

THE STROKE AID SOCIETY

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NEWSLETTER: MARCH - APRIL 2016

UPDATE FROM THE STROKE AID SOCIETY

- ⊙ We are still waiting for feedback from the LOTTO, regarding our Application. LOTTO has informed us that the delay in processing our Application is due to the fact that there are over 25000 charities who applied for funding during 2015. These applications have to be audited and assessed fully before funding can be released.
- ⊙ We appeal to all our members and friends to please help us find sponsors who could help us with our running costs, especially the cost of fuel. Offering transport to our members is the only means by which most of them can attend our Support Groups.



- ⊙ Thank you to Meals on Wheels (Caregiver Services) for offering your services to our South Rand and Soweto Groups. Your generosity is much appreciated and your treats greatly enjoyed.



RESOURCES IN THE COMMUNITY

LEAN ON US (HOME BASED) CARE

TEMPORARY OR PERMANENTLY INCAPACITATED?

Need someone to care for you but you can't afford to pay for private nursing?

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FOR ONLY R550 (excluding VAT) YOU GET:

- 3 hour on-site home visit and assessment from our Home Based Care Supervisor to ensure that you get appropriate care
- 8 hour home-based care training session for your domestic worker, which will enable her to assist you with all activities of daily living
- Helpline: **6 months** telephonic assistance and mentorship

For more information, please contact the Director of the Association for the Physically Disabled – Greater Johannesburg on 011-646-8331

REFERENCE: <http://www.apd.org.za/services/lean-on-us-home-based-care/>



WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

GI TRACT BACTERIA HELP DECREASE STROKE

Date: March 28, 2016

Source: Weill Cornell Medical College



Certain types of bacteria in the gut can leverage the immune system to decrease the severity of stroke, according to new research from Weill Cornell Medicine. This finding can help lessen stroke - which is the second leading cause of death worldwide.

In the study, published 28 March 2016 in *Nature Medicine*, mice received a combination of antibiotics. Two weeks later, the researcher team -- which included collaborators at Memorial Sloan Kettering Cancer Center -- induced the most common type of stroke, called ischemic stroke, in which an obstructed blood vessel prevents blood from reaching the brain. Mice treated with antibiotics experienced a stroke that was about 60 percent smaller than rodents that did not receive the medication. The investigators concluded that the microbial environment in the gut directed the immune cells there to protect the brain, shielding it from the stroke's full force. They said "Our experiment shows a new relationship between the brain and the intestine. The intestinal microbiota shape stroke outcome, which will impact how the medical community views stroke and defines stroke risk."

The findings suggest that modifying the microbiotic makeup of the gut can become an innovative method to prevent stroke. This could be especially useful to high-risk patients, like those undergoing cardiac surgery or those who have multiple obstructed blood vessels in the brain. Further investigation is needed to understand exactly which bacterial components elicited their protective message. However, the researchers do know that the bacteria did not interact with the brain chemically, but rather influenced neural survival by modifying the behaviour of immune cells. Immune cells from the gut made their way to the outer coverings of the brain, called the meninges, where they organized and directed a response to the stroke.

"One of the most surprising findings was that the immune system made strokes smaller by orchestrating the response from outside the brain, like a conductor who doesn't play an instrument himself but instructs the others, which ultimately creates music," said Dr. Costantino Iadecola, director of Brain and Mind Research Institute and Professor of Neurology at Weill Cornell Medicine. The newfound connection between the gut and the brain holds promising implications for preventing stroke in the future, which the investigators say might be achieved by changing dietary habits in patients or "at risk" individuals. Dietary intervention is much easier to accomplish than drug use, and it could reach a broad base.

REFERENCE: <https://www.sciencedaily.com/releases/2016/03/160328143111>

INTERESTING TRUE STORY

AMAZING TOT BATTLES BACK FROM CHRISTMAS STROKE HELL

A YOUNGSTER IS FIGHTING BACK AFTER SHE HAD TWO STROKES JUST BEFORE CHRISTMAS.

Published 4th January 2016

Three-year-old Crystal-Marie Brown was suddenly paralyzed down her right side, becoming one of Britain's youngest stroke victims.

Natalie (Crystal-Marie's mother) told of her horror when she discovered her daughter crying with her face "fallen and lopsided" in the middle of the night. She said: "When I tried to give her a drink of water it ran down the side of her little face. She was unable to sip because the whole of her right side was completely paralyzed. We knew right away we had to get her to hospital as quickly as possible."

After a few days, Crystal-Marie was home from hospital, just two days before Christmas. She has learned to walk, talk and smile again. Natalie said: "She's our wee miracle. Physiotherapy is helping her walking as she still has a wee bit of a limp. But she's doing really well. It's amazing, especially when you think how long adults take to recover from strokes."

Natalie, from Muirhead, North Lanarks, is now calling on doctors to be vigilant for strokes in children.

