

THE STROKE AID SOCIETY

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NEWSLETTER: JANUARY – FEBRUARY 2015

NEWS FROM STROKE AID

- Our **2014 End of the Year Celebration** was a great success. It was incredible to have all our members from our 3 groups all together, celebrating the end of another successful year at Stroke Aid. The atmosphere was cheerful and fun was had by all. The Drum Café entertained the crowd and many of the members managed to participate in the drumming. Thereafter, a delicious meal was served.

*The party was featured in the in the NORTH EASTERN TRIBUNE
Week ending 19 December, 2014
Page 6.*



- Thanks to the LOTTO and to the generous donations of the public, we will be able to keep our doors open for another year.



- **Stroke Aid 2015 Fees**
 - ❖ The membership fees will remain R120 per month
 - ❖ The Transport fees will remain R100 per month

Stroke Aid drums in the festive season

LAURA BYRNE laurab@caxton.co.za

STROKE victims, caregivers and family members gathered for a morning of lively entertainment and festive cheer at Paterson Park Recreation Centre.

The Stroke Aid Society's year-end celebration, on 9 December, saw members of the organisation's three groups gather from their far-flung homes around Johannesburg to lighten up a gloomy day with festive cheer – and some unexpected exercise.

With the guidance of musicians from the Drum Cafe, kindly sponsored by a large pharmaceutical company, old and young alike enjoyed an energetic hour creating vibrant percussion music on traditional Ghanaian bongo drums.

The Stroke Aid Society provides vital rehabilitation and social support to victims of strokes, their families and caregivers.

The organisation's professionals assist stroke victims at weekly meetings with physical, occupational and speech therapy, as well as counselling to help them handle the everyday challenges of life after a stroke.

The weekly meetings, which take place at the Paterson Park Recreation Centre, the Soweto Aged Home and the South Rand Hospital, also provide patients with an invaluable opportunity to build up their social confidence.

At this year's lively Christmas party, encouragement from the Drum Cafe's musicians had stroke victims dancing, singing Shosholoza, shaking maraccas and drumming for all they were worth.

The musicians demonstrated their percussive prowess with a solo performance, and the noisy fun ended with a Christmas carol, before members of the Orange Grove, Soweto and South Rand groups settled down together to a hearty meal at tables complete with tinsel and Christmas crackers.

The organisation is funded by the National Lottery Distribution Trust Fund, but it also depends on public generosity, and is currently calling for donations to buy a bus in order to transport patients to and from its beneficial support sessions.

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To see more photos of the festive season drumming, go to www.northeasterntribune.co.za



Members of the Stroke Aid Society's three support groups gather for an enthusiastic interactive music session at the organisation's Christmas party.



Despite their frailty, patients get their dancing shoes on to the sound of drums.



Members of the Stroke Aid Society's co-ordination and therapy teams celebrate another year well spent.



Sandra Colombick of the Stroke Aid Society shows her dancing colours.

WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

ALCOHOL BOOSTS STROKE RISK, MORE THAN HYPERTENSION AND DIABETES

A new study published online (29th January 2015) in *Stroke*, proposes that drinking more than two alcoholic beverages a day in middle-age, raises your risk of having a Stroke in early old age.

Alcohol was also found to be more of a **risk factor** than the traditional risk factors such as high blood pressure and diabetes.

The study found that individuals who consumed more than two drinks a day during midlife had double the risk for Stroke between the ages of 60 and 75 years, compared with those who consumed an average of half an alcoholic drink per day.

Previous studies have shown that alcohol affects Stroke risk, but this is the first study to pinpoint differences with age.

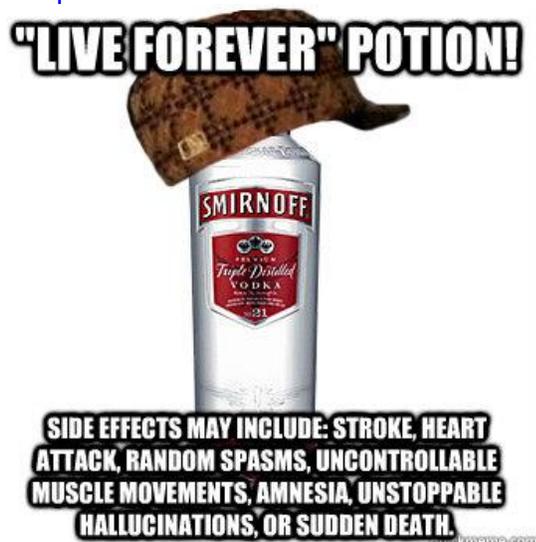
For the study, the researchers analyzed data from a large Swedish registry of twins born between 1886 and 1925. This included a total of 11,644 people who were asked about their alcohol intake at age 45 to 55 years. They were categorized as light, moderate, or heavy drinkers or non-drinkers on the basis of the questionnaires.

