

# THE STROKE AID SOCIETY

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## NEWSLETTER: MAY – JUNE 2015

### NEWS FROM STROKE AID

- The Stroke Aid Society is relocating to **Jabula Recreation Centre**, until further notice.

Due to a major refurbishment of Paterson Park Recreation Centre which has already begun, we have had to postpone our Tuesday morning Group Meetings, until the **23<sup>rd</sup> June 2015**. We apologize for the extremely short notice. We were only officially informed about the renovations, 2 weeks ago.



### JABULA RECREATION CENTRE

Corner Anne Str and Athlone Avenue  
Sandringham  
2192

Stroke Aid does not yet have a direct telephone number.

**For any enquiries, please email us: [strokeaid@telkomsa.net](mailto:strokeaid@telkomsa.net)**

**Tuesday morning groups will commence on:**

**Date: 23<sup>rd</sup> June 2015**

**Time: 10 am.**

**Venue: Jabula Recreation Centre**

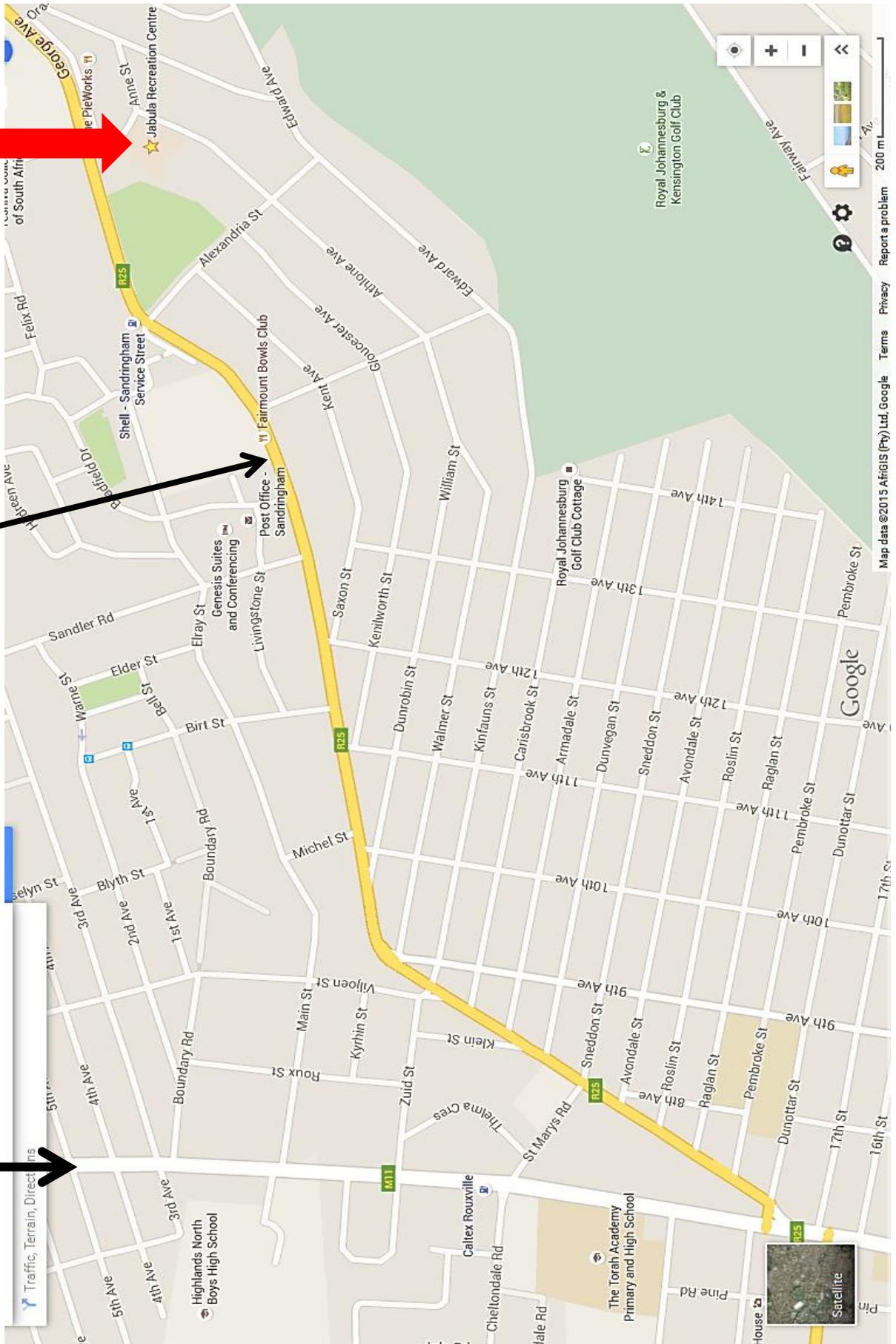
# JABULA RECREATION CENTRE



GEORGE AVENUE



LOUIS BOTHA AVENUE



## WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

### HANDGRIP DEVICE HELPS STROKE PATIENTS ACCESS HAND/ARM REHABILITATION

A new study, which was published online on the 21 May 2015 on *Medscape*, has revealed a new handgrip device which can improve the accessibility of mobile gaming technology, among Stroke patients for self-rehabilitation of arm function.

