

THE STROKE AID SOCIETY

P O BOX 51283, RAEDENE, 2124
PBO No. 9300531845

OFFICE TELEPHONE: 011 728 2292

Acting Chairman: Ms Kim Lewitte, BSC (OT) Cell: 083 302 9156

Office Manager/PRO: Mrs Sandra Colombick Tel: 011 728 2292

Secretary: Ms Sharlene Zinman Tel: 011 728 2292

strokeaid@telkomsa.net / sharlenezinman@gmail.com

www.strokeaid.co.za

NEWSLETTER: MARCH – APRIL 2015

NEWS FROM STROKE AID

- The Stroke Aid Groups at our 3 Centres (Patterson Park, South Rand and Soweto) are running smoothly.

New members are always welcome, at any of our Groups.



Please note:

Our Paterson Park venue has ample space. We are therefore able to accommodate more people and we are inviting new members to join our Group, which runs on a **Tuesday** from **10am - 12pm**.

If you are aware of anyone who has had a Stroke and would benefit from attending our Support Group, please tell them about us.

Contact us on **011 728 2292** for any queries.

- Rehab Matters, which is a Therapy Centre based in the north of Johannesburg, is now offering therapy to those Stroke Survivors who live in Soweto. Their rooms, which are part of a Wellness Centre, are based at the Dobsonville Stadium in Soweto. Therapy sessions are covered by Medical Aid, for those patients who have a comprehensive medical aid. If you do not have a medical aid, it will cost you **R130 per session**.

WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE



LONG-TERM EXPOSURE TO AIR POLLUTION MAY POSE RISK TO BRAIN STRUCTURE & COGNITIVE FUNCTIONS

Date: April 23, 2015

Summary: Air pollution, even at moderate levels, has long been recognized as a factor in raising the risk of Stroke. A new study suggests that long-term exposure can cause damage to brain structures and impair cognitive function in middle-aged and older adults.

A new study published in the May 2015 Issue of **Stroke**, suggests that long-term exposure to air pollution can cause damage to brain structures and impair cognitive function in middle-aged and older adults.

This study, led by scientists from Beth Israel Deaconess Medical Center and Boston University School of Medicine, studied more than 900 participants. These participants were at least 60 years old and were free of Dementia and overt Stroke.

The study evaluated how far participants lived from major roadways and used satellite imagery to assess prolonged exposure to ambient fine particulate matter (particles with a diameter of 2.5 millionth of a meter).

These particles come from a variety of sources, including power plants; factories; trucks and cars and the burning of wood. These particles can travel deeply into the lungs and in the past have been associated in other studies with increased numbers of hospital admissions, for cardiovascular events such as Heart Attacks and Strokes.

This study showed that participants who lived in more polluted areas, had smaller brain structures and evidence of covert brain infarcts (a type of "Silent Stroke" resulting from a blockage in the blood vessels supplying the brain), in comparison to participants who lived in less polluted areas.

More specifically, researchers found that the volume of the affected brains were equal to that of people who are a year older than the participants and on MRI, these participants had a 46 percent higher risk of having Silent Strokes.

Elissa H. Wilker (Researcher in the Cardiovascular Epidemiology Research Unit at Beth Israel Deaconess Medical Center) stated that:

"This is one of the first studies to look at the relationship between ambient air pollution and brain structure. These results are an important step in helping us learn what is going on in the brain. The mechanisms through which air pollution may affect brain aging remain unclear, but systemic inflammation resulting from the deposit of fine particles in the lungs is likely important."

REFERENCE: <http://www.sciencedaily.com/releases/2015/04/150423182357.htm>

Science Daily is an online American news website featuring breaking news about the latest discoveries in science, health, the environment, technology and more -- from major news services and leading universities, scientific journals, and research organizations

INTERESTING TRUE STORY

75 YEAR OLD FIGURE SKATER WON'T LET A STROKE STOP HER

On the 20th April 2015, **Patricia McNamara** (75 years old) of Orange County, California was interviewed by the **Here & Now** Radio Show.

Patricia started skating in her late 40s and she's participated in every one of the U.S Adult Figure Skating Championships since the Adult Nationals event started in 1995.

Patricia says skating helped her recover from breast cancer and she's hoping it will help her fully recover from a Stroke, she had seven years ago, in which she lost some muscle control on her left side.

Patricia told the **Here & Now** team that every year at the Nationals since her Stroke, she's done a program emphasizing her left side so she can continue to regain her co-ordination.

She says she's not in it to win it, but does it for the love of skating, "because it's important to have a passion in your life."

Interview Highlights:

On why she started skating so late in life

"My mother was a skater. I used to watch her do figures on a pond when we lived in Chicago. And after she passed away, I went down and enrolled in figure skating classes because I felt that was a way of keeping her presence around me. I was close to 50 – 48 or 49 I think."

