



THE STROKE AID SOCIETY
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Patron: Professor Vivian Fritz, SA Stroke Foundation
www:strokeaid.org

NEWSLETTER - SEPTEMBER/OCTOBER 2006

Hi everyone

I am sorry that I was so late with the Newsletter last month – various activities caused the delay. I am so busy I don't know where I found the time to go to work.

NEW MEMBERS: Charles Frederick Smith, Flora McSharry, Morris Klass, Alexander Frank Bailey, Geoffrey Fry, Joseph Nhlawhla, Alan Cohen and Fred Austin. We hope your time spent with us will be happy and fruitful.

BANKING: At the request of several members, the Banking details will now be included at the bottom of the page. This should make it easier for some to pay their subscriptions, to make payment when ordering our booklet "A Self-Help guide towards Independent Living", our Video, or when making donations, etc. If you pay money directly into our account at the Bank please make sure you send a copy of your deposit slip, as proof of payment, to the Box number or Fax a copy to 011.882.1612 or 011.680-9147. Please ask for Fax in both cases.

OCCUPATIONAL THERAPISTS: The under-mentioned therapists are based in Middleburg, Mpumalanga and offer a wide range of experience in a variety of fields, ie

Rehabilitation and Treatment of diagnoses such as:

- Stroke
- Head Injuries
- Back related injuries; Orthopaedic injuries and others.

They offer home visits and treatment.

Corlien Macdonald – Practice No: 6608906
and Zelna le Roux – Practice No: 6613934:
Telephone: 013.243.5263

BANKING DETAILS: First National Bank, President Street West
ACCOUNT NO: 50420026996 BRANCH CODE: 250-705

DONATIONS: We have received generous donations from the following –

- Mercy Promotions – *donations from premieres*
- Huhtamaki Management & Staff – *in lieu of flowers in memory of John Hawes*
- M Moralee - *the son-in-law of Patricia Henderson, one of our members.*
- Y L Ting – *unspecified*
- K Scheurer

Our grateful thanks to everyone!

CONGRATULATIONS to Cyril Abram (Committee Member) on the birth of a grand-child; to Elaine and Jack Weinberg on the birth of a grand-daughter; to Pearl Pleanar – grandsons Mark Pleanar, getting engaged and Robin Nissbaum, getting married. Mazeltov!

NEWS OF MEMBERS: Sara Stein has been in hospital; Eckie Friedman has had a Carpal–tunnel operation – we wish them well.

STAMPS: We are appealing to you once more, for your used postage stamps. The removal of the stamps from the envelopes provides therapy for members and also raises a small amount of money.

OUR OPERATORS' MANUAL:

Members at the conversation table constructed the following “Operators’ Manual”:

“We based the concept of this activity on the book, “My Stroke of Luck”, by Kirk Douglas. In the last chapter of Douglas’ book, he wrote about how his life had changed since having a stroke and then wrote an “Operators’ Manual” – a list of attitudes and philosophies that he used, to face his own recovery, and his own life. We at Stroke Aid have faced many challenges in living after a stroke and we decided that if Kirk Douglas could do it, so could we! We hope that our points will benefit and inspire others who live with the effects of stroke, their families and anyone facing a challenge”.

1. Keep focusing on the positive in your life. In order to do this, you could try saying a mantra every morning: “Something good will happen today”. At the end of the day, acknowledge the good that happened, even if it was very small.
2. Short-term goals are very valuable and keep you motivated. A goal is only a step, but you should celebrate each one as an achievement.
3. Family and friends: Do something to make them appreciate you and try to make a contribution to the discussion and do your share.
4. Consider other people’s feelings. Try not to get angry or too upset as this can affect your health.
5. If you don’t use it, you lose it! Don’t get into a rut. Keep working on your hope and your skills. Don’t be afraid to walk into new situations.
6. See change as a challenge and not as a threat. Challenge yourself and see if you can do things differently.

7. Involve yourself in the activities and interests that you like. You can still be actively involved in the things you enjoyed before your stroke.
8. There is a risk of having a second stroke. Don't panic but be vigilant about your medication, exercise and diet.
9. Communications consists of 50% listening and 50% talking (not just one!)
10. Never lose your sense of humour. You can laugh at yourself sometimes.
11. Appreciate the things that you can still do, eg sitting in the sun.
12. Live in the moment. You survived a stroke – every moment is a gift!

