

# THE STROKE AID SOCIETY

PBO No. 9300531845

OFFICE TELEPHONE: 011 485 0235

Acting Chairman: Ms Kim Lewitte, BSC (OT) Cell: 083 302 9156

Office Manager/PRO: Mrs Sandra Colombick Tel: 011 485 0235

Secretary: Ms SharleneZinman Tel: 011 485 0235

[strokeaid@telkomsa.net](mailto:strokeaid@telkomsa.net) / [sharlenezinman@gmail.com](mailto:sharlenezinman@gmail.com)

[www.strokeaid.co.za](http://www.strokeaid.co.za)

## NEWSLETTER NOVEMBER – DECEMBER 2017

### DATES TO REMEMBER

#### ♥ CLOSING DATE

5<sup>TH</sup> DECEMBER 2017

#### ♥ RE-OPENING DATE

16<sup>th</sup> JANUARY 2018

### *Note from Sandra:*

Hi everyone 😊

It has been an interesting and fulfilling year. Thank you to all our members who are able to make their way to our groups and enjoy their morning . Transport has been a problem in that our Soweto Bus has been showing its age and yet still manages to bring people to the group. We are hopeful that a generous donor will surprise us, one never knows?

Around 11/12 months ago, (seems like yesterday ) we all looked to the new year with a positive attitude wondering what the year would bring. One never knows.... that is why we must take today, tomorrow is not promised to us, and make the very most of it. So, go placidly amid the noise and haste and remember what peace there may be in silence. We must try to not distress ourselves with imaginings. Many fears are born of what if.....we make the greatest movies when we are thinking, best sellers, Oscar winners. We often ask each other “how would we change things if we had our life over?, how would our tapestry of life take shape ? “. Is it woven finely and strong with hues and shades to last long?

A wonderful quote by the late Anne Frank

**“WE ALL LIVE WITH THE OBJECTIVE OF BEING HAPPY, OUR LIVES ARE ALL DIFFERENT AND YET THE SAME”**

So with all that in mind, let us all look forward to a new year filled with good health and contentment. My wish is that The Stroke Aid Society will continue its quest to reach those members and families who would benefit from enjoying a morning of friendship and socialisation.



***Plant three rows of peas:***

*Peace of mind  
Peace of heart  
Peace of soul*

***Plant four rows of squash:***

*Squash gossip  
Squash indifference  
Squash grumbling  
Squash selfishness*

***Plant four rows of lettuce:***

*Lettuce be faithful  
Lettuce be kind  
Lettuce be obedient  
Lettuce really love one another*

***No garden is complete without thyme:***

*Thyme to care  
Thyme to laugh  
Thyme for one another*

***Water freely with patience and cultivate with love:***

*You will have much fruit in your garden if you abide with all of these things  
You will reap what you sow.*

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

## 'BE FAST' TO RECOGNIZE STROKE SIGNS

Posted online on the 4<sup>th</sup> May, 2017

Many people have become familiar with the **FAST** acronym for identifying acute stroke symptoms. But a recently expanded version of the acronym can make it easier for those witnessing an acute stroke to identify it in nearly all cases.

**BE FAST** highlights two additional stroke symptoms than the former FAST acronym, making it possible to identify 95 percent of acute strokes:

**B – BALANCE LOSS**

**E – EYESIGHT CHANGES**

**F – FACE DROOPING**

**A – ARM WEAKNESS**

**S – SPEECH DIFFICULTY**

**T – TIME TO CALL 911**

“FAST was only picking up the most common type of ischemic strokes,” said Kathy Morrison, stroke program manager at Penn State Health Milton S. Hershey Medical Center. “The back part of the brain is responsible for balance and eyesight, and those strokes were being missed. This new acronym can help you recognize a stroke that might be occurring in that area.”

Those experiencing a posterior stroke may be off balance or have trouble walking. They may also have sudden vision loss in one or both eyes. A facial droop or arm weakness on one side of the body are the common signs of an anterior stroke.

Someone who is having trouble getting words out or making their speech understood could also be in the middle of a stroke.

The time factor is critical. If a stroke patient receives an intravenous clot-busting drug known as TPA within three hours of the onset of symptoms, the clot causing the stroke can be dissolved, restoring blood flow and oxygen to the area of the brain affected by the stroke and lessening the lasting damage.

**“Time saved is brain saved, so it really does matter how fast you can identify it and react,”** Morrison said.

Alicia Richardson, clinical nurse specialist for the Medical Center’s stroke program, said the organization has decided to begin using the expanded acronym in its community and patient education efforts because it can help identify nearly 10 percent more strokes than the FAST acronym alone.

