

Probus Neutral Bay Guest Speaker – Tues. 11th Oct. 2022

GRAEME COCKS – StrokeSafe Volunteer



“STROKESAFE! – STROKE AWARENESS and PREVENTION”

This is not a pleasant subject but an essential one. You may save a life.

- One in four people globally will have a stroke in their lifetime.
- There were 27,428 Australians who experienced a stroke for the first time in 2020. This equates to one stroke every 19 minutes.
- Stroke is one of Australia’s biggest killers. It kills more women than breast cancer and more men than prostate cancer.
- In 2020 the cost of strokes in Australia exceeded \$6 billion in direct financial impact and a further \$26 billion in mortality and lost wellbeing.
- More than 80% of strokes can be prevented.

Our Guest Speaker.... GRAEME COCKS. Graeme had a stroke in 2019 while he was at home. So, while he will present common information about strokes and their prevention, he will also draw on his own personal experiences which makes his talk different – and very powerful.

Graeme is trained in public speaking and experienced in delivering life-saving messages about strokes. He is a volunteer and is delighted to help SafeStroke in their quest to help us. He is ex-military, now retired and cycles up to 180 km per week. Not bad!

His Presentation...

- What a stroke is – What happens when someone is having a stroke and the different types of strokes.
- How to recognise the signs of a stroke – Learn the vital FAST signs which will help you recognise when someone is having one.
- What to do if someone is having a stroke – If you or someone else experiences the signs of a stroke, no matter how long they last, call 000 immediately.
- How to prevent a stroke – Steps that can be taken to better understand and reduce the risk of having one.