

A Silent Storm – Rhaquel’s Testimony

Life can change in an instant. One moment, Rhaquel was a student, juggling lectures and deadlines. The next, she was standing in a hospital corridor, watching the world she knew slip through her fingers.

Her father—a passionate chef, known for bringing joy to weddings and celebrations—suffered a devastating stroke just weeks before his 59th birthday. Days later, a second bleed on his brain forced a cruel decision: surgery, with guaranteed survival but catastrophic damage, or waiting in desperate hope. They chose hope.

He did wake up. But hope came with a harsh reality—he had lost the use of his right arm, his vision, his memory, his speech. Seven months in a hospital bed. Countless hours in rehabilitation centres. Life would never be the same.

Her mother became a full-time caregiver. University faded into the background. Friends drifted as grief took hold—not just for the father she had known, but for the life they had all lost.

And the most painful truth? **It didn’t have to happen.**

Her father had high blood pressure. He didn’t take his medication consistently. And two bleeds on the brain were the price.

This is what Rhaquel needs you to hear:

- If you don’t know your blood pressure, **check it today**—it’s quick, it’s free, and it could save your life.
- If you’ve been prescribed medication, **take it as directed**—because the difference between ignoring it and following it could be everything.

Don’t wait for a silent storm to strike. Take control now. **Because prevention is power.**