

THE STROKE AID SOCIETY

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NEWSLETTER SEPTEMBER – OCTOBER 2017

UPDATE FROM SANDRA

Hi everyone,

I could not wait to get back into my own routine and see everyone again after being out of the office for three weeks. I was in Leeds visiting family and reliving my childhood.

Thank you to those loyal ladies and gents who have kept the office and group at Jabula running smoothly, in my absence.

In our previous Newsletters, we mentioned how much we need funding in order to keep our doors open. I am therefore once again appealing to you or to someone you may know to help us raise funds and/or sponsorship.



We continue to promote our organization and keep the public aware of the signs, symptoms, treatment and life after surviving a stroke. Recently, both Neville Harvey and I gave a Stroke Awareness talk whilst accepting a generous donation from the Old Edwardian Bowling Club.

Our members continue to attend our three groups. They seem happy and delighted that they are able to enjoy a morning of socialization and upliftment. I know how much I personally enjoy interacting with our members at our groups.

Be in good health and contentment.

DATES TO REMEMBER

PLEASE JOIN US FOR OUR TH AGM

Date : 7th November 2017
Time: 10am
Venue: Jabula Recreation Centre



DATE: 5th December 2017
TIME: 9:30 am
VENUE: Jabula Recreation Centre

WORLD STROKE DAY

World Stroke Day

October 29



And finally.....

We would like to take this opportunity to wish all our Jewish members and friends a Happy New Year.



WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

AHA/ASA ADVISORY OUTLINES SEVEN STEPS TO BRAIN HEALTH

Published online: 13th September 2017

Seven steps already recommended to improve cardiovascular health are now the focus of a new "presidential advisory" from the American Heart Association (AHA)/American Stroke Association (ASA) to promote brain health.

The seven steps, called "**Life's Simple 7**," may also prevent dementia caused by strokes, vascular dementia, and Alzheimer's disease and have been chosen as metrics to define optimal brain health.

Philip Gorelick, MD, Mercy Health Hauenstein Neurosciences in Grand Rapids, Michigan, stated that: "By following the seven simple steps — Life's Simple 7 — not only can we prevent heart attack and stroke, we may also be able to prevent cognitive impairment."



The **7 STEPS** consist of four ideal health behaviours and three ideal health factors as follows:

- 1. NON-SMOKING STATUS**
- 2. PHYSICAL ACTIVITY AT GOAL LEVEL**
- 3. BODY MASS INDEX LESS THAN 25 KG/M²**
- 4. HEALTHY DIET CONSISTENT WITH CURRENT GUIDELINES**
- 5. UNTREATED BLOOD PRESSURE LESS THAN 120/<80 MM HG**
- 6. UNTREATED TOTAL CHOLESTEROL LESS THAN 200 MG/DL**
- 7. FASTING BLOOD GLUCOSE LESS THAN 100 MG/DL**

Previously, experts believed cognitive impairment caused by Alzheimer's disease and other similar conditions were entirely separate from stroke, but "over time we have learnt that the same risk factors for stroke that are referred to in **Life's Simple 7** are also risk factors for Alzheimer's disease and possibly for some of the other neurodegenerative disorders," Dr Gorelick noted.

It is recommended to start following these seven steps as early as possible in life. "Studies are ongoing to learn how heart-healthy strategies can impact brain health even early in life," Dr Gorelick said.

SOURCE: http://www.medscape.com/viewarticle/885619?src=wnl_edit_tpal#vp_2

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

INTERESTING TRUE STORY



NEW APP PICKS UP SIGNS OF STROKE RISK THROUGH YOUR SMART DEVICE

Published: 18th September 2017 online

You do a lot of things on your phone and tablet.
Now, they may be able to do something for you — predict your risk of stroke or heart failure.

Scientists at the University of Rochester Medical Center(URMC) and the Rochester Institute of Technology teamed up to use the camera on your smart device to pick up changes in your skin colour that are too subtle for the eye to see.

“I call it a useful selfie,” said Jean-Phillippe Couderc, associate professor of cardiology at URMC, who helped develop and now is testing the app to detect the irregular heartbeat of Atrial Fibrillation, AF.

