

THE STROKE AID SOCIETY

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NEWSLETTER: MAY – JUNE 2014

NEWS FROM STROKE AID

- Raising funds to keep Stroke Aid operational remains a significant challenge for us. Our current application to LOTTO for funding, which was submitted in December 2012, has not yet been processed by LOTTO.

Currently, as a formality, LOTTO is auditing our previous application.

This delay is a serious problem for us as we are unsure if we will be able to keep our Groups at Paterson Park, Soweto and South Rand running, next year.

Any ideas of how we can raise funds will be most welcome.



- Ashleigh Geddes (Occupational Therapist) has offered to run Irene Kaales's Groups at Paterson Park, when Irene relocates to the coast in July 2014. Ashleigh will be assisting us as on a voluntarily basis and we would like to thank her for generously giving us her time and expertise.
- All our Groups (Paterson Park, Soweto and South Rand) are running smoothly. The high rate of regular attendance by our members is testimony to how effective and enjoyable our support groups are to both our members and our staff.

WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE



MORE EVIDENCE FRUIT AND VEGETABLES CUT STROKE RISK

On the 8th May 2014, the results of an updated review of studies (conducted in Europe, the United States and Asia) were published online, in "Stroke".

The outcome of the worldwide study revealed that eating more fruits and vegetables helped lower the risk for stroke.

The study team found that for every 200g per day increment of fruits and vegetables, the risk for stroke fell by 32% and 11%, respectively, across these studies.

"The findings are consistent with the current knowledge that increasing consumption of fruits and vegetables should be encouraged to prevent stroke," Yan Qu, MD, the study's senior author, from Qingdao Municipal Hospital and Medical College of Qingdao University in Qingdao, China, reported.

To quantitatively assess the effect of fruits and vegetables consumption on the risk for stroke, Dr. Qu and colleagues reviewed 20 studies published up to January 2014. The analysis included 16,981 stroke events among 760,629 adults.

The average serving was calculated as 77g for vegetables and 80g for fruits. "A linear dose-response relationship was found, the more consumption of fruit and vegetables, the better for stroke prevention," Dr. Qu told Medscape Medical News.

Dr. Qu noted that "citrus fruits, leafy vegetables and apples/pears were found inversely associated with risk of stroke. However, the effect of other types of fruit and vegetables on stroke risk still needs to be confirmed."

A recent bulletin from the World Health Organization (WHO) estimates that increasing individual fruit and vegetable consumption to at least 600g daily could cut the burden of Ischemic Stroke by 19% worldwide.

Dr. Qu and colleagues say several biological mechanisms might explain the inverse association. "Studies have shown that an increase in fruits and vegetables consumption can lower blood pressure and also improve microvascular function," they point out. Favourable effects on other cardiovascular risk factors, including body mass index, cholesterol, inflammation and oxidative stress, were also seen.

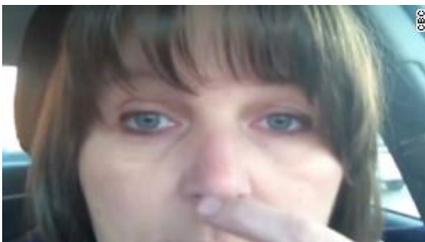
"Higher fruits and vegetables consumption increases micronutrient, carbohydrate, and fiber intakes, and possibly reduces fat intake. Nutrients such as potassium, folate, antioxidants (vitamin C, B-carotene and flavonoids) and fiber have been shown to be significantly associated with a reduced risk for stroke," they note.

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

REFERENCE: http://www.medscape.com/viewarticle/824877?src=wnl_edit_tpal&uac=190823BZ

INTERESTING TRUE STORY

STROKE 'SELFIE' HELPS SAVE CANADIAN WOMAN'S LIFE



By **Astead Herndon**, CNN
June 18, 2014

CNN -- It's not your usual selfie.

"The sensation is happening again," Stacey Yepes tells the camera. "It's all tingling on left side." "I don't know why this is happening to me."

The Toronto-area woman was having her third stroke in three days. And this time, she refused to suffer in private.

Her selfie led to a stroke diagnosis

Yepes recorded a selfie video of her symptoms after pulling over while driving. The next day, the video would help doctors at Toronto Western Hospital correctly diagnose her with transient ischemic attacks, or "mini-strokes," due to plaque buildup in her arteries.

Now, according to Yepes, she is on cholesterol-lowering medication and blood thinners, and hasn't had any more strokes.

The video may have saved her life.

No two strokes are alike: My story

Two days before the recording, doctors at a local emergency room in Toronto dismissed her face numbness and slurred speech as stress-related. They told her stroke tests had come back negative and counseled the 49-year-old legal secretary on breathing techniques.