On what she's focusing on in her skating

"Right now it's mostly just trying to do good skating skills. I can't really do a lot of the jumps or the spins because I had a Stroke a few years ago."

"It's been challenging, I can say that, but I really feel like skating has helped in my recovery."

"A few years after I started was when I was diagnosed with breast cancer. It really helped me emotionally get through the ordeal because I was able to skate every morning before I went to radiation. It gave me a desire to want to come back and skate."

On why she loves to skate

“It just feels like it’s a combination of feminine creativity and masculine energy. So, I feel like the best of myself is really being expressed.”

Here and Now is a public radio magazine program produced by NPR and WBUR in Boston, Massachusetts and distributed across the United States by NPR to over 380 stations.

REFERENCE: <https://hereandnow.wbur.org/2015/04/20/figure-skater-patricia-mcnamara>





ON A LIGHTER NOTE ...

IT'S NOT A BIRD.

Submitted by: **Sheila Haydock**



This parrot is in fact a female model who posed for Johannes Stötter, a fine art body painter.

Using breathable paint, he spent hours painstakingly turning this woman into the image of a parrot, brushstroke by brushstroke. The model's arm forms the parrot's head and beak, and her legs form the wing and tail feathers. Remember: always take a closer look as things aren't always what they appear to be.

Once you see her, the bird disappears

Artist/photo | Johannes Stötter
Assistant | Freund Nathalie

WHAT'S IN A NAME?

Submitted by: Sandra Colombick



Some parents have a lot to answer for... look at what names their offspring have had to labour under:

Justin Case, Daisy Picking, Jo King, Ivy Plant, Lotte Flack, Pearl Button, June May, Dawn Hobbs, Jim Hall, Esther Munday, Hazel Nutt, Rose Bush, Anna Prentice, Annette Curtain, Bill Board, Barb Dwyer, Stan Still, Terry Bull, Paige Turner, Mary Christmas and Anna Sasin.

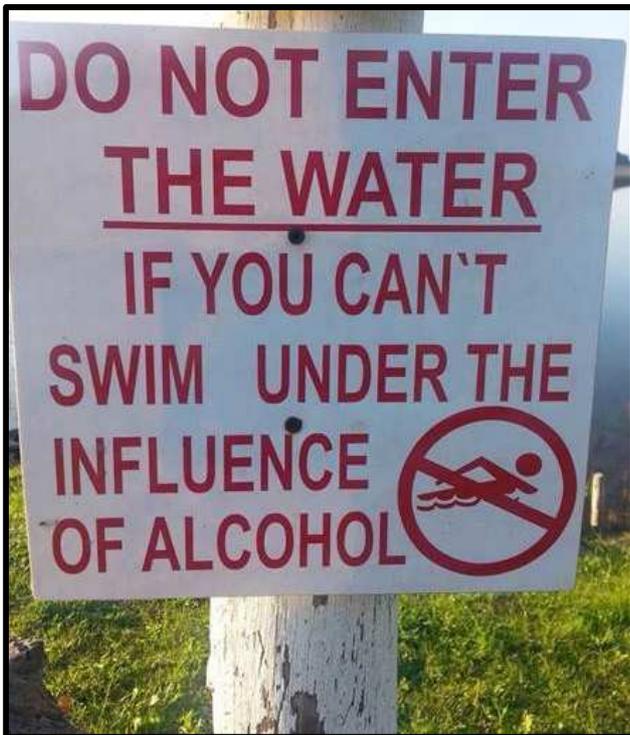
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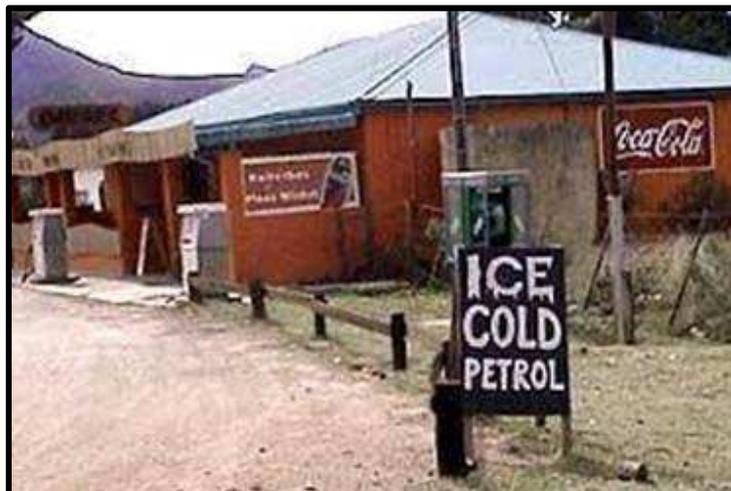


Finally spare a thought for Denise Hussey who married a Mike Hoare...

EISH --- ONLY IN AFRICA
Submitted by: Sheila Haydock







Until next time
Cheers
Sharlene