“Everybody takes a selfie and shows their face. ... This is a new way of using this kind of behavior.”

The app has been tested in the hospital with people who’ve undergone treatment for AF. AF is the result of heart’s two upper chambers beating out of rhythm. AF can lead to serious problems — risk of stroke is five times higher in people with AF, according to the American Heart Association.

Treatments are available, but many people don’t have symptoms such as dizziness, palpitations or shortness of breath and so they don’t think they are at risk.

The next step is to test it at home with people who have experienced AF to see if the app is as sensitive in a less controlled setting.

The app runs in the background while the person uses the device to do the usual activities — watch a movie, read, scroll Facebook or do email.

Every so often, the app takes a 15- to 20-second video. Using sophisticated algorithms, those images can show changes in the face caused by the heart pumping blood. Based on what it sees, the app can infer cardiac activity.

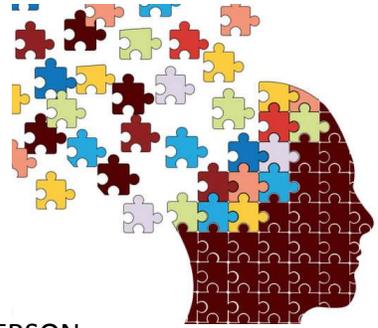
If the app works as expected in the study, it would be available as a screening tool for people at risk — older, sedentary, with high blood pressure or diabetes.

It could be three years before that happens and it becomes available in the Play Store or iTunes Store.

Source:<http://www.democratandchronicle.com/story/news/2017/09/18/looking-early-signs-heart-trouble-new-app-help/678184001/>

ON A LIGHTER NOTE ...

Submitted by: Sheila Haydock



ANOTHER DEMENTIA QUIZ

FIRST QUESTION:

YOU ARE A PARTICIPANT IN A RACE. YOU OVERTAKE THE SECOND PERSON.
WHAT POSITION ARE YOU IN?

ANSWER: IF YOU ANSWERED THAT YOU ARE FIRST, THEN YOU ARE ABSOLUTELY WRONG!
IF YOU OVERTAKE THE SECOND PERSON AND YOU TAKE HIS PLACE, YOU ARE IN SECOND PLACE!

SECOND QUESTION:

IF YOU OVERTAKE THE LAST PERSON, THEN YOU ARE....?

ANSWER: IF YOU ANSWERED THAT YOU ARE SECOND TO LAST, THEN YOU ARE..... WRONG AGAIN.
TELL ME SUNSHINE, HOW CAN YOU OVERTAKE THE LAST PERSON??

THIRD QUESTION:

MARY'S FATHER HAS FIVE DAUGHTERS:

1.NANA 2.NENE 3.NINI 4.NONO.

WHAT IS THE NAME OF THE FIFTH DAUGHTER?

DID YOU **ANSWER** NUNU?

NO! OF COURSE IT ISN'T. **HER NAME IS MARY!** READ THE QUESTION AGAIN.

FINAL QUESTION:

A MUTE PERSON GOES INTO A SHOP AND WANTS TO BUY A TOOTHBRUSH. BY IMITATING THE ACTION OF BRUSHING HIS TEETH HE SUCCESSFULLY EXPRESSES HIMSELF TO THE SHOPKEEPER AND THE PURCHASE IS DONE.

NEXT, A BLIND MAN COMES INTO THE SHOP WHO WANTS TO BUY A PAIR OF SUNGLASSES; HOW DOES HE INDICATE WHAT HE WANTS?

IT'S REALLY VERY SIMPLE

HE OPENS HIS MOUTH AND ASKS FOR IT...

OLD TIMERS

A couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure.' 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.' 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.' 'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks. Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. 'Where's my toast?'

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

Morris, an 82 year-old man, went to the doctor to get a physical.
A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.
A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'
Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'
The doctor said, 'I didn't say that. I said, 'You've got a heart murmur; be careful.'



TILL NEXT TIME
SANDRA & SHARLENE