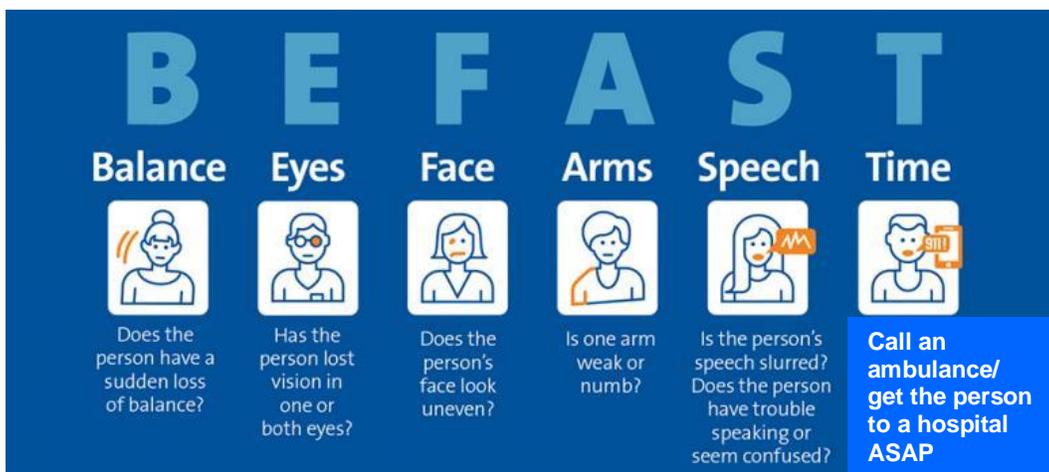
New information about who is having more strokes also played into the decision. In the past 10 years, the incidence of stroke decreased by 29 percent in people age 65 and older, who were traditionally more at risk.

Strokes are now happening 44 percent more often in people ages 25 to 44. Morrison said that part of the reason, is that children who grew up with poor diets, oversized portion sizes and inactivity are entering that age group with some of the stroke risk factors typically found in older adults.

“Younger people are having strokes at a higher rate,” she said. “It’s not just old people.” Even young children need to know how to recognize the symptoms of a stroke and call 911 immediately for help because their parents may be affected.

The fact that stroke symptoms typically don’t involve pain makes it even more challenging to get patients the help they need in a timely manner. “If you have a heart attack, your chest hurts and you can’t breathe and you’re more likely to seek help quickly,” Morrison said. “But with stroke symptoms, many people lie down and hope they go away.”

**SOURCE:** <http://news.psu.edu/story/466693/2017/05/04/impact/medical-minute-be-fast-recognize-stroke-signs>



## CAN SPICY FOODS CURB SALT CRAVINGS OR LOWER BLOOD PRESSURE?

Published online: 01 November 2017



(Reuters Health) - People who like spicy foods may eat less salt and have lower blood pressure, potentially reducing their risk of heart attacks and strokes, a study from China suggests.

When people didn't care for spicy food, they consumed an average of 13.4 grams a day of salt, according to the study published online on the 31<sup>st</sup> October 2017 in "Hypertension". However, when people craved spicy dishes, their average salt intake was just 10.3 grams a day.

According to senior study author Dr. Zhiming Zhu, of the Third Military Medical University in Chongqing, China: "Our study shows that the enjoyment of spicy flavour is an important way to reduce salt intake and blood pressure, no matter the type of food and the amount of food. We advise people to enjoy spicy food in their daily life as long as they can tolerate it".

A high-salt diet has long been linked to higher odds of developing high blood pressure and heart disease as well as an increased risk of heart attack, stroke and heart failure. Some previous research suggests that trace amounts of capsaicin, the chemical that gives chili peppers their pungent smell, may heighten salty flavors in foods, essentially requiring lower amounts of salt to achieve the flavour people may want.

For the current study, researchers wanted to see if this heightened awareness of salty flavours in food might translate into lower salt intake. In the study, researchers used imaging techniques to look at the insula and orbitofrontal cortex, parts of the brain known to be involved in salty taste. They found that the areas stimulated by salt and spice overlapped, and that spice further increased brain activity in areas activated by salt.

"It is impossible to tell from this study which types of spices will be the most beneficial or how much spice is required to see a beneficial effect on lowering salt intake or blood pressure," said Richard Wainford, a pharmacology researcher at Boston University School of Medicine.

"There are no key spices identified in this study. A good way to think about it is adding a little spice may be beneficial!"

**SOURCE:** [https://www.medscape.com/viewarticle/887873?src=wnl\\_edit\\_tpal](https://www.medscape.com/viewarticle/887873?src=wnl_edit_tpal)

## INTERESTING TRUE STORY

Posted online, on the 30<sup>TH</sup> October 2017.

