



THE STROKE AID SOCIETY  
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**NEWSLETTER - NOVEMBER/DECEMBER 2006**

Hello all

Another year is coming to an end – how time flies! Stroke Aid wishes you all a Blessed and Happy Christmas, Happy Hanukah and/or any other festival you may celebrate. Have a restful and safe holiday period.

**GOODBYE:** We sadly say goodbye to SHIRLEY ABRAMS, our PRO and Founder member of Stroke Aid. Shirley and her husband, SYD, are emigrating to Israel at the end of the year. It will be difficult to find someone who worked as hard as you and we thank you for your dedication and years of loyal service to Stroke Aid. We wish you and Syd many healthy and happy years in Israel. Shalom!

**GOOD WISHES:** Our Speech Therapist, Tanya Klugman, is leaving us. We are very sorry to lose her, but wish her all the very best in her future endeavours. Go well Tanya - we look forward to your visits from time to time!

**MANAGEMENT OF STROKE: (This report can be applied to South Africa today)**

Management of Stroke can be approached in different ways. The epidemiologist or public health model will look at preventing Stroke from occurring with lifestyle changes and preventing Stroke recurrence. The acute hospital model will look at minimising the effects of Stroke at the time of occurrence or reversing the process before damage can occur. The health system then passes this to the rehabilitation services which predominately act to help the person return home. After this, what is supposed to happen? The reason I mention this, is that at a recent conference, it was brought up that the Health Departments in most countries do not get involved in return to work, recreational and lifestyle issues, etc. In our system (Australia), the Commonwealth Government is meant to help at least in return to work. Unfortunately, this is not done well and does not help the other important lifestyle issues. Our system in Australia has funding for treatments provided by doctors but not by



therapists. Private medical insurance can help to some extent but this is limited. At present, people who have had a Stroke have limited options. One of the most important ways to address these problems is to join together. Forming Stroke clubs helps the individuals and their families firstly by socialisation and exchange of ideas. Ultimately, it will only be by joining together that the needs of those with Stroke can be heard by government and other agencies. A single voice is rarely heard above the din but when all of us speak together, we can be heard.

*By Dr Brian Zeman, Coorabel/Adult Rehabilitation Service, Royal Rehabilitation Centre, Sydney – November 2003*



**OOPS!** I am SORRY, Trevor – I got it wrong. The club that Trevor belongs to is holding an evening on 20 January 2007 of Modern Ballroom, Latin and Social dancing (using recorded music). Those of you living in Gauteng will have a flyer of the event included with this issue of the News.

Please come and enjoy yourselves!

**DONATIONS:** We are very grateful to the following benefactors for their generous donations –

Akani Egoli Management (Pty) Ltd (Gold Reef City)

National Lottery

CDC Diary Company

### **GO BANANAS NO MONKEY BUSINESS!**



After reading this, you'll **NEVER** look at a banana in the same way again.

**Bananas** contain three natural sugars – sucrose, fructose and glucose combined with fibre, giving an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can

also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND, amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills – eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anaemia:** High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.



**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to **reduce the risk of blood pressure and stroke.**

**Brain Power:** 100 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brainpower. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways to cure a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and rehydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body; so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected areas with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B-vitamins that help calm the nervous system.

**Overweight and at Work?** Studies at the Institute of Psychology in Austria found that pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in chronic cases. It also neutralises over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking. The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.



**Stress:** Potassium is a vital mineral, which helps normalise the heartbeat, sends oxygen to the brain and regulates the body's water balance. When we are stressed, our metabolic rate rises thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

**Strokes:** According to research in "The New England Journal of Medicine", eating bananas as part of a regular diet can cut the risk of death by strokes as much as 40%.

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the

phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.

It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well known phrase so that we say, "A banana a day keeps the doctor away!" *Gauteng Times – November 2006*



**PS! Bananas must be the reason that monkeys are so happy all the time!**

**CAN YOU HELP?** We are looking for a lockable cupboard that we can use in which to store the art equipment. Please see one of the Committee members at the Tuesday meetings or telephone Marlene on Cell: 073.309.1641 if you have one to sell or donate.

*Cheerio for now*

*Yvonne Thomé*  
SECRETARY

