

Stroke video transcript

Text:

Stroke information and support

Chest Heart & Stroke Scotland

Advice Line Nurses

0808 801 0899 Free from landlines and mobiles

Laura:

Hello my name is Laura and I am the Lead Advice Line nurse at Chest Heart & Stroke Scotland.

On this page you will find information about all aspects of living with a stroke.

You can read about:

- your condition
- tests and treatment
- recovery and rehabilitation
- reducing risk factors such as high blood pressure and cholesterol
- coping with worries and low mood
- driving, money and travel issues
- practical and emotional support for you and your family
- and caring for a loved one after a stroke

Logo:

Chest Heart & Stroke Scotland.

We are Scotland's Health charity.

chss.org.uk.

Research - Advice - Support - Action