

# THE STROKE AID SOCIETY

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## NEWSLETTER: SEPTEMBER - OCTOBER 2015

### UPDATE FROM THE STROKE AID SOCIETY

#### IMPORTANT DATES TO DIARIZE



Our **2015 AGM** will be held on the **17<sup>th</sup> November 2015**.

**Venue:** Jabula Recreation Centre

**Time:** 10am

#### END OF THE YEAR CELEBRATION, FOR ALL OUR MEMBERS

**END OF THE YEAR CELEBRATION!**

8th December 2015  
Jabula Recreation Centre

**Entertainment:**  
Edenvale Senior Citizens Choir

SOWETO  
SOUTH RAND  
JABULA

#### CLOSING DATE

Stroke Aid will close on Tuesday the **8<sup>th</sup> December 2015**.

#### RE-OPENING DATE

Stroke Aid will re-open on **12<sup>th</sup> January 2016**.



## **WORLD STROKE DAY**

World Stroke Day was established by the World Stroke Organization in 2006. It is observed worldwide on the **29<sup>th</sup> October**.

The main aims of World Stroke Day are:

- ♥ To underscore the serious nature and high rates of stroke
- ♥ To raise awareness of the prevention and treatment of the condition
- ♥ To ensure better care and support for survivors.

### **WORLD STROKE DAY 2015**

World Stroke Day 2015, is on **Thursday the 29th October 2015**.

The World Stroke Organization's theme for World Stroke Day 2015 is **'I am Woman'**.

The World Stroke Campaign has chosen to focus on this theme because a woman is

- More at risk of having a stroke.
- More likely to die from a stroke than a man.
- Less likely to receive acute care and rehabilitation than a man, even though she responds equally well to treatment.
- More likely to experience a severe decline in cognitive function and runs a higher risk of post-stroke depression and institutionalization.
- More likely than men to experience hypertension, atrial fibrillation (irregular heartbeat), diabetes, depression and obesity, all of which increase stroke risk.
- More likely to take on the caregiving role.

Some stroke risks are also specific to women.

Pregnancy related diabetes, pre-eclampsia, the use of birth control pills; hormone replacement therapy and hormonal change all increase the risk of stroke for women.

“We want more women to understand their stroke risk and take steps that will reduce the likelihood of preventable stroke. This World Stroke Day, we are encouraging all women to make healthier lifestyle choices and calling on them to get a health check from a medical practitioner.”

**REFERENCE:** <http://www.worldstrokecampaign.org/get-involved/world-stroke-day-2015.html>



**WORLD STROKE DAY 29<sup>TH</sup> OCTOBER**



**F**

**Face:  
SMILE**

Is one side  
droopy?



**A**

**Arms:  
RAISE**

**BOTH ARMS**  
Is one side weak?



**S**

**Speech:  
SPEAK A SIMPLE  
SENTENCE**

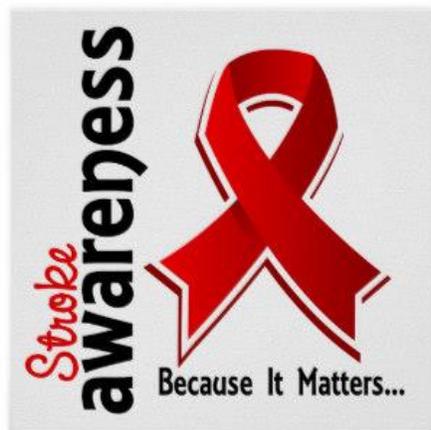
Slurred? Unable to?



**T**

**TIME:**  
Lost time  
could be  
lost brain

**Learn to recognize the warning signs of a stroke and how to take action.**



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

### MINOR INFECTIONS, INADEQUATE VACCINATIONS INCREASE STROKE RISK IN CHILDREN



*Published on 1<sup>st</sup> October 2015 by the American Academy of Neurology*

According to research published in the September 2015 Issue of Neurology® (the Medical Journal of the American Academy of Neurology), children who have suffered recent infections or have not received most or all of their vaccinations are at a higher risk for a stroke.

There are between 2.6 and 13 strokes per 100,000 children per year, in the USA.

It is well known that developmental, genetic and environmental factors are major contributors to paediatric strokes.

This study however, found that infections may also temporarily increase the risk of stroke. Such infections include flu, upper respiratory tract infections, bacterial and viral infections and to a lesser extent, urinary tract infections and gastrointestinal infections.

Researchers enrolled 355 children between the ages of 29 days and 18 years who had suffered Ischemic Strokes, in the study.