Reference: <http://www.dailystar.co.uk/news/latest-news/485140/Crystal-Marie-stroke>



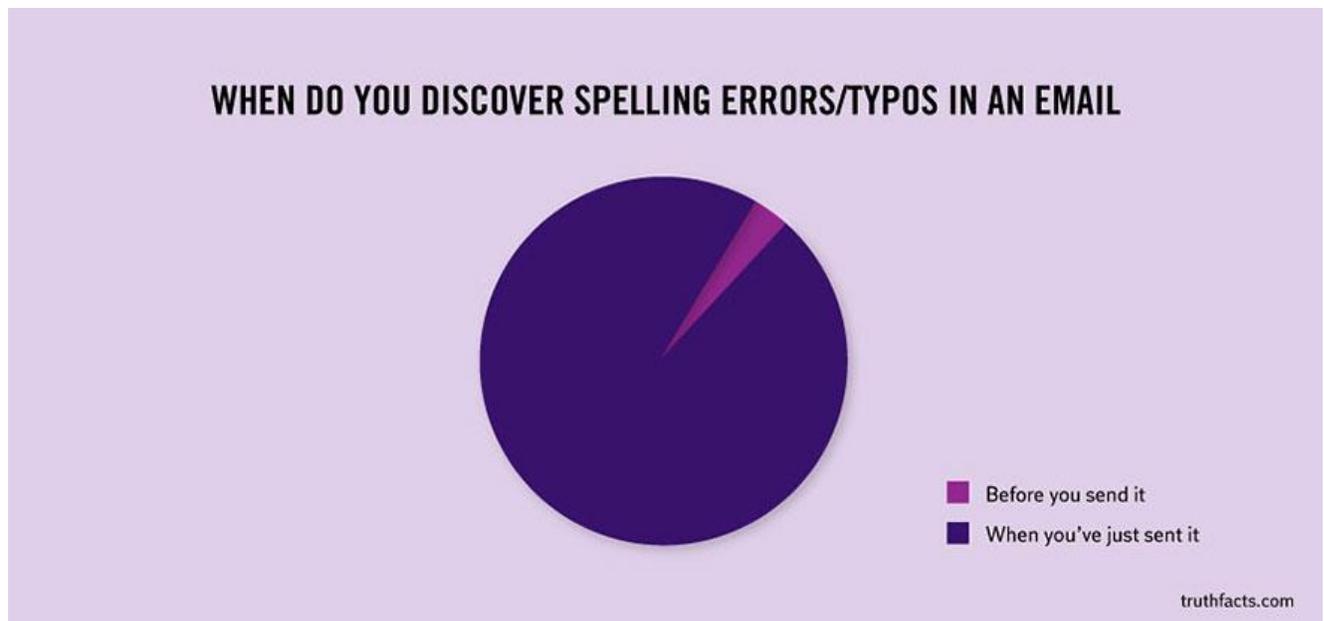
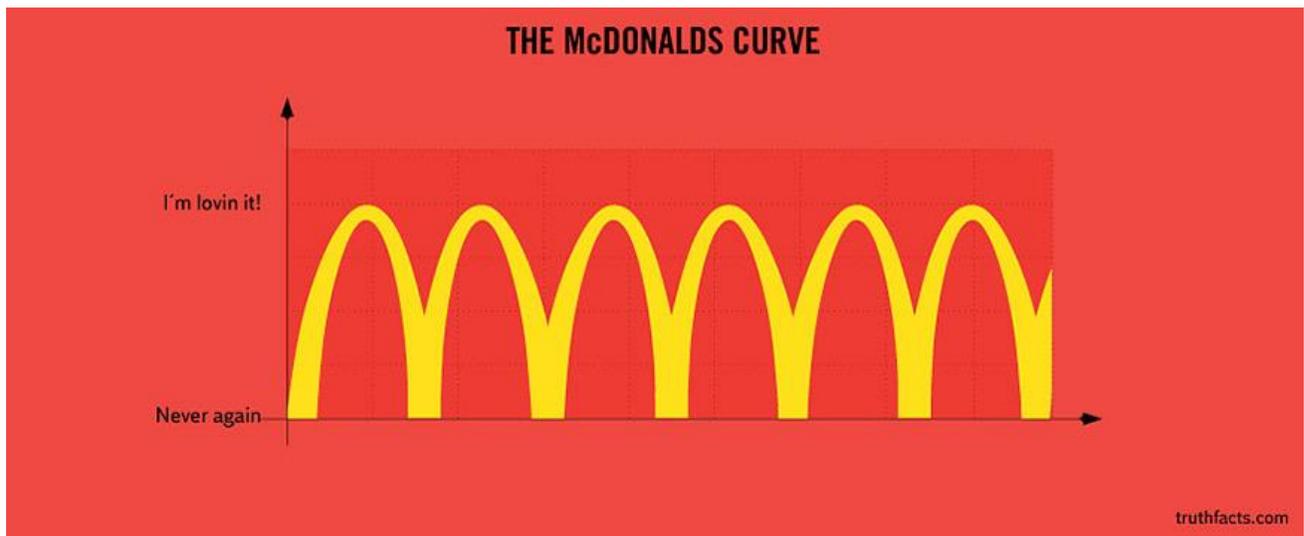


ON A LIGHTER NOTE ...

