



## THE STROKE AID SOCIETY

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### NEWSLETTER: SEPTEMBER – OCTOBER 2013

#### NEWS FROM STROKE AID

1. **REMINDER:**

**STROKE AID 2013 AGM:**

Date: Tuesday 29th October 2013 which also happens to be:

“WORLD STROKE DAY”

Time: 10 am

Place: Paterson Park Recreation Centre



2. We would like to officially welcome **Irene Kaales** (Retired Occupational Therapist) to Stroke Aid. She will be running Kim's groups from November 2013. We are thrilled to have her with us and we can already see that she will be an invaluable part of our Team.

3. Thank you to Kim Lewitte, who has agreed to stay on as our acting Chairman.

4. **Fundraising:**

Sadly, we were unable to organize Stroke Aid Diaries for 2014.

5. **REMINDER ABOUT TRANSPORT**

**Please note:** If you make use of the Stroke Aid Transport and you are unable to attend a group meeting, please inform **Ken (081 325 79 27)** as soon as possible.



**UNNECESSARY TRIPS, WASTE TIME AND FUEL.**

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



### HYPERBARIC OXYGEN TREATMENT NEW PLAYER IN STROKE REHABILITATION

Results from a study published online (News-Medical.Net, 29 January 2013), indicate that treatment with hyperbaric oxygen therapy (HBOT) can lead to significant neurologic improvements for Stroke Patients.

The researchers found that HBOT produced noticeable improvements even as long as 3 years after the initial stroke event.

Based on the theory that increasing a person's level of dissolved oxygen using HBOT could activate neuroplasticity and improve stroke-induced neurologic deficiencies, Shai Efrati (Tel-Aviv University, Israel) and colleagues assessed the efficacy of 2 months of HBOT for 74 patients who had suffered an ischemic or hemorrhagic stroke 6-36 months previously.

#### Selecting study participants:

- 12 patients were excluded, because they had pulmonary conditions incompatible with HBOT, inner ear disease, or claustrophobia,
- **Study Group:** 30 patients received 40 sessions (five per week) of HBOT over 2 months, each treatment session lasted for 90 minutes and used 100% oxygen.
- **Control Group:** 32 patients in the control group had no therapy during the same period

## **Results of study**

All the patients receiving HBOT sustained significant neurologic improvements and had a better quality of life following treatment, while no improvements were seen in the control group.

CT (Computed Tomography) scanning also showed noticeable changes following HBOT that correlated with the observed clinical improvements.

The authors in PLoS ONE commented: "We provide, for the first time, convincing results demonstrating that HBOT can induce significant neurological improvement in post stroke patients. The neurological improvements in a chronic late stage demonstrate that neuroplasticity can be operative and activated by HBOT even long after acute brain insult,"

**\*\* PLoS ONE** (PLOS ONE) is the acronym for **Public Library of Science**

- PLoS ONE features reports of primary research from all disciplines within science and medicine.

**SOURCE:** <http://www.news-medical.net/news/>

News-Medical.Net - Latest Medical News and Research from Around the World.

## **SA TAKES GROUND-BREAKING ACTION ON SALT**



**South African** government has taken action to make salt reduction in the food industry mandatory.

The Minister of Health signed legislation on 18 March 2013 to make salt reduction in the food industry mandatory.

"This is wonderful news and the Heart & Stroke Foundation would like to congratulate the Minister of Health, Dr Aaron Motsoaledi, on taking this important step, helping South Africans to reduce salt in their diet," says Dr Vash Mungal-Singh, CEO of the Heart and Stroke Foundation SA.

"Other countries have introduced salt reduction on a voluntary basis and not always successfully. South Africa may achieve salt reduction targets quicker compared to other countries where salt legislation is not mandatory and the world will be watching us to see if our approach works," said Dr Vash.

Dr Motsoaledi on many occasions stated his intention to regulate the food industry in terms of permitted salt content to help lower blood pressure amongst the population and thereby save lives.

**South Africans have one of the highest rates of hypertension worldwide.** An estimated 6.3 million people are believed to be living with high blood pressure in SA, **making them more susceptible to life-threatening diseases like stroke and heart disease.**

Statistics show that there are about 130 heart attacks and **240 Strokes daily in South Africa.** That means that **10 people will suffer a stroke** and five people will have a heart attack – every hour.

Dr Motsoaledi has been supportive of salt reduction campaigns for some time, stating back in 2011 in Parliament that: “[The] South African diet has been shown to be very high in salt. The desired amount of salt for your body is known to be 4-6 grams per day. But in our country it is up to 9.8 grams per day i.e. more than two times the physiologically required amount. More salt is already found in food rather than individuals adding it on the table.”