Those were ineffective, and Yepes suffered two additional mini-strokes in consecutive days -- the first leaving the hospital parking lot on April 1.

She knew something had to be done.

"I think it was just to show somebody, because I knew it was not stress-related," she said in an interview with the Canadian Broadcasting Corp. "And I thought if I could show somebody what was happening, they would have a better understanding."

That was exactly what happened. Yepes filmed the third "mini-stroke" the next day en route to work. After arriving, she showed the video to co-workers, who immediately suggested she go to a different hospital.

Still, Dr. Markku Kaste with the World Stroke Organization said he believes Yepes was lucky.

His advice: "Don't waste time on a video, just call 911."

He said, "It's the same thing for everyone. If you're having a stroke, think you're having a stroke or see someone having one -- just call 911."

Kaste and his organization are working on an upcoming campaign targeting women and their likelihood for strokes.

According to the National Stroke Organization, 55,000 women have strokes each year.

As in Yepes' case, the Centers for Disease Control and Prevention said signs of stroke generally include sudden numbness, confusion and difficulty walking.

"It's hard to say why there was an incorrect diagnosis (initially), but things like that can happen," Kaste said. "Still, the quicker you are to the hospital, the higher the likelihood of a good outcome."

REFERENCE: <http://edition.cnn.com/2014/06/18/health/stroke-selfie/>



SOUTH AFRICA

The National Ambulance Emergency Number is 10 177 (dial 112 from a mobile phone).

The ER24 Ambulance number is 084 124 (both landline and mobile).

The Netcare 911 Ambulance number is 082 911 (both landline and mobile).

PRACTICAL INFORMATION

Submitted by: Jenny Watermeyer (Speech and Language Therapist)

On 24 August 2010, Audrey Holland wrote:

Bayard Baylis (By, to his friends) wrote [a wonderful essay](#) on word-finding problems for people with aphasia. By's aphasia is mild and it is clear from his writing that he has maintained his ability to read and write. It is also very clear that he understands what aphasia is like when it comes to struggling with words.

I HIGHLY recommend this article ([republished on the Aphasia Corner Blog](#)) for people whose aphasias are similar to By's, for he has marvellous insights for them. But these insights can also be useful to people who have more severe aphasia, and who probably have difficulty reading and writing. With By's permission, I have tried in what follows to give his main points in an "Aphasia Friendly" way, for those who can't read very well.

WORDS ARE MORE LIKE CATS THAN DOGS by BAYARD BAYLIS

BEFORE APHASIA, words were like DOGS

AFTER APHASIA, words are like CATS

What does By Baylis MEAN?

DOGS

- Are dependable
- Come when you call them
- Have OWNERS (YOU!!)

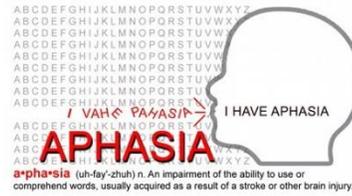


CATS

- Are independent
- Come when they want to
- Have STAFF (YOU!!)



WHAT ABOUT WORDS?



THEN

- **WORDS** did what you wanted
- **WORDS** came when you called them
- You were the boss

NOW

- **WORDS** do what they want to
- **WORDS** come when they feel like it
- **WORDS** boss you around

Words used to be LIKE **DOGS**!!!



Words are now LIKE **CATS**!!!!



WHAT CAN YOU DO??

DOG TRICKS

Getting some “**DOG WORDS**” back

- **Dogs** respond to training
- Old **Dogs** CAN learn new tricks
- **Dogs** learn what they practice
- Some words need re-training
- PRACTICE, PRACTICE, PRACTICE
- People with aphasia learn what they practice

Some ways to practice words

- Say words/scripts aloud
- Read aloud at your level
- Read silently at your level—watch it grow
- Do word and thinking games (your choice)
- USE the words and sentences to others!!
- Tell your story!



CAT TRICKS

Making friends with your **Cat**-words

CATS respond to:



- Caring (feeding, petting, grooming, playing)
- Treating them as equals
- Respecting them

WORDS respond to:

- Feed, pet, groom, play
- Accept words that are OK, not PERFECT. Let it go!
- Let them COME TO YOU

CAT WORDS KNOW WHEN YOU TRY TOO HARD!!

THEY MAKE YOU **PAY**!!



TAKE HOME MESSAGE:

APHASIA CHANGES **WORDS** FROM **DOGS** TO **CATS**



PART OF OVERCOMING IS:

RE-TRAINING THE **DOGS**!!

WELCOME THE **CATS**!!