*\*\* Ischemic Strokes are caused by blood clots that block blood flow in the brain.*

Results of the study revealed:

- Eighteen percent of these children had experienced infections during the week prior to their strokes.  
By comparison, only 3 percent of children in the control group had suffered infections during the week prior to being interviewed.
- Children who suffered strokes were less likely to have received all or most of the recommended vaccinations.

Commenting on the study, Drs. Biller and Heyer noted that minor infections are common in children. "While further study is needed to clarify how infection increases stroke risk, one can speculate that the physiologic changes related to infection (systemic inflammation, dehydration and activation of the coagulation system) could tip the balance in a child who is already at risk for stroke."

*Dr. Biller is an internationally known expert on strokes in children and young adults. He has written a textbook on the topic and is a co-author of the American Heart Association's guidelines for management of stroke in infants and children.*

*Dr. Biller is chair of the Department of Neurology of Loyola University Chicago Stritch School of Medicine.*

REFERENCE: <http://www.news-medical.net/news/20151001/Minor-infections-inadequate-vaccinations-increase-stroke-risk-in-children.aspx>

## GROUP SUPPORT PROMOTES SELF-CARE FOR STROKE PATIENTS

VIENNA, Austria — An innovative group program of rehabilitation and education encouraging self-care for patients who have had a stroke, is boosting patients' confidence to re-engage in life and helping them to make lifestyle changes to lower their risk for a recurrent event.

The program known as the **ASPIRE** Program

Acute Stroke

Self-management support

Prevention

Information

Rehabilitation

Exercise

..... has been introduced at Yeovil District General Hospital in Somerset, United Kingdom and consists of post-discharge group work for 2 hours, over 12 weeks.

Patients can come with spouses or carers and participate in interactive information sessions and individually tailored goal-orientated exercises.

A key and novel part of the program is the involvement of other stroke patients who have previously participated in the course, as volunteers.

### Peer-to-Peer Support

Presenting details of the **ASPIRE** Program at the recent 24th European Stroke Conference (ESC) on 14<sup>th</sup> May 2015, consultant therapist in rehabilitation Deborah Neal said the peer-to-peer support provided by other stroke patients helps the new patients build confidence and change their mind-set so they better engage in healthy lifestyle behaviours.

She presented new data from the program showing that patients completing the course had a significant benefit in stroke knowledge and that scores for self-efficacy (confidence) was also significant.

"Normally we wouldn't expect to see any major changes after just 12, two-hour sessions but because this program appears to bring about a change in mind-set, the patients go home and change their behaviours," she commented. "One of the key elements that brings about this mind-set change is the fact we have the 'expert' patients present. They act as role models. This is the theory of self-efficacy," she added. "It is a very cost-effective model."

Neal also noted that unlike some other group programs, the **ASPIRE** course is very inclusive.

"We take everyone who has had a stroke. We have no age or disability limits so we take people in wheelchairs and those who are fully mobile and the whole spectrum of communication and cognition. They all receive an individually tailored exercise program."

The course is run by a physiotherapist, a nurse, and a rehab assistant, with guest speakers including a pharmacist, dietitian and occupational therapist. Then the patient volunteers and carers add more support.

"We find friendships build up and patients become empowered by each other to follow healthy behaviours outside the program. For example, they may join a local walking group or gym together," Neal said. "We also run a buddy system, putting new patients in touch with others who have been through the program, who may live locally to them. In this way we are setting up a stroke community where good habits are spread by the patients themselves. The social interaction itself also helps enormously."

### **"Drip, Drip, Drip" Approach**

Neal noted that before **ASPIRE** was established, about half the stroke patients in the area were going home without any rehabilitation or regular follow up. "We found that people were still in shock — many hardly recognized that they had had a stroke, but they were at high risk of having another one if they didn't change their lifestyle. They are told at the hospital about risk factors but most don't remember. But our 12-week 'drip, drip, drip' approach is much more effective at getting the messages across."

The weekly sessions also act as a point of contact for previous patients to "drop in" for further advice. Carers also get the chance for some respite if they prefer not to stay at the sessions.

Neal notes that this approach will be difficult to validate in a randomized trial because the program is very pragmatic and heavily individualized. So they are looking at qualitative data instead.

The current analysis involved two phases.

- In the first, 10 patients attending the program and 7 carers (all spouses) were interviewed about three major outcomes: confidence in doing important everyday activities, developing knowledge for reducing vascular risk and the benefits of peer support.
- The second phase tested the phase 1 outcomes in 19 patients and 6 carers using relevant standardized validated tools, including the Stroke Knowledge Test, the Stroke Self-Efficacy Questionnaire, the Hospital Anxiety and Depression Scale, and the Caregiver Strain Index.

