



THE STROKE AID SOCIETY

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NEWSLETTER: MARCH - APRIL 2013

NEWS FROM STROKE AID

MAY IS STROKE AWARENESS MONTH



To honour this month and to increase awareness about The Stroke Aid Society:

- Stroke aid will be hosting a Workshop on Thursday the **23rd May 2013** at Paterson Park Recreation Centre from 8am – 12:30 pm.
The topic of the Workshop:
“TENETS IN MOTOR CONTROL: DEVELOPMENTS IN STROKE REHABILITATION”.
Our target audience:
Professionals who are working in the field of Adult Neurology.
- A “DISABILITY AND WELLNESS EVENT” is being hosted by Bophelo ke Matla in conjunction with Social Development on the **3rd May 2013** at Paterson Park Recreation Centre.
Stroke Aid has been invited to give a presentation about our Organization.
- Daphne Mnyandu who runs our Soweto Group will represent Stroke Aid at the Occupational Therapy Exhibition Day at the Chris Hani Baragwaneth Hospital on the **15 May 2013**.
- Listen out for Sandra Colombick, Kim Lewitte and Louise Nell who will be chatting on air, on **Chai FM** (101.9 FM) on the “Dischem Medical Monday” on **6th May at 9.30am – 10:30am**

FEEDBACK FROM OUR PREVIOUS NEWSLETTER

The article “**Grapefruit Juice and Medicine May Not Mix**” (which appeared on the FDA's Consumer Updates Page 07/17/2012) stated that Grapefruit Juice and fresh grapefruit can interfere with the action of some prescription drugs, as well as a few non-prescription drugs. It was therefore recommended to avoid taking grapefruit juice with your medicine.



Anne Nash (from the Pretoria Stroke Support Group) responded to the article by informing us: “**I worked for a Doctor of Pharmacology several years ago and she said that medicine is formulated to be taken with water. It should not be taken with any other form of liquid. I know people swallow it down with tea, alcohol, fruit juice etc. but this is not a good idea.**”

WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE



STANFORD-BASED RESEARCH SEEKS TO HELP STROKE PATIENTS

In an article posted online on the MercuryNews.com (Silicon Valley) Website in April this year, news was revealed that researchers are working on a new treatment using stem cells to help Stroke Patients,

Summary of article:

According to the U.S. Centers for Disease Control and Prevention, Stroke is the third largest cause of death and the single largest cause of adult disability in America.

When someone suffers a stroke, the cells at the center of the brain damage may be too injured to be saved but scientists are now striving to rescue the area that surrounds the injury **using stem cells.**

There's no proof yet that this novel approach will work in humans. Carefully controlled studies of its effectiveness won't be complete for several years. However, it shows signs of safety and effectiveness in animals, according to new data presented at a conference on brain injury sponsored by the Santa Clara Valley Medical Center Rehabilitation Research Center.

The biotech company SanBio produces SB623 by culling stem cells from the bone marrow of healthy adult donors and not embryos. The cells are genetically modified and given a booster that seems to improve their function.

Between 2.5 million to 10 million cells are surgically injected directly into patients' brains at the site of the stroke.

In the lab, SB623 is proven to secrete chemicals that boost healing and reduce dangerous inflammation.

Tests in mice show that with the SB623, symptoms do improve by enabling the animals to eat and walk more normally over a six-month period.

No ill effects have been seen in the first dozen patients treated in a study at Stanford University and four other research hospitals, using the product SB623.

"It is going well," said SanBio researcher Casey Case, who presented the data at the Santa Clara Valley Brain Injury Conference, held in San Jose. "It is not cell replacement, but works through an indirect mechanism -- something that helps improve the tissue that remains," he said.

This new approach could offer hope to those with chronic strokes, or who have had symptoms for months or even years. There is a huge unmet need for effective treatment in these patients. A successful clinical trial would have enormous implications.

Cell-based treatment for strokes is based on this concept: Brains try to heal themselves, but need help.

The new cells don't replace the injured cells; in fact, they seem to disappear from the brain within a month. But their introduction seems to help, even after they're gone.

Researchers are cautious, because more than 100 other drugs and agents have showed usefulness in animals, but have never successfully worked in humans.

SanBio's Phase 1 safety study is expected to be completed by the end of the year. Even though it is just a safety study, the company also hopes to evaluate any improvement in motor function and cognition during the two years following implantation with the cells.

If the U.S. Food and Drug Administration gives them the green light for further testing, the company will then move forward into Phase 2, which will involve 100 to 200 patients. A final Phase 3 trial, required before marketing, would involve hundreds of patients and about five years.