REFERECE: <http://aphasiacorner.com/blog/living-with-aphasia-2/aphasia-friendly-words-are-more-like-cats-than-dogs-274>

JUST FOR LAUGHS

Submitted by: Sheila Haydock

BRILLIANT BEIJING HOTEL BROCHURE

This is a true story with translation from Mandarin to English

A friend went to Beijing recently and was given this brochure by the hotel. Obviously, it has been translated directly, word for word from Mandarin to English.

Getting There:

Our representative will make you wait at the airport. The bus to the hotel runs along the lake shore. Soon you will feel pleasure in passing water. You will know that you are getting near the hotel, because you will go round the bend. The manager will await you in the entrance hall. He always tries to have intercourse with all new guests.

The Hotel:

This is a family hotel, so children are very welcome. We of course are always pleased to accept adultery. Highly skilled nurses are available in the evenings to put down your children. Guests are invited to conjugate in the bar and expose themselves to others. But please note that ladies are not allowed to have babies in the bar. We organize social games, so no guest is ever left alone to play with them self.

The Restaurant:

Our menus have been carefully chosen to be ordinary and unexciting. At dinner, our quartet will circulate from table to table, and fiddle with you.

Your Room:

Every room has excellent facilities for your private parts. In winter, every room is on heat. Each room has a balcony offering views of outstanding obscenity! .. You will not be disturbed by traffic noise, since the road between the hotel and the lake is used only by pederasts.

Bed:

Your bed has been made in accordance with local tradition. If you have any other ideas please ring for the chambermaid. Please take advantage of her. She will be very pleased to squash your shirts, blouses and underwear. If asked, she will also squeeze your trousers.

Above All:

When you leave us at the end of your holiday, you will have no hope. You will struggle to forget it.



FOR THOSE WHO LOVE THE PHILOSOPHY OF AMBIGUITY, AS WELL AS THE IDIOSYNCRASIES OF ENGLISH:

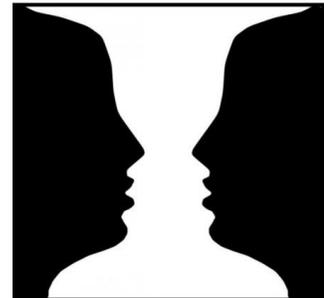
Submitted by: Sandra Colombick

- ** ONE TEQUILA, TWO TEQUILA, THREE TEQUILA..... FLOOR.
- ** ATHEISM IS A NON-PROPHET ORGANIZATION.
- ** IF MAN EVOLVED FROM MONKEYS AND APES, WHY DO WE STILL HAVE MONKEYS AND APES?
- ** I WENT TO A BOOKSTORE AND ASKED THE SALESWOMAN, "WHERE'S THE SELF-HELP SECTION?" SHE SAID IF SHE TOLD ME, IT WOULD DEFEAT THE PURPOSE.
- ** WHAT IF THERE WERE NO HYPOTHETICAL QUESTIONS?
- ** IF SOMEONE WITH MULTIPLE PERSONALITIES THREATENS TO KILL HIMSELF, IS IT CONSIDERED A HOSTAGE SITUATION?
- ** IS THERE ANOTHER WORD FOR SYNONYM?
- ** WHERE DO FOREST RANGERS GO TO "GET AWAY FROM IT ALL?"
- ** WHAT DO YOU DO WHEN YOU SEE AN ENDANGERED ANIMAL EATING AN ENDANGERED PLANT?
- ** IF A PARSLEY FARMER IS SUED, CAN THEY GARNISH HIS WAGES?
- ** WOULD A FLY WITHOUT WINGS BE CALLED A WALK?
- ** WHY DO THEY LOCK GAS STATION TOILETS? ARE THEY AFRAID SOMEONE WILL BREAK-IN AND CLEAN THEM?
- ** IF A TURTLE DOESN'T HAVE A SHELL, IS HE HOMELESS OR NAKED?
- ** CAN VEGETARIANS EAT ANIMAL CRACKERS?
- ** WHY DO THEY PUT BRAILLE ON THE DRIVE-THROUGH BANK MACHINES?
- ** WHAT WAS THE BEST THING BEFORE SLICED BREAD?
- ** ONE NICE THING ABOUT EGOTISTS: THEY DON'T TALK ABOUT OTHER PEOPLE.
- ** DO INFANTS ENJOY INFANCY AS MUCH AS ADULTS ENJOY ADULTERY?
- ** HOW IS IT POSSIBLE TO HAVE A CIVIL WAR?
- ** IF ONE SYNCHRONIZED SWIMMER DROWNS, DO THE REST DROWN TOO?

**** IF YOU TRY TO FAIL, AND SUCCEED, WHICH HAVE YOU DONE?**

**** WHY IS THERE AN EXPIRATION DATE ON SOUR CREAM?**

**** CAN AN ATHEIST GET INSURANCE AGAINST ACTS OF G-D?**



Until next time



**Cheers
Sharlene**