

THE STROKE AID SOCIETY

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NEWSLETTER: NOVEMBER – DECEMBER 2016

UPDATE FROM THE STROKE AID SOCIETY

SANDRA REPORTS:

- Our **2016 ANNUAL GENERAL MEETING** was held on the 8th November 2016. It was our 31st AGM. Our commitment to the welfare of the Stroke Aid Society carries on and we continue to strive to meet the needs of our stroke survivors and their families. Yes, we have survived another year. It has been a privilege to attend our weekly groups at Jabula in Sandringham, Soweto Aged Home and South Rand Hospital. We say **THANK YOU** to everyone who plays an enormous role in keeping our doors open and our heads above water.
- Our combined (all 3 groups) **END OF THE YEAR CELEBRATION** will be held @ Jabula Recreation Centre on Tuesday, **6TH DECEMBER 2017 AT 9:30AM**.
- Stroke Aid will be **CLOSING** on **TUESDAY THE 6TH DECEMBER 2016**
We will **REOPEN** on **TUESDAY 17TH JANUARY 2017**.
- Still no word from Lotto regarding our Application from 2015. 🙄
- So with love, grace and fortitude we wish you all peace, prosperity and good health for 2017
A little tip from me:
When times are tough and you feeling weak, look at someone else and take a peek, send out love and golden light, and the days ahead will turn out right.
As you travelling along life's highway, do friends talk to you as you pass, if they don't – you'd better check your expression, cos you're wearing your grin at half-mast!



FYI

STROKE IS TREATABLE

SOURCE: <http://www.heartfoundation.co.za/>

Although stroke is a complex medical issue, there are ways to significantly reduce its impact. Prof. Pamela Naidoo, CEO of the HSFSA states that “Recognising the signs of a stroke early, treating it as a medical emergency and having access to the best professional care, can substantially improve outcomes. These are key priorities that the HSFSA would like to highlight on World Stroke Day”. The key messages of the HSFSA and the World Stroke Organisation are embodied in the triple **A’s: Awareness, Access and Action.**

AWARENESS

Knowing how to recognise the signs of stroke, is a key first step in treating stroke.

A useful acronym to remember and to share widely with family and friends, is **FAST**:

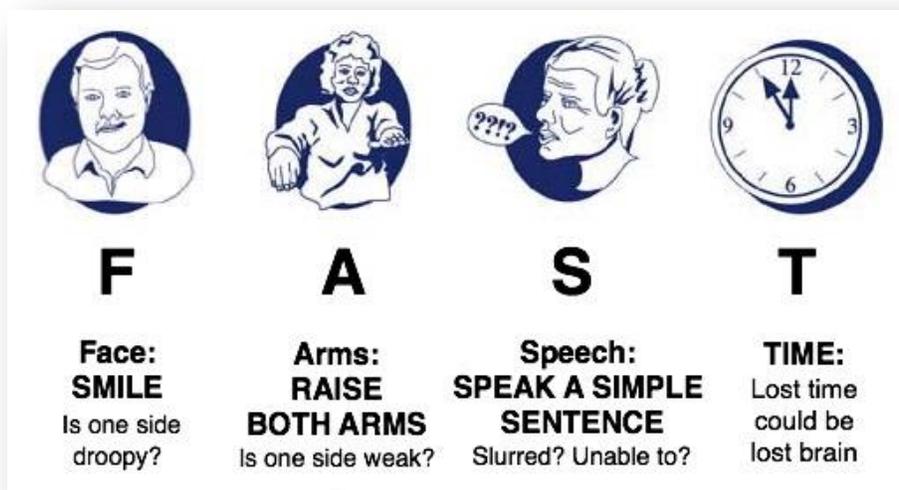
Face: Is one side drooping?

Arms: Raise both arms. Is one side weak?

Speech: Is the person able to speak? Are words jumbled or slurred?

Time: If even one of these signs are present, act quickly and call emergency services.

By asking these simple questions and being able to identify whether you, a friend or bystander is having a stroke, could save a life and improve chances of rehabilitation. The sooner a stroke is recognised and care is sought, the higher the chances of survival and recovery.



ACCESS

Having access to emergency medical care, medication and treatment when suffering a stroke, greatly increases the chances of a good outcome. Taking the suspected stroke victim to a hospital immediately ensures that treatment can start early.

General treatment of a stroke patient includes careful management of hydration, nutrition and swallowing problems, as well as measures to prevent pneumonia and blood clots forming in the veins of the legs. High blood pressure and blood sugar levels may require treatment. After the acute phase of stroke treatment, the focus of management shifts to rehabilitation and preventing another stroke from occurring.

ACTION

For stroke to be treatable, action is needed by government, healthcare professionals, individuals and survivors in order to drive awareness and advocate for better access to stroke treatments.

