

**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 01942 822596. We are open **Mon – Fri 8:30am – 4:30pm, Sat – Sun 9:00am – 1:00pm**

**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.

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| The Face, Arm, Speech Test (FAST)…to help you recognise the symptoms of a stroke |
| **F** | **A** | **S** | **T** |
| **Facial weakness** | **Arm weakness** | **Speech problems** | **Time**  |
| Can the person smile? Has their mouth or eye dropped? | Can the person raise both arms equally? | Can the person speak clearly and understand what you say? | **to call 999** |

For more information go to [www.stroke.org.uk/resources/transient-ischaemic-attack-tia](http://www.stroke.org.uk/resources/transient-ischaemic-attack-tia)

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