



Wednesday, 28 October 2015

## Brennan IT wages war on stroke

Brennan IT is among workplaces across Australia set to join with the National Stroke Foundation in an important new workplace campaign to help raise stroke awareness.

The First Hour campaign is being rolled out for World Stroke Day on October 29. First Hour recognises critical importance time plays in treating stroke. When a stroke strikes every second counts.

First Hour Ambassador, Brennan IT Client Manager Justin Fagents is leading the charge, after witnessing first-hand the devastating impact of stroke.

"My Dad had a stroke just over ten-years-ago. It was a big shock for him and our family, he was in his 60s and a real estate agent in Western Australia at the time," Mr Fagents said.

Mr Fagents father was at a dinner party with friends when stroke struck.

"Thankfully those around Dad recognised the signs of stroke and he was only 10 minutes from the hospital," Mr Fagents said.

"Dad's great recovery is testament to him receiving treatment so quickly."

Mr Fagents said even with fast treatment the stroke had left its mark on his family.

"It also had a big impact on my mum. Mum and Dad's quality of life is good, but it has been a journey for all of us," he said.

Mr Fagents said his father's stroke had changed his own outlook on life.

"The stroke shocked me into realising that we are all mortal. I now make an effort to stay fit and active – I cycle to work, ensure I am looking after myself and am mindful of stress," he said.

Mr Fagents encouraged fellow professionals to be aware of their stroke risk and help stop this terrible disease.

"Stroke impacts more working age Australians than many realise. However, most of us don't understand what a stroke is, what to do if they suspect someone is having a stroke or the significant impact a stroke can have on an individual and family," he said.

"I am donating an hour of my pay to the National Stroke Foundation this World Stroke Day and encourage others to do the same. This contribution has the potential to make a big impact in helping the National Stroke Foundation continue its important work to raise stroke awareness."

National Stroke Foundation Chief Executive Officer Dr Erin Lalor said First Hour recognised the significant impact of stroke in people of working age.

"In addition to the heavy toll of human suffering caused by this largely preventable killer, stroke also has a devastating economic impact," Dr Lalor said.



“Around 130,000 stroke survivors in the community are of working age. This represents a massive loss of national productivity as a result of people dropping out of the workforce. But it also represents individual suffering for those who lose their income because they can no longer work.

“If we can educate more people on the signs of stroke and what to do when they see a stroke happening, we can help save lives and slash disability.

“Donating one of pay doesn’t seem like much but collectively it makes a huge difference,” she said.

Find out more and register online to join First Hour at [www.strokefoundation.com.au](http://www.strokefoundation.com.au) The National Stroke Foundation supports workplaces with resources to help promote and support the campaign including a how to guide, employee wellness activities and materials, and salary deduction authority.

*Interviews and images available on request*

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