The American Stroke Association estimates one in six people will experience stroke in their lifetime. Sunday the 29<sup>th</sup> October, is recognized as World Stroke Day. It's an effort to create lives free from stroke through education and awareness.

OVERLAND PARK, KANSAS, USA. - Teri Ackerson is a registered nurse, marathon runner and busy mom. In generally good health, she says she never expected to experience a life-threatening medical emergency behind the wheel of her car. "[My son] Parker and I were driving home and I lost complete use and feeling of my left arm and face, and my ability to speak. Thank goodness I had just gone through a stoplight and I was able to pull the car over," said Ackerson.

What her 16-year-old son did next may have saved her life. "Because my son knew **F.A.S.T.** And the signs and symptoms of stroke, he had me at a primary care center between seven minutes of my symptom onset," she explained.

Teri's stroke was caused by an undiagnosed congenital heart defect. Her condition is not preventable, but 80% of strokes are, and heart health has a lot to do with decreasing your odds.

"The number one risk factor for stroke is high blood pressure. Visiting the physician annually is one of the most important things you can do, as well as to keep on top of things," said Ackerson.

In two thirds of cases stroke is identified by a bystander. Using the acronym F.A.S.T, can help you know if someone nearby is having a stroke. "If someone's face is droopy ask them to smile. Can they smile with both sides of their face? A is for arm, ask them to raise their arms up. See if one is weaker, can they even raise them at all? S is for speech, is their speech slurred or are they having a hard time finding their words, are they making sense to you? And then the T is simply, if they have any of those symptoms it's time to call 911," she explained.

On world stroke day, many survivors like Teri are reflecting on their experiences and using them to possibly help others avoid similar emergencies. "That's what world stroke day is all about is just bringing awareness, advocacy and education to the community," said Ackerson.

**SOURCE:** <http://fox4kc.com/2017/10/30/quick-action-by-son-saves-mom-having-a-stroke-while-driving/>

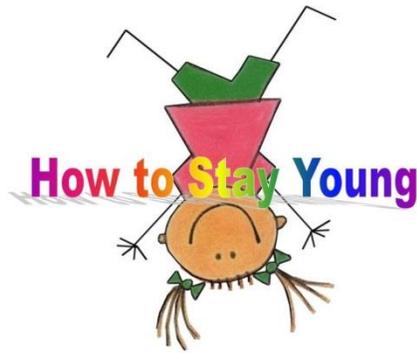


## ON A LIGHTER NOTE ...



### HOW TO STAY YOUNG

Submitted by: Sandra Colombick



**1. Throw out nonessential numbers.**

This includes age, weight and height... Let the doctors worry about them...that is why you pay 'them.'

**2. Keep only cheerful friends.**

The grouches pull you down.

**3. Keep learning.**

Learn more about the computer, crafts, gardening, dances, whatever. Never let the brain idle. 'An idle mind is the devil's workshop'....and the **devil's** name is **Alzheimer's**.

**4. Enjoy the simple things.**

**5. Laugh** often, long and loud.

Laugh until you gasp for breath.

**6. The tears happen.**

Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.

**7. Surround yourself with what you love,**

whether it's family, pets, keepsakes, music, plants, conifers, hobbies, whatever.  
**Your home is your refuge.**

**8. Cherish your health:**

If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

**9. Don't take guilt trips.**

Take a trip to the mall, even to the next county; to a foreign country, but NOT to where the guilt is.

**10. Tell the people you love that you love them, at every opportunity.**

**AND .....ALWAYS REMEMBER:**

Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.

## **RAY AND BOB**

Submitted by: Sheila Haydock



Ray and Bob, two Government maintenance guys, were standing at the base of a flagpole, looking up. A woman walked by and asked what they were doing.

"We're supposed to find the height of the flagpole", said Bob, "But we don't have a ladder."

The woman said, "Hand me that wrench out of your toolbox." She loosened a few bolts and then laid the pole down. She then took a tape measure from their toolbox, took a measurement and announced, "Eighteen feet, six inches" and walked away.

Ray shook his head and laughed. "Well, ain't that just like a 'Miss-know-it-all' woman?" he said. "We need the height and she gives us the length!"

***Ray and Bob are still working for the Government.***

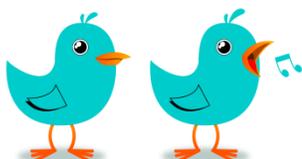
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Wishing all our members, their families and all the friends of Stroke Aid a peaceful and joyous festive season.

From all of us @ The Stroke Aid Society

**TILL NEXT YEAR**



**SANDRA & SHARLENE**