people think they have had a funny turn that is not serious. A TIA can be a warning sign of a full stroke - it shows that you are **at risk**. You may still be **at risk** of having a further stroke while you are waiting to see the specialist.

The FAST test can help you identify signs of a stroke or TIA. Sometimes there are symptoms that look like stroke but later turn out to be another medical problem. **Ring 999** and the healthcare experts will decide what to do.

The Face, Arm, Speech Test (FAST)

...to help you recognise the symptoms of a stroke

F

A

S

T

Facial weakness

Can the person smile?

Has their mouth or eye dropped?

Arm weakness

Can the person raise both arms equally?

Speech problems

Can the person speak clearly and understand what you say?

Time

to call 999

For more information go to www.stroke.org.uk/resources/transient-ischaemic-attack-tia

Produced together with the Greater Manchester Stroke Operational Delivery Network

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

আপনি যদি এই তথ্য পড়তে বা বুঝতে না পারেন, তাহলে অনুগ্রহ করে এথনিক হেল্পথ টিমের সাথে টেলিফোনে যোগাযোগ করুন 0161 331 5149/5150 এই নাম্বারে, তখন তারা আপনাকে সাহায্য করতে পারবে।

જો આપ આ માહિતી વાંચી કે સમજી શકો છો તે જુદા ભાષા, અથવા ઠીક ઠીક ટીમનો 0161 331 5149/5150 નંબર પર સંપર્ક શાંચો તેઓ આપને જમન મદદ કરશે.

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آتھنک ہیلپتھ ٹیم کے ساتھ ٹیلی فون نمبر 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