Lifestyle changes: Knowing whether one is at risk for a stroke plays a key role in prevention - close monitoring of blood pressure, blood glucose and cholesterol can be a lifesaver and will highlight whether lifestyle changes are necessary. Lifestyle changes can greatly reduce the risk of another stroke in stroke survivors. Changes include:

- **Eating well**
- **Being physically active**
- **Being tobacco-free**
- **Managing stress**
- **Limiting alcohol consumption**

Face the Facts, stroke is treatable.

Lives can improve with better awareness, access and action – we hope we have made it a far less scary topic and trust this has empowered you.

The numbers to phone for the public emergency ambulance services, if you think someone is having a stroke are 10177 (Landline) and 112 (Cell). One phone call, can potentially save a life!

Download the HSFA's 'My Stroke, A Practice Manual for Stroke Patients' developed in conjunction with the University of Cape Town from:

http://heartfoundation.co.za/sites/default/files/HSF%2013%20StrokeBooklet_web_FA.pdf



WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

UCLA-LED STUDY SHOWS TREATMENT CAN PROVIDE BENEFITS UP TO 7.3 HOURS AFTER ONSET OF STROKE



Time is of the essence when getting people with acute ischemic strokes treatment.

The use of stent retrievers, devices that remove the blood clot, have proven to be a breakthrough for removing the life-threatening blockage of blood flow to the brain.

Current professional guidelines recommend that the procedure be performed within six hours for people to benefit.

Researchers on a UCLA-led study however found that the procedure has benefits for people **up to 7.3 hours** following the onset of a stroke.

"Extending the time window for therapy will let us help more patients, including patients who were not able to get to a hospital right away because the stroke started while they were asleep or made them unable to call for help," said Dr. Jeffrey Saver, director of the UCLA Comprehensive Stroke Center and the study's lead author.

The researchers also found that for each six-minute delay, there is a 1 percent increase in the proportion of people who end up disabled, emphasizing the need for people to seek treatment as quickly as possible when they experience symptoms of a stroke.

The study examined the relationship between the onset of the stroke, the amount of time until the blockage was treated and patient outcomes. The current study combines data from five clinical trials involving a total of 1,287 people. The researchers analyzed the relationship between time from onset of the blockage to treatment and outcome among these patients.

The researchers found that people treated earlier with the retrievers plus standard medical therapy were less likely to be disabled three months after surgery than people who only received medical therapy. Outcomes were the best if the procedure was done within the first two hours of a stroke, but those treated up to 7.3 hours after a stroke continued to show a lesser benefit.

Saver noted, "It is important for the public to know the critically important relationship between time to treatment and outcome, so they know to activate the 911 system as soon as possible when they detect stroke symptoms in themselves or friends, family and co-workers. And it is important to reorganize regional systems of stroke care to ensure that ambulances transport appropriate patients to hospitals that perform this procedure quickly and safely."

The people in these trials were seen at mostly academic medical centers, so the question remains as to whether these same results can be achieved at non-academically affiliated medical centers. Other elements that could skew the results include differences in trial entry criteria and patient characteristics, and that these results may not apply to people who did not qualify for the trials.

Source: University of California, Los Angeles (UCLA), Health Sciences

Published on: 28 September 2016 **Available on:** <http://www.news-medical.net>

INTERESTING TRUE STORY

Published on 13th October 2016

ROALD DAHL WAS INSPIRED BY HIS WIFE'S STROKE TO CREATE THE WORDS 'SNOZZCUMBER' AND 'GOBBLEFUNK'



Roald Dahl pictured with his wife Patricia Neal, who suffered multiple strokes

Roald Dahl came up with words such as "snozzcumber" and "gobblefunk" after being inspired by his wife's stroke, his doctor has revealed.

The author, who died in 1990, also drew on side effects of the condition for his character the BFG and made him get his words out "just like" a stroke patient, Professor Tom Solomon said.

Dahl's wife, American actress Patricia Neal, suffered multiple strokes while bathing her eldest daughter in 1965. The author later became an active campaigner and played a part in creating The Stroke Association.

Prof Solomon, who was attending the Cheltenham Literature Festival to speak about his book Roald Dahl's Marvellous Medicine, spoke to Dahl about the link while looking after him.

Speaking about the moment he asked Dahl, "I said to him, 'did all these new words and the difficulty with the BFG's speech, did that come from Pat's stroke?'"

He replied, "She struggled with her words like people do when they've had a stroke. She came up with all these funny words, like 'oblogon' for a cigarette and 'you make me jake my diddles' meaning 'you're making me cross'."

Prof Solomon said Dahl told him that his wife’s problems with words “must have” influenced his writing. “I had always enjoyed making up new words. That is part of the fun, you know, that keeps the nippers interested... But I suppose, yes, some of the trouble Pat had did work its way into The BFG; yes it must have.”