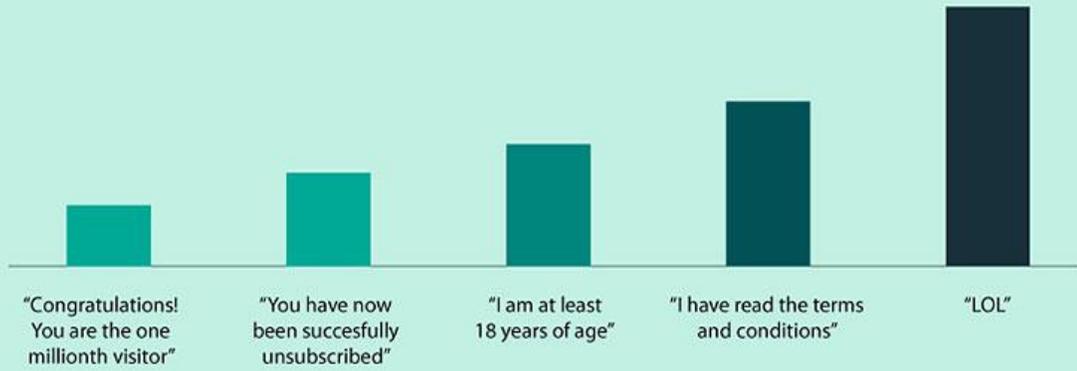
Submitted by: Sheila Haydock

GRAPHS SHOWING TRUE FACTS ABOUT EVERYDAY LIFE

Danish writer Mikael Wulff and cartoon artist Anders Morgenthaler “the creative duo known as Wumo” has created a brilliant series of graphs that illustrate some of the basic painful truths of everyday life in the Western world.



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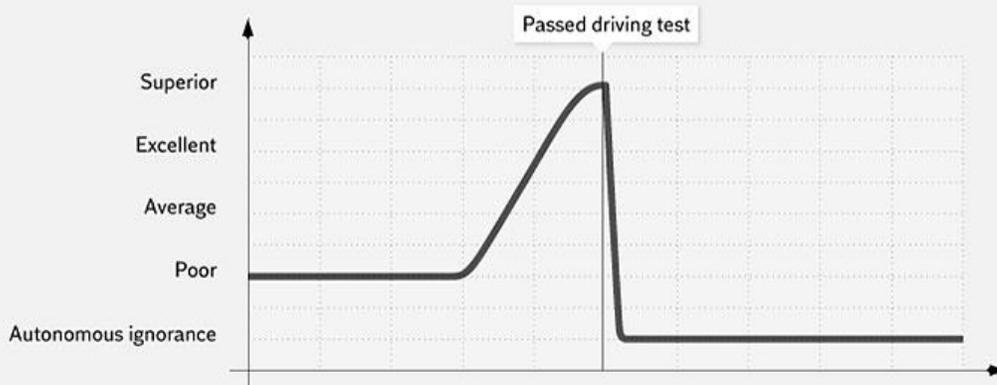
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YOUR KNOWLEDGE OF THE TRAFFIC LAWS





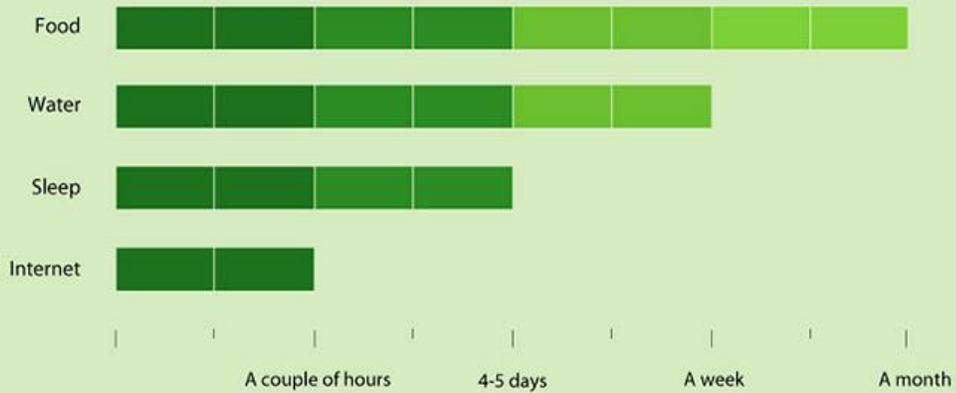
Coffee beverages in 1996



Coffee beverages in 2014

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HOW LONG A HUMAN CAN LIVE WITHOUT...



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Until next time
Cheers
Sharlene