The device, developed by scientists at Imperial College London in the United Kingdom, allows patients with severe hand and arm impairment to practice exercises and interact with rehabilitation gaming programs on smart phones or tablets.

Presenting the study at the recent 24th European Stroke Conference, on the 15 May 2015, Paul Rinne (MSc) from the Imperial College Human Robotics Group, said, "We have shown that patients with severe hand and arm disability can use this device to interact with computer training exercise games. It allows patients to engage with the disabled hand and focus on controlling it."

Rinne explained that Physiotherapy is severely underused for stroke patients, with only around half of patients in the United Kingdom receiving the recommended 45 minutes of Physiotherapy per day in the Stroke Unit. Attention to hand and arm function also tends to be minimal.

Technology can complement traditional therapy by introducing *self-rehabilitation*, involving mobile technology on smart phones or tablets. It motivates patients to increase repetition of movements and it can also record outcomes and feedback, Rinne reported.

However, such mobile technology is often accessible only to patients with relatively high function and it can be very costly.

The **new handgrip device** is operated by detecting the grip force. It has a wireless Bluetooth connection to the mobile technology and allows patients to move the cursor by adjusting their grip strength. This device can be calibrated to each patient to accommodate all levels of impairment and is relatively inexpensive.

For the current feasibility study, the researchers screened 342 patients presenting with arm weakness on admission to their Stroke Unit. Patients with cognitive impairment, language barrier and pre-existing weakness were excluded. 89 patients in total, were eligible for the study.

Baseline functional measures were recorded by using standard scales. Patients were then given different methods of controlling a standard game: swiping, pressing, tilting motions, operating a joystick, or operating the new handgrip controller device. Patients were scored from 0 to 3 on how much control over the cursor they could achieve.

Results were found to be much better with the hand-grip device, with all patients having more control success with this method. For example, 56% of patients achieved a control score of 3 with the swipe motion vs 95% of patients with the hand-grip device. Among patients with severe arm/hand impairment, 89% could use the handgrip whereas none could use the tablet swipe motion.

"The handgrip device allows a much higher percentage of patients to engage with mobile rehabilitation technology," Rinne commented.

The goal is to work with both physical and cognitive functioning, he added.

"The device captures a spectrum of patients from the weakest to the strongest," he said. "Patients who have severe deficits and are cognitively impaired can use its most basic functions to play a simple game while those with minimal weakness can work on fine control with games involving fine cognitive details."

He added: "In this feasibility study, we looked at which patients can interact with this device and who can therefore have the relevant training games developed for them. We found that 90% of the most severely impaired patients can use this grip device to interact with such technology. This will allow the vast majority of patients to be sent home with a rehabilitation program to practice on their smart phone or tablet."

**REFERENCE:** [http://www.medscape.com/viewarticle/845170#vp\\_1](http://www.medscape.com/viewarticle/845170#vp_1)



New hand-grip device for self-rehabilitation after stroke.  
*Imperial College London*

## INTERESTING TRUE STORY

### HEALTHY WOMAN'S STROKE LINKED TO DRUG IN SPORTS SUPPLEMENT

11<sup>th</sup> May 2015

A woman in Sweden had a stroke while exercising and doctors suspect it was caused by an ingredient in a workout supplement that she was taking — a compound similar to amphetamine.

The 53-year old woman, who was previously healthy and physically active, took a single dose of a sports supplement called Jacked Power (manufactured by the Swedish company MM Sports) shortly before she started her usual, vigorous workout in January 2014. About 45 minutes into her workout, she started feeling numbness and clumsiness in her left hand, which continued for the rest of the day, and so she went to her doctor.

A CT scan showed she had experienced a haemorrhagic stroke, a type of stroke in which a blood vessel bursts or leaks blood into the brain. She recovered and was discharged from the hospital after five days.

But the woman didn't have any risk factors for stroke — she had a normal blood pressure and weight, and no one in her family had experienced a stroke. Doctors in Sweden concluded that it was likely something in the supplement she took that led to her stroke, and they published a report about her case last year.