Dahl is well known for his diverse language, with six of his made-up words, including "Oompa Loompa", being added into the Oxford English Dictionary last month.

In The BFG, cheerful is replaced with "hopscotchy", writing with "squabbling" and silly with "frothbuggling".

“The BFG has all these weird words and weird expressions,” Prof Solomon said. “The BFG struggles to get his words out just like a stroke victim.”

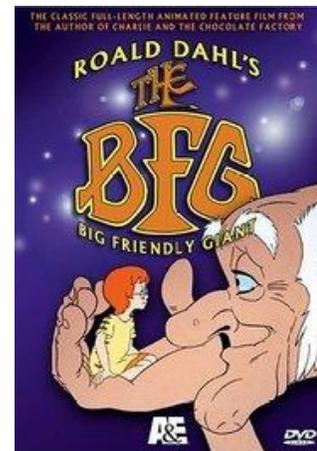
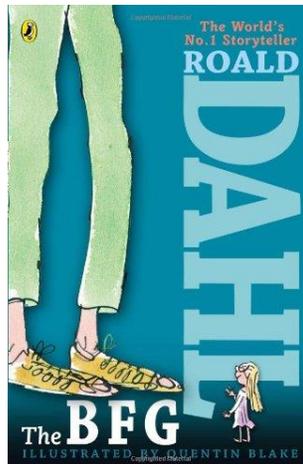
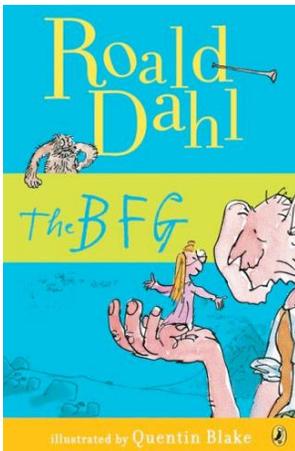
Following his wife’s stroke, Dahl set up a “rehabilitation” programme in a bid to help her learn to speak again.

“Back then there was no rehabilitation, she would have got an hour every couple of days but he thought how is she going to relearn to speak and relearn to walk on an hour a day?” Prof Solomon said.

“Look at children. Children have six hours a day in school to help them learn and so he thought that's what we're going to do.

“He set up for friends and family to come and do an hour each, six hours a day to help her talk again.” Dahl's approach to stroke rehabilitation became a whole movement and eventually became absorbed into the Stroke Association.

SOURCE: <http://www.telegraph.co.uk/news/2016/10/13/roald-dahl-was-inspired-by-his-wifes-stroke-to-create-the-words/>



ON A LIGHTER NOTE ...

Submitted by Sandra Colombick



Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave vault doors open and then chain the pens to the counters?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

EVER WONDER...

Why the sun lightens our hair, but darkens our skin?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do 'practice'?

Why is lemon juice made with artificial flavoring, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

MALE OR FEMALE ?

Submitted by Sheila Haydock

You might not have known this, but a lot of non-living objects are actually either male or female.

Here are some examples:

FREEZER BAGS:

They are male, because they hold everything in, but you can see right through them.



PHOTOCOPIERS:

These are female, because once turned off; it takes a while to warm them up again. They are an effective reproductive device if the right buttons are pushed, but can also wreak havoc if you push the wrong Buttons.



TYRES:

Tyres are male, because they go bald easily and are often over inflated

HOT AIR BALLOONS:

Also a male object, because to get them to go anywhere, you have to light a fire under their butt.



SPONGES:

These are female, because they are soft, squeezable and retain water.



WEB PAGES:

Female, because they're constantly being looked at and frequently getting hit on.



TRAINS:

Definitely male, because they always use the same old lines for picking up people.



EGG TIMERS:

Egg timers are female because, over time, all the weight shifts to the bottom.

HAMMERS:

Male, because in the last 5000 years, they've hardly changed at all, and are occasionally handy to have around.



THE REMOTE CONTROL:

Female. Ha! You probably thought it would be male, but consider this: It easily gives a man pleasure, he'd be lost without it, and while he doesn't always know which buttons to push, he just keeps trying.



New Law:

With the high rate of attacks on women in secluded parking lots, especially during evening hours, the Minneapolis City Council has established a 'Women Only' parking lot at the Mall of America.

Even the parking lot attendants are exclusively female so that a comfortable and safe environment is created for patrons.

Below is the first picture available of this world-first women-only parking lot in Minnesota....



**THE STROKE AID TEAM WISHES ALL OUR MEMBERS AND FRIENDS, A JOYOUS
FESTIVE SEASON & A HAPPY AND HEALTHY 2017
IF YOU ARE TRAVELLING ON THE ROADS, BE SAFE.**

**TILL NEXT YEAR
SANDRA & SHARLENE**

