

THE STROKE AID SOCIETY

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NEWSLETTER MAY-JUNE 2017

UPDATE FROM THE STROKE AID SOCIETY

SANDRA REPORTS:

Hello everyone 😊

Have you ever noticed when you meet someone you have not seen for a long time or you are at a loss for words, the first thing we say is “isn’t it a lovely day today, marvelous weather?” Well with that in mind, we are having gorgeous weather, sunny skies and mild temperatures.

Have you ever stopped to think about just how much power our words have?

In words you make your desires known to other people. With words you can express your love and gratitude. Your words mold the very pattern of your life.

On a personal note, the past few weeks have molded the pattern of my life together with my family. Sadly, our beautiful and talented granddaughter passed away after a long illness so bravely borne. I take this opportunity to say that the Stroke Aid Team, whilst I have been out of the office, they have done an amazing job in keeping our members happy and our tea cups washed.

NEWS @ STROKE AID

- We have recently had two 4th year Speech Therapy students doing research for their projects on “Stroke”. Our members have enjoyed interacting with these fine young people.
- We have started a “Book Club” amongst the members. Good new books are needed.



- Thank you to the Knitting Knuts who have kindly donated some crocheted and knitted blankets, which are most welcome during the cold months.



- Also a huge thank you goes out to the Lions Club who continues to donate tea, coffee etc.
- ***Just a reminder to our group members:***
Please give us feedback on the impact our support group has had on you and your family.
We would really appreciate your input.



My words to you as I write this are, as George Bernard Shaw said:
"Better keep yourself clean and bright, you are the window through which you must see the world."

Keep warm and content



WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

STROKE PREVENTION STRATEGY MAY REDUCE INCIDENCE OF DEMENTIA AMONG OLDER ADULTS



Ontario's stroke prevention strategy appears to have had an unexpected, beneficial side effect - a reduction also in the incidence of dementia among older seniors.

A new paper published online on the 2nd May 2017, by researchers at Western University, shows there's been a decade-long drop in new diagnoses of both stroke and dementia in the most at-risk group -- those who are 80 or older.

"Some have said we're on the cusp of an epidemic of dementia as the population ages," reported study author Joshua Cerasuolo, a PhD candidate in epidemiology and biostatistics at Western's Schulich School of Medicine and Dentistry. "What this data suggests is that by successfully fighting off the risks of stroke - **with a healthy diet, exercise, a tobacco-free life and high blood-pressure medication where needed** - we can also curtail the incidence of some dementias.

"The take-home message is that we can prevent some dementias by preventing stroke," Cerasuolo said.

This is the first study that has looked at the demographics of both stroke and dementia across Ontario since the province pioneered Canada's first stroke prevention strategy in 2000. That strategy includes more health centres able to manage stroke, more community and physician supports, better use of hypertensive medication and well-promoted lifestyle changes to reduce risks.

"With lifestyle changes, we can reduce our risks of both stroke and some dementias. That's a pretty powerful one-two punch," said Dr. Vladimir Hachinski a clinical Neuroscientist at Western's Schulich School of Medicine and Dentistry. He said however more research needs to take place to understand the specific relationships between stroke and dementia but this work suggests there are policy implications where stroke and dementia work can intersect.

Most strokes are caused by the restriction or constriction of blood flow to the brain. Vascular dementia also develops as blood supply to the brain is reduced. Hachinski said that someone who has had a stroke is twice as likely to develop dementia. Someone who has had a diagnosis of stroke has also likely had several prior "silent" strokes that may have affected a patient's cognitive abilities.

"As clinicians and researchers, we are still trying to get a handle on how to reduce a person's chances of dementia late in life. Some we can't influence - yet - but here is a pretty clear indication that we can take specific definitive steps to reduce our chances of dementia related to vascular disease."

Source: <http://mediarelations.uwo.ca/2017/05/01/stroke-prevention-among-older-ontarians>



INTERESTING TRUE STORY

TEENAGER SAVES MOTHER'S LIFE TWO DAYS AFTER LEARNING ABOUT STROKE SYMPTOMS IN SCHOOL

A teenage girl in the US state of Wisconsin stepped in when her mother had a stroke, having learned what to look out for, just two days previously in a school science lesson.



The acronym '**FACE**' is commonly used to help people remember the symptoms of a potentially deadly brain attack.