**The World Health Organisation recommends that adults eat less than 5g of salt (a teaspoon) a day.**

The Heart and Stroke Foundation says a staggering 80% of cardiovascular diseases could be prevented through modified behaviour – like reducing salt.

“Many South Africans know that too much of salt is not good for their health but they don’t know that it is actually killing them. The problem is that up to 60% of this salt is hidden in products and consumed by people probably unaware of the high salt content in their food,” warns Dr Mungal-Singh.

**Studies have shown that South African bread is among the saltiest in the world.**

“Legislation alone is not going to lower salt consumption in the country and improve health. This is going to be a collaborative effort of government, the food industry and organisations such as the Heart and Stroke Foundation. The people of South Africa also have a role to play. People have to start choosing products with lower salt and to use less salt at the table and when cooking.”

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

## PRACTICAL TIPS

Submitted by Sandra Colombick

### YOUR MIND - Don't forget the Stradivarius

Being absentminded and forgetting where you put your car keys is stressful enough, but when a \$4 million Stradivarius cello is forgotten in the boot of a taxi, that is something else.

The renowned cellist Lynn Harrell left his 300 year old Stradivarius, valued at \$4 million, in a taxi after a five-minute ride from 54th Street and Broadway to his apartment on West End Avenue, New York. It was only after the cab had driven away that Mr Harrell realized he had not retrieved his cello from the boot of the taxi.

Absentmindedness involves a breakdown at the point where attention and memory meet. When attention and memory meet, what we are doing at the time is successfully encoded in the memory and can easily be recalled later. "The basis of absentmindedness is a failure between memory and attention," says Daniel Schacter, author of *The Seven Sins of Memory*. "Usually when you are being absentminded, it's that your conscious processing is focused on something other than the task at hand; you are thinking about something else."

### SIMPLE TIPS TO HELP YOU REMEMBER

Try these simple tips offered by Professor Grossberg of the St. Louis University School of Medicine:

1. **Simplify your life.** "Don't be overwhelmed by too many things at once, and take tasks one at a time."
2. **Get proper rest and nutrition** so you are in a well-rested frame of mind.
3. **Keep to a schedule.** "People who stick to a schedule are less absentminded than people who don't."
4. **Get plenty of exercise, both physical and mental.** "Challenge the brain in new and creative ways throughout life," says Grossberg. "Join a book club, learn to play chess, or use your right hand instead of your left if you're left-handed."
5. **Keep items** that you use regularly, **in the same place.**
6. **Make effective use of cues and reminders**, like sticky notes or a calendar.  
In the case of Lynn Harrell if he had written down that he needed to get his cello out of the trunk of the cab, he wouldn't have forgotten it.

*Now where did I put my glasses?*

# JUST FOR LAUGHS

Submitted by Sheila Haydock

## VERY CLEVER ANAGRAMS

### **PRESBYTERIAN:**

When you rearrange the letters:  
**BEST IN PRAYER**

### **ASTRONOMER:**

When you rearrange the letters:  
**MOON STARER**

### **DESPERATION:**

When you rearrange the letters:  
**A ROPE ENDS IT**

### **THE EYES:**

When you rearrange the letters:  
**THEY SEE**

### **GEORGE BUSH:**

When you rearrange the letters:  
**HE BUGS GORE**

### **THE MORSE CODE:**

When you rearrange the letters:  
**HERE COME DOTS**

### **DORMITORY:**

When you rearrange the letters:  
**DIRTY ROOM**

### **SLOT MACHINES:**

When you rearrange the letters:  
**CASH LOST IN ME**

**ANIMOSITY:**

When you rearrange the letters:  
**IS NO AMITY**

**ELECTION RESULTS:**

When you rearrange the letters:  
**LIES - LET'S RECOUNT**

**SNOOZE ALARMS:**

When you rearrange the letters:  
**ALAS! NO MORE Z 'S**

**A DECIMAL POINT:**

When you rearrange the letters:  
**I'M A DOT IN PLACE**

**THE EARTHQUAKES:**

When you rearrange the letters:  
**THAT QUEER SHAKE**

**ELEVEN PLUS TWO:**

When you rearrange the letters:  
**TWELVE PLUS ONE**

*AND FOR THE GRAND FINALE:*

**MOTHER-IN-LAW:**

When you rearrange the letters:  
**WOMAN HITLER**

Cheers for now.

Until next time

Sharlene