The incidence of Stroke, which occurred in almost 30% of participants, was identified from hospital discharge and cause-of-death registries during a 43-year follow-up.

To support this study's findings, in another analysis of 167 identical twin pairs in which both twins had a Stroke, the individuals who consumed more than two drinks a day experienced a Stroke, an average of 5 years earlier than those who drank very lightly.

** *Stroke* is an online journal published by the American Heart association.

REFERENCE: <http://www.medscape.com>



INTERESTING TRUE STORY

YOUNG STROKE SURVIVOR SAYS SHE'S 'LUCKIEST GIRL'

Posted Online: February 18th, 2015

By Joe Kayata (NBC Sports)

CUMBERLAND, R.I. (Rhode Island) - Cumberland's Jamie Coyle was your average 12 year old who excelled in the sport of hockey at a young age and had high aspirations about her future on the ice.

"I was like really, really good at hockey, like an exceptional player. I was dreaming of the Olympics, then my whole world came crashing down," Jamie said.

Jamie suffered a stroke while coming off the ice August 9th, 2009. It's a day the Coyle family will never forget.

Jamie's mother, Sharon, was emotional when talking about the stroke.

"We were all crushed when she got sick, but we also remembered to thank G-d that she made it through. We know how blessed we are that Jamie made it through the stroke and how blessed we are that she is here today to help others," Sharon said.

Jamie finally built up the courage to tell her story in a book called, "The Luckiest Girl in the World", after not wanting to talk publicly about her stroke for six years.

"The fact that it is happening to younger people more often now, I feel that word needs to get out and that I should help," Jamie said.

Jamie relies on other stroke victims to get through tough times, like former Patriot Tedy Bruschi who suffered a stroke 10 years ago. They became friends and he wrote the forward to her new book.

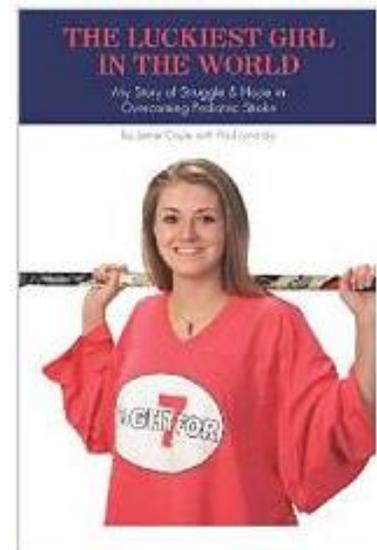
"He's been a really great support system, and I am really lucky to have him in my life," Jamie said.

Jamie does have a slight limp and her hockey career is over, but she considers herself a normal 19 year old college student who even teaches skating to kids with disabilities.

"**The Luckiest Girl in the World**" is available on Amazon.

REFERENCE:

<http://www.turnto10.com/story/28139906/young-stroke-survivor-says-shes-luckiest-girl>



MIND-BLOWING FOOD FACTS!

Submitted by: Sandra Colombick



- 1) **Pineapple** is a natural painkiller.
The fruit contains anti-inflammatory enzymes that bring pain relief from conditions such as arthritis, according to a study at Reading University.
- 2) **Pomegranate juice** could prevent a heart attack.
This wonder juice is believed to improve blood flow to the heart and lower blood pressure.
- 3) **Onions** are natural antibiotics.
They might make your breath smell but onions contain allicin, a powerful antibiotic that also protects the circulatory system.
- 4) **Mushrooms** can ward off colds.
They contain more of an immune-boosting antioxidant called ergothioneine than any other food, say researchers at Pennsylvania State University.
- 5) **Blueberries** can boost memory.
A study at Tufts University in Boston showed eating half a cup of this fruit regularly could delay age-related deterioration in co-ordination and short-term memory.
- 6) Eat **chocolate**, live longer Hurray!
Harvard University scientists say that eating a couple of chocolate bars a week could extend your life by almost a year.
- 7) **Grapefruit juice** can stop medicine working.
If you're taking medication, avoid washing it down with grapefruit juice as there is evidence that it prevents some drugs being broken down.
- 8) You should **never drink tea or coffee with meals**.
Tannins in tea and coffee prevent absorption of certain nutrients. A cup of tea with a meal will halve the iron you get from it, whereas a glass of orange juice will double it.
- 9) **Cherries** can cure gout.
Cherries contain compounds that significantly reduce the chemicals in the body which cause joint inflammation.

