

A Testimony of Strength and Awareness: Brian's Journey with Stroke

Hello, everyone. My name is Brian, and I am 51 years old. I come from Nigeria, a place where resilience is deeply ingrained in our spirit. Today, I want to share my story—not for sympathy, but to inspire awareness and action.

Like many, I never thought much about my health. When I was diagnosed with high blood pressure, I treated it casually. Medications felt like an afterthought, just another pill like paracetamol that we take and move on with our lives. But ignorance came at a cost.

For two weeks, I endured relentless headaches, brushing them off until one day, while driving, confusion took over. A wave of nausea surged through me, and suddenly, everything turned into chaos. Lightning-like pain struck my head. My wife, sensing the urgency, called for an ambulance. That moment changed everything.

I was rushed to Luton Hospital, where doctors fought to stabilize me. The severity of my condition led to my transfer to Edinburgh Hospital, where I underwent surgery to drain the blood from my brain—a rupture caused by unchecked high blood pressure. I spent two weeks in the hospital and six months recovering at home, away from work, away from the life I once knew.

But it wasn't just me who suffered. My children—whenever I feel unwell, I see the fear in their eyes. They never want to relive that dreadful moment again. Their concern reminds me that this battle isn't just personal. It's one that affects every family, every community.

High blood pressure is a silent killer. It strikes when least expected, and its impact is devastating. It has taken lives, shattered families, and left countless in despair. But we have the power to fight back. We must be proactive about our health. Check your blood pressure regularly—don't wait until the symptoms scream for attention.

The good news? Help is accessible. Many pharmacies, including Case Pharmacy, Linsley Pharmacy, Broadway Pharmacy, and Johnsons Pharmacy, offer free blood pressure checks. There is no excuse to neglect our health.

My message is simple: **Rise up. Take control. Stop this sickness before it stops you.**

I am grateful for this opportunity to speak, to share, and to remind us all that life is fragile, but action makes a difference. Thank you for listening, and may we all walk forward, stronger and wiser.