Group members: Felicity Gerber, Solly Meltzer, Morris Bassin, Michael Clark, Cecil Shainfeld, Charles Smith, Jean Fowlds, John Hawes, Sara Stein, Jeanette Diamond, Mary Henson, Margaret Swanepoel, Grace Basson and Leslie Meyerson.

DON'T JUST LIE THERE – PANIC!

Difficulty breathing? Sudden pain? Sudden changes in vision?

Get to the emergency department, says the American College of Emergency Physicians (ACEP). The group details the symptoms that constitute an emergency as:

- If you are experiencing difficulty breathing and/or shortness of breath;
- If you have chest or upper abdominal pain, or feel pressure in the chest area;
- If you have fainting spells or experience sudden dizziness or weakness;
- If you experience vision changes;
- If you are confused or otherwise experience any mental status changes;
- If you have uncontrolled bleeding;
- If you have severe or persistent vomiting or diarrhoea.
- If you are coughing or vomiting blood;
- If you have any suicidal or homicidal feelings.

Bottom line? "If you think you have an emergency, don't wait," says Dr Mary Pat McKay, of George Washington University Hospital. – *Reuters*

AIR POLLUTION COULD BE STROKE OF BAD LUCK:

The risk of death from a stroke is linked to exposure to high concentrations of air pollution two hours before death, Japanese scientists say.

Because this risk appears to be independent of 24-hour particulate matter levels, they suggest air quality standards be based on hourly data.

Particulate matter or PM, is the term used to describe the tiny particles emitted by cars, especially diesel ones.

Dr Shin Yamazaki of Kyoto University, and associates, collected data from the 13 largest cities in Japan regarding concentrations of suspended PM and ambient temperatures from 1990 to 1994.

During that period, 17 354 residents aged 65 or older died from haemorrhagic strokes, and 46 370 died from ischaemic strokes, the type caused by blood clots.

According to their analysis in the journal *Occupational and Environmental Medicine*, the odds ratio of death from ischaemic stroke was increased with temperatures above 30°C. In contrast, the risk of death due to bleeding in the brain was higher in cold weather.

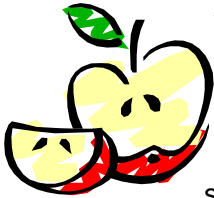
However, during summer high, one-hour concentrations of PM₇ increased the risk of death from haemorrhagic stroke 2.4 fold, an association independent of

24-hour PM₇ concentrations. Death due to ischaemic stroke was not associated with one-hour PM₇ levels.

Yamazaki's team suggest this discrepancy may be due to the longer interval from ischaemic stroke onset to death, or to the fact that inhaled particles raise blood pressure; a risk factor for bleeding in the brain..

They propose that, if hourly measures of air quality are unavailable, stricter standards for 24-hour mean levels of suspended particulate matter may be an effective substitute. *Reuters*

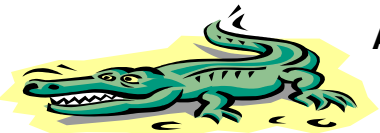
GOOD REASON TO GO OVERBOARD:



You know how tempting all those luscious fruits and berries at your local farmers' markets are? Go ahead, buy too much. It could save you from brain damage.

This is good news for fruit lovers and inspiration for everyone else, because each additional juicy apricot, wedge of cantaloupe, or bowl of strawberries you eat during the day slashes your risk of a brain-crippling stroke by 11%. All that fruit lowers your heart attack risk, too. Veggies help as well – they cut stroke odds by another 3%, but researchers recently found fruit the most protective.

RealAge Benefit: Eating a diverse diet that includes 4 servings of fruit per day can make your RealAge as much as 4 years younger! www.realage.com



Appeasement is the guy who FEEDS the crocodile hoping it will eat him last!

OLD TIME SEQUENCE DANCE: Our member, Trevor Rees, is arranging that the Dance Club he attends will hold a dance at Paterson Park on **20 January 2007, from 19h00 to 23h00**, to raise funds for Stroke Aid. You are all welcome to attend – please bring your own food basket and drinks. Tea and Coffee will be served by Stroke Aid. Arrangements are well in hand and tickets are **R25 per person**. For further details please contact **Marlene on Cell: 073.309.1641 or 011.436.1832**.



RAFFLE: We are raffling a Christmas Cake again this year at R5 per ticket. Our Chairman, Sheila Haydock made the cake and if it is anything like the one she made for our raffle last year it will be delicious!

PLEASE SUPPORT THESE PROJECTS!

Amazing! You hang something in your closet for a while and it shrinks two sizes.

Cheerio for now.....

Yvonne Thomé
SECRETARY