After hearing of the case, doctors in the United States asked to test a sample of the woman's supplement for drugs that were not listed among the ingredients on the label, but could have caused the stroke. The only drug found in the supplement was a compound called beta-methylphenethylamine (BMPEA), which is chemically similar to amphetamine, but has never been tested in people, so its health effects are unknown, according to the report published online on the 11<sup>th</sup> May 2015 in the Journal *Annals of Internal Medicine*.

"This is the first time that we have been able to clearly link BMPEA supplement use with a very serious health consequence," said Dr Pieter Cohen, a co-author of the report and an assistant professor of medicine at Harvard Medical School.

In recent years, BMPEA gained increased attention after researchers found the drug in a number of dietary supplements marketed for weight loss and improved athletic performance. In April this year, the Food and Drug Administration warned five companies to remove the compound from their products, saying that BMPEA did not meet the criteria for a dietary ingredient.

Although the FDA stopped short of saying that BPMEA could be harmful, doctors have been worried that the drug could pose health risks. The new report now provides more evidence of the compound's potentially harmful effects, in that the combination of BMPEA and exercise "appears to be the most probable cause of her stroke," Cohen said.

Studies of BMPEA done in animals in the 1930s and 1940s found that the compound increased heart rate and blood pressure in cats and dogs, although exactly how BMPEA affects the human body isn't known.

Exercise in general, increases blood pressure, and so "if the BMPEA further increased blood pressure, that could pose a risk of a bleeding stroke," Cohen said.

Still, the researchers cannot definitely say that the woman's stroke was caused by BMPEA. In rare cases, seemingly healthy people can experience a stroke while exercising. However in these cases, people typically have an underlying brain aneurysm, or a weakening of the blood vessels in the brain that can increase the risk for a haemorrhage.

MM Sports did not respond to Live Science's request for comment. But it appears the company has stopped selling Jacked Power, as the supplement is not available on its website.

Still, studies have found BMPEA in other supplements, including some pre-workout supplements. Consumers should avoid pre-workout supplements in general, because "we have found too many times that they are spiked with synthetic drugs like BMPEA," Cohen said.

The FDA also advises consumers to avoid weight-loss supplements if they look suspicious, because this category of supplements often contains unlisted drugs that can be harmful.

**REFERENCE:** <http://www.livescience.com/50797-sports-supplement-bmpea-stroke.html>

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## ON A LIGHTER NOTE ...

### THE MAGIC BANK ACCOUNT

Submitted by: **Sheila Haydock**

THE AUTHOR IS NOT KNOWN. IT WAS FOUND IN THE BILLFOLD OF COACH PAUL BEAR BRYANT, ALABAMA, AFTER HE DIED IN 1982

#### The Magic Bank Account

Imagine that you had won the following **\*PRIZE\*** in a contest: Each morning your bank would deposit **\$86,400** in your private account for your use. However, this prize has rules:

The set of rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
5. The bank can end the game without warning; at any time it can say, "Game Over!". It can close the account and you will not receive a new one.

#### What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL...

Shocked??? YES!

Each of us is already a winner of this **\*PRIZE\***. We just can't seem to see it.

## The PRIZE is \*TIME\*

1. Each morning we awaken to receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is Not credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

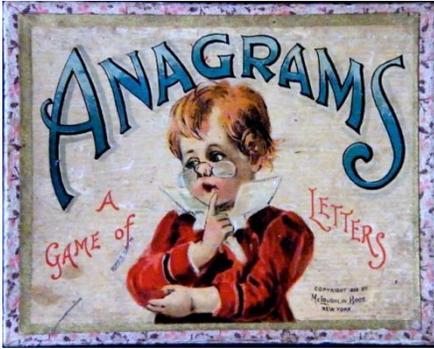
So take care of yourself, be happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day. Start "spending"....

"DON'T COMPLAIN ABOUT GROWING OLD...!"

SOME PEOPLE DON'T GET THE PRIVILEGE!





## THE MAGIC OF ANAGRAMS

Submitted by: Sandra Colombick

WORD	REARRANGE THE LETTERS
DORMITORY	DIRTY ROOM
PRESBYTERIAN	BEST IN PRAYER
ASTRONOMER	MOON STARER
DESPERATION	A ROPE ENDS IT
THE EYES	THEY SEE
GEORGE BUSH	HE BUGS GORE
THE MORSE CODE	HERE COME DOTS
SLOT MACHINES	CASH LOST IN ME
ANIMOSITY	IS NO AMITY
ELECTION RESULTS	LIES LET'S RECOUNT
MOTHER IN LAW	WOMAN HITLER
SNOOZE ALARMS	ALAS NO MORE Z'S
A DECIMAL POINT	IM A DOT IN PLACE
THE EARTHQUAKES	THAT QUEER SHAKE
ELEVEN PLUS TWO	TWELVE PLUS ONE

Until next time

Cheers

Sharlene