- 10) Eating **curry** could help prevent Alzheimer's.
According to a report in the Journal of Biological Chemistry, a yellow pigment used in curry, curcumin, can stop amyloid plaques in the brain that cause the condition.
- 11) Sniffing a **lemon** could help you beat asthma.
The UK's 5.1 million asthmatics could find lemons ease their symptoms. Studies in rats found that breathing improved after they inhaled limonene, the chemical that gives lemons their smell.
- 12) **Kiwi fruit** can improve your eyesight.
This fuzzy fruit is a surprisingly good source of lutein, an antioxidant that protects your vision.
- 13) **Garlic** can cure mouth ulcers and verruca's.
Here's an old wives' tale that works: halve a clove of garlic, squeeze, and apply a drop of the juice to the offending growth at bedtime.
- 14) It is important to have little **salt** in your meals.
Too much salt isn't good for us but not getting enough can trigger low blood pressure in those susceptible. Consult your GP before making any major diet changes.
- 15) **Figs** can delay brittle bone disease.
Good news for the three million osteoporosis sufferers in the UK - it is possible to slow its progress by eating calcium-packed figs.
- 16) **Soya** can mimic breast cancer drugs.
A team of Cambridge researchers discovered that a diet high in soya can have a similar effect to anti-cancer drug Tamoxifen.
- 17) **Barbecued-food** can cause cancer.
Eating meat that's chargrilled or burnt could lead to stomach, pancreatic, colon and breast cancer because it creates high levels of carcinogenic compounds.
- 19) **Cinnamon** can help diabetics.
Just half a teaspoon a day of this spice can significantly reduce blood sugar levels in diabetics, says US research.
- 20) **Chilies** can help you breath more easily.
Capsaicin, which occurs in chilies, shrinks the mucous membranes which can ease blocked noses and sinuses.

- 21) **Watermelon** is good for the prostate.
Men will be glad to know that the red flesh contains the antioxidant Lycopene, which helps keep the prostate gland healthy.
- 22) **Coriander** can lower your cholesterol levels.
This aromatic herb can reduce cholesterol levels and prevent heart problems.
- 23) **Nibbling nuts** can prevent blood clots.
Nuts boost nitric oxide, a compound that relaxes blood vessels and eases blood flow.
- 24) Banish bad breath with **natural yoghurt**.
A few spoonful of natural yoghurt can neutralise halitosis, according to Japanese researchers.





ON A LIGHTER NOTE ...

PARAPROSDOKIANS

Submitted by: Sheila Haydock

Paraprosdokians (Winston Churchill loved them) are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.



1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, 'In case of emergency, 'Notify:' I put 'DOCTOR'.

11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy .
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive. Now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

ACTUAL WRITINGS IN A MPUMALANGA HOSPITAL REGISTER

1. Examination of genitalia reveals that he is circus sized.
2. The patient has no previous history of suicides.
3. Patient has left white blood cells at another hospital.
4. Patient's medical history has been remarkably insignificant with only 11kgs weight gain in the past three days.
5. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
6. Patient has chest pain if she lies on her left side for over a year
7. On the second day the knee was better, and on the third day it disappeared.
8. The patient is tearful and crying constantly. She also appears to be depressed.
9. The patient has been depressed since she began seeing me in 1993.
10. Discharge status: Alive but without my permission.

11. Healthy appearing decrepit 69-year old male, mentally alert but forgetful.
12. Patient had waffles for breakfast and anorexia for lunch
13. She is numb from her toes down.
14. While in ER, she was examined, x-rated and sent home.
15. The skin was moist and dry.
16. Occasional, constant infrequent headaches.
17. Patient was alert and unresponsive.
18. Rectal examination revealed a normal size thyroid.
19. I saw your patient today, who is still under our car for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. The patient refused autopsy.
22. The lab test indicated abnormal lover function.
23. Skin: somewhat pale but present.
24. Patient has two teenage children, but no other abnormalities.



