

# Health, Wellbeing and Local Government Committee

## Committee Inquiry into Stroke services in Wales – Written evidence from Mike Brain

I do not have any personal experience relating to a stroke, but I did have a heart attack on 26<sup>th</sup> December 2008 at around 2 am, and 30 minutes later was administered a clot busting drug (with my agreement) by the ambulance team en route to Countess of Chester Hospital A& E.

I believe that swift action helped speed my recovery (only 6 days in hospital).

Before the heart attack I had 2 small warnings, but as I did not recognise the symptoms (profuse head sweats, and very painful head & jaw ache), the 3<sup>rd</sup> time I rang for an ambulance after speaking to a locum.

However it was a few weeks before I was allowed to start the 7 weeks rehab exercises at Deeside Leisure Centre.

This makes me wonder are there other symptoms for a stroke, not shown on the recent TV adverts?

Mike Brain (Age 72)