**REFERENCE:** <http://www.medscape.com/viewarticle/845824?src=wnl>



## INTERESTING TRUE STORY

### ROBOTIC GLOVE DESIGNED TO HELP STROKE PATIENTS

In an article posted online on the 21<sup>st</sup> September 2015, on *WFAA.com*, research scientists at the University of Texas at Arlington Research Institute (UTARI) revealed that they have created a device that has the potential to make a big difference for stroke patients who have lost function of their one hand – a **Robotic Glove**.

The **Robotic Glove** is a portable device that reminds the brain of what the hand is supposed to do, thus helping to create new pathways.

"What we're trying to do is create a device which patients can take home and therapists can program, and apply therapy in a home setting," explained UTARI principal research scientist Muthu Wijesundara.

He said current technology that works to move the hand and rebuild memories is bulky and not widely available. This device is small, and can be taken home.



It will however be some time before patients can find a device like this in doctor's offices or rehabilitation centers, as it is currently being evaluated for safety and usability, and it still needs to be approved by the FDA before it is produced. But the hope is that once it's approved, it will have a far-reaching impact.

The cost is estimated to be \$2,500-\$3,000 per device once they're produced.

**REFERENCE:** <http://www.wfaa.com/story/news/health/2015/09/21/robotic-glove-aims-to-help-after-stroke/72588886/>

*WFAA.com* is the official website for WFAA-TV, an ABC-affiliated television station, serving the Dallas-Fort Worth Metroplex, Texas, United States.



## ON A LIGHTER NOTE ...

### WISDOM COMES WITH TIME

Submitted by: Sheila Haydock

A guy is 72 years old and loves to fish.

He was sitting in his boat the other day when he heard a voice say, 'Pick me up.'

He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, 'Pick me up.'

He looked in the water and there, floating on the top, was a frog. The man said, 'Are you talking to me?'

The frog said, 'Yes, I'm talking to you.' Pick me up, then kiss me; and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous, because I will be your bride!'

The man looked at the frog for a short time, reached over, picked it up carefully and placed it in his shirt pocket.

The frog said, 'What, are you nuts? Didn't you hear what I said?' I said, 'Kiss me, and I will be your beautiful bride.'

He opened his pocket, looked at the frog and said, 'Nah. At my age, I'd rather have a talking frog.'



## TOP 8 MORONS OF 2014, IN THE USA

Submitted by: Sheila Haydock



### 1. WILL THE REAL DUMMY PLEASE STAND UP?

AT&T fired President John Walter after nine months, saying he lacked intellectual leadership. He received a \$26 million severance package. Perhaps it's not Walter who's lacking intelligence.

### 2. WITH A LITTLE HELP FROM OUR FRIENDS

Police in Oakland, CA spent two hours attempting to subdue a gunman who had barricaded himself inside his home. After firing ten tear gas canisters, officers discovered that the man was standing beside them in the police line, shouting, 'Please come out and give yourself up.'

### 3. WHAT WAS PLAN B?

An Illinois man, pretending to have a gun, kidnapped a motorist and forced him to drive to two different automated teller machines, wherein the kidnapper proceeded to withdraw money from his own bank accounts.

### 4. THE GETAWAY!

A man walked into a Topeka, Kansas Kwik Stop and asked for all the money in the cash drawer. Apparently, the take was too small, so he tied up the store clerk and worked the counter himself for three hours until police showed up and grabbed him.

### 5. DID I SAY THAT?

Police in Los Angeles had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words: 'Give me all your money or I'll shoot', the man shouted, 'that's not what I said!'

### 6. ARE WE COMMUNICATING?

A man spoke frantically into the phone: 'My wife is pregnant and her contractions are only two minutes apart'. 'Is this her first child?' the doctor asked. 'No!' the man shouted, 'This is her husband!'

## 7. NOT THE SHARPEST TOOL IN THE SHED!

In Modesto, CA, Steven Richard King was arrested for trying to hold up a Bank of America branch without a weapon. King used a thumb and a finger to simulate a gun. Unfortunately, he failed to keep his hand in his pocket. (hellooooooo)!

## 8. THE GRAND FINALE!

Last summer, down on Lake Isabella, located in the high desert, an hour east of Bakersfield, CA, some folks, new to boating, were having a problem. No matter how hard they tried, they couldn't get their brand new 22 foot boat, going. It was very sluggish in almost every maneuver, no matter how much power they applied.

After about an hour of trying to make it go, they putted into a nearby marina, thinking someone there may be able to tell them what was wrong. A thorough topside check revealed everything in perfect working condition. The engine ran fine, the out-drive went up and down, and the propeller was the correct size and pitch. So, one of the marina guys jumped in the water to check underneath. He came up choking on water, he was laughing so hard. Under the boat, still strapped securely in place, was the trailer!

***Now remember these are all true stories and these people vote and have children!***



**Until next time  
Cheers**