REF:

http://www.mercurynews.com/health/ci_22716780/stanford-based-research-seeks-help-stroke-patients



STROKE HAS A NEW INDICATOR

Submitted by Cecil Shainfeld

It is said that if you email this to ten people, you stand a chance of saving one life.

A new indicator (**4th indicator**) has been identified in determining if someone has had a Stroke.

It is the **TONGUE**.

STROKE IDENTIFICATION/ RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify.

The sooner the signs of a stroke are recognized, the better the chances of limiting the damage to the brain.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

Remember the 1st Three Letters of the word "STROKE"..... **S. T. R**

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK and SPEAK**.

A simple sentence for example "Chicken Soup". Is it coherent?

R *Ask him or her to **RAISE BOTH ARMS**.

*The new Sign of a Stroke ----- **STICK OUT YOUR TONGUE**

Ask the person to 'stick' out his tongue. If the tongue is 'crooked' or if it goes to one side or the other that is also an indication of a stroke.



If he or she has trouble with ANY ONE of these tasks, call for an Ambulance immediately.

REF: www.care2.com

8 THINGS THAT INCREASE YOUR RISK OF STROKE AND WHY

Submitted by Rob Wright



- 1. High blood pressure** (also called hypertension) puts a strain on blood vessels all over your body. Your heart has to work much harder to keep the blood circulation going. This strain can cause vessels to become clogged up or to weaken, and this in turn can lead to narrow blood vessels and blood clots. When a blood clot forms a blockage in an artery leading to the brain, or in a blood vessel inside the brain, it can result in a stroke. Bleeding in the brain can also occur when blood vessels are weakened or become hardened and brittle.
- 2. Cholesterol** is a type of fat produced by your liver. It is also found in foods like meat and dairy products. Extra cholesterol can travel around the arteries in your body, narrowing them and increasing your risk of stroke. You can lower your cholesterol by making sure your diet is healthy. If you are over 40, you should have your cholesterol checked regularly.
- 3. Atrial fibrillation** (a type of irregular heartbeat). When the heart beats irregularly, blood clots can form and travel to the brain. They can block an artery and cause a stroke. If you have atrial fibrillation, your risk of having a stroke is increased up to five times. If you feel your heart is racing or thumping in your chest, be on the safe side and visit your doctor for a checkup.
- 4. Diabetes** is a condition where there is too much sugar in your blood. This can cause fatty deposits to build up in your arteries, which can lead to them becoming blocked, this then increases your risk of having a stroke. You are particularly at risk if you have had diabetes for a long time and you have not been controlling it very well.
- 5. Drinking too much alcohol raises your blood pressure.** Binge drinking – drinking more than eight units (for men) or six units (for women) in a single session – is particularly dangerous as it can cause your blood pressure to rise very quickly and high blood pressure is the main risk factor for stroke.
- 6. Smoking causes your arteries to fur up and makes your blood more likely to clot.** If you smoke, you are twice as likely to have a stroke, and this risk will increase the more you smoke. Stopping smoking will reduce your risk of a stroke (and other health conditions) – no matter how old you are or how long you have smoked. Giving up is not easy, but it is worth the effort to improve your health.

7. **Salt raises blood pressure.** Avoid processed food and fast food, which contain a lot of hidden salt. Eat fresh foods whenever you can and, instead of adding salt to your food, try flavouring it with herbs and spices.
8. **Regular physical activity helps to lower your blood pressure** and reduces your risk of having a stroke, type 2 diabetes and heart disease. Pick an activity you enjoy. This could be swimming, dancing or Thai Chi – it doesn't matter what you do as long as it makes you feel warm and slightly out of breath. Don't overdo it – build up gradually to 30 minutes a day.

REF: **Stroke Association UK**

<http://www.stroke.org.uk/factsheet/how-prevent-stroke>

Published December 2012

SENSIBLE ADVICE

STRESS – An excellent lesson

Submitted by **Sandra Colombick**



A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water.

She asked, "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter.

It depends on how long I hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time it is practiced".

So, as early in the evening as you can, put all your burdens down.

Don't carry them through the evening and into the night - you can always pick them up again tomorrow.

JUST FOR LAUGHS

Church Ladies with Typewriters

Submitted by Sheila Haydock



They're Back! Those wonderful Church Bulletins!

These sentences actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus walks on the water'. The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow..

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours'.

A huge **THANK YOU** to everyone who has contributed to this Newsletter and to those who have taken the time to give us feedback.

Until next time, keep warm.
Cheers for now.

Sharlene

