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## Media Release

### Running for one of our own

Claire Fullbrook-Scanlon, a Consultant Nurse in Stroke Care at the Royal United Hospital, is running in the London Marathon to raise funds for a nursing colleague who has suffered a stroke.

Mandy Janes, from Bristol, worked as a staff nurse on the RUH Acute Stroke Unit, before suffering a stroke (in December 2012) which left her with right-sided weakness, and severe expressive aphasia, which means her speech was seriously affected.

Fortunately, Mandy's family were aware of the signs and symptoms of stroke, remembering the \*FAST test, and she received expert stroke care in a timely way.

Claire says: "Mandy has had excellent treatment from colleagues in Bristol and she is beginning to mobilise with a walking stick, though her right arm still requires a splint. Her expressive speech, whilst slowly improving, is still extremely limited."

"Mandy is currently living with her parents, and is working really hard with therapists as she is determined to live independently again, in her own home with her two sons.

"The London Marathon is renowned for raising money for good causes, and I'm privileged to be given a place. What better motivation could I have than to know that I am helping to raise money for Mandy's independence?"

"The advances we have made in stroke care are great and we are providing excellent stroke care – but it is still essential that people know what the signs and symptoms are so that they can get treatment as soon as possible. Many people wait too long before coming to hospital and I would urge everyone to make themselves aware of the FAST test for recognising stroke."

Claire is representing her running club; Vegan Runners, and has been training over the long cold winter for this event. She says that she is more of a slow plodder than a fast runner, and that just finishing the marathon will be a great achievement. We wish her well.

## Ends

### The FAST test

The fast test is a simple assessment of three specific symptoms of stroke which anyone can carry out:

**Facial weakness** – can the person smile? Has their mouth or eye drooped?

**Arm weakness** – can the person raise both arms?

**Speech problems** – can the person speak clearly and understand what you say

**Time to call 999**