The letters stand for: '**Face**', which can appear droopy on one side and may leave the person unable to smile, '**Arms**', with weakness or numbness in one arm, with the person unable to lift both at once, '**Speech**', which may be slurred, garbled or completely interrupted, and '**Time**' – as it's important to act as quickly as possible if a stroke is suspected.

Katie Murphy, just 14 years old, from the city of Waukesha, called an ambulance after she noticed that her mother Christa Murphy's speech had become muddled. The student remembered her science teacher had told a story to help them recognize symptoms of the serious condition.

"Her speech was all mixed up, [it didn't] make sense at all." Katie told local news channel WISN.

Ms Murphy, 45, said that she had asked Katie for help earlier in the day after she found she was having trouble with her daily routine, such as putting toothpaste on her toothbrush. She told the broadcaster that she couldn't believe she might be having a stroke at her age.

***** Other symptoms of stroke include sudden numbness or weakness, especially on one side of the body and in the face, arm or leg; trouble seeing in one or both eyes; and sudden confusion, dizziness or lack of coordination.*

SOURCE: Published online on the 30th May 2017

<http://www.independent.co.uk/news/world/americas/teenager-saves-mothers-life-learning-stroke-symptoms-school-wisconsin-katie-murphy-christa-muddled-a7762926.html>

ON A LIGHTER NOTE ...

Submitted by: Sheila Haydock



WHEN THINGS IN YOUR LIFE SEEM ALMOST TOO MUCH TO HANDLE, WHEN 24 HOURS IN A DAY ARE NOT ENOUGH, REMEMBER THE MAYONNAISE JAR..... AND THE COFFEE.....

A professor stood before his philosophy class and had some items in a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked his students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar.

He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked his students if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar.

Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded "yes".

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

The golf balls are the important things. Your family, your children, your faith, your health, your friends and your favourite passions, your life would still be full.

The pebbles are the other things that matter. Your job, your house and your car.

The sand is everything else, the small stuff. "If you put the sand into the jar first", he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out to dinner. Play another round of golf.

There will always be time to clean the house....

Take care of the golf balls first, the things that really matter.

Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

THE DAY THAT ALBERT EINSTEIN FEARED MOST HAS ARRIVED!

On their honeymoon.



A day at the beach, with friends.



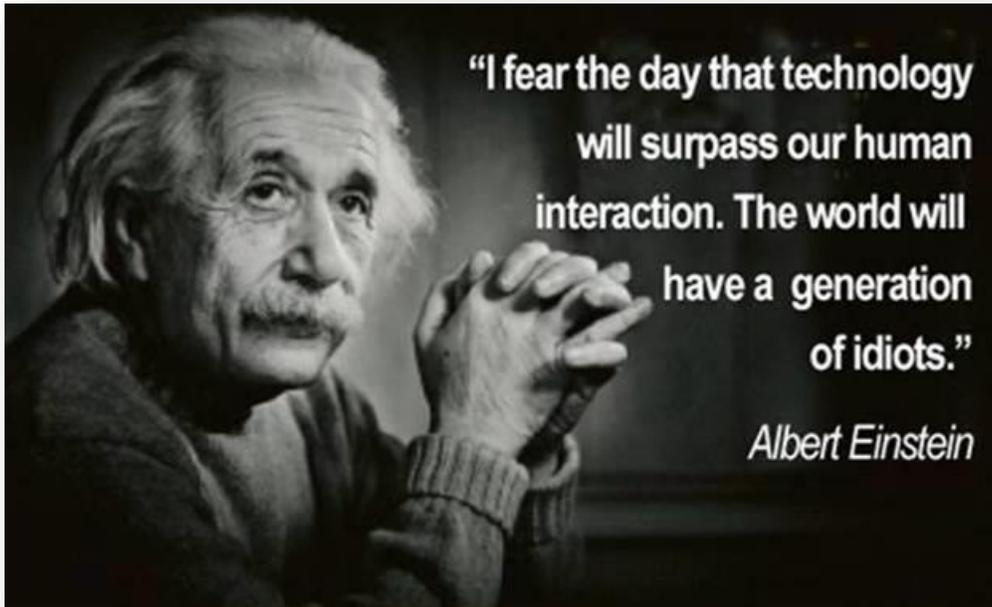
Out on a date.



A visit to the museum.



IT'S HERE!



TILL NEXT TIME
SANDRA & SHARLENE

