



EDuWAND
EDucating Women About
Neurological Diseases

EDuWAND is an education initiative by **Dr. Bindu Menon Foundation** for educating women about stroke.

Educating a woman would in turn educate the whole family.

This EDuWand will involve a detailed lecture, which will involve the goals for prevention of stroke and early stroke recognition.

- A) Risk factor identification. Use of electronic Blood pressure check-up at home settings, use of glucometer, use of BMI app to check the level of obesity, use of stroke riskometer for high-risk individuals.
- B) Risk factor prevention- Levels of healthy life style modification by behavioural intervention (Diet, weight, exercise, smoking, tobacco, alcohol).
- C) Knowledge of stroke warning signs. FAST and local language (Telugu stroke mnemonic).
- D) Preparedness during a stroke attack. Importance of time is brain with emphasis on thrombolytic therapy at the nearest stroke ready hospital.
- E) To make them understand the importance of stroke and its similar morbidity and mortality like that of a heart attack.