

Health and Social Care Committee

Inquiry into Stroke Risk Reduction

SRR 1 - Dr. Neil McKenzie

Hello

I am responding as an individual who has had a stroke.

- What is the current provision of stroke risk reduction services and how effective are the Welsh Government's policies in addressing any weaknesses in these services?

In my experience the service is ineffective. I had a stroke quite unexpectedly at the age of 59. I am physically very fit, lead a very active life, have a mid-range BMI and no family history of stroke or heart attack. A screening service (perhaps similar to breast screening) based on the main indicators of stroke risk is worth considering.

- What are your views on the implementation of the Welsh Government's Stroke Risk Reduction Action Plan and whether action to raise public awareness of the risk factors for stroke has succeeded

In my experience the implementation of the Action Plan is ineffective. There is little evidence amongst my group of friends and acquaintances of any awareness of the risk factors, and appropriate changes to lifestyle are undetectable.

Yours sincerely,

Dr. Neil McKenzie