



THE STROKE AID SOCIETY
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[www:strokeaid.org](http://www.strokeaid.org)

NEWSLETTER - JANUARY/FEBRUARY 2007

Hi everyone

It is the end of February and the year is well on its way. The heat has been energy draining and I hope we can look forward to some rain before the start of Winter. We have received a very generous donation from Lotto and plans are in hand to open a small office and information centre. We will keep you updated.

It is that time again, when we ask you to pay your subscriptions, but thanks to the donation from Lotto there will be no increase this year.

SUBSCRIPTIONS FOR 2007

R35 PER YEAR IF YOU DO NOT COME TO THE PATERSON PARK WEEKLY MEETINGS – THIS COVERS THE COST OF THE NEWSLETTER AND POSTAGE

R25 PER MONTH IF YOU ATTEND THE TUESDAY MEETINGS.
IF YOU USE THE TRANSPORT IT IS AN EXTRA R5 PER MEETING DAY.

Please pay at the Centre at the Tuesday meetings; send your cheque to our Box number or use the Banking details. Please send copy of your Deposit Slip so that we can trace your payment.

Thank you for your co-operation.

CONGRATULATIONS: We wish DORIN FERMO a very happy 88th Birthday. We hope you spent a wonderful day with friends and family. Mazeltov!

NEWS OF MEMBERS: In a letter received from SHIRLEY ABRAMS, she says that she and Syd are doing extremely well, enjoying all the benefits and not having to worry about shopping and cooking. There are a number of resident doctors and nurses and they keep a close watch on the residents.

It sounds most comfortable, Shirley. Would that we could all come and stay there. Enjoy!

NEW MEMBERS: Maureen Uys, Jennine MaClean, Mark Henman, M P Schulman.

BANKING DETAILS: First National Bank, President Street West

ACCOUNT NO: 50420026996 BRANCH CODE: 250-705

DANCE: The evening was a huge success and enjoyed by everyone who attended. Thank you Trevor.

CAKE RAFFLE: Our Christmas Cake was won by BIANCA DOS SANTOS..... We hope every last crumb was enjoyed.

THERE IS MORE TO DIABETES THAN INSULIN:

You are misguided if you think that management of glucose levels alone is sufficient to control or prevent diabetes-related complications such as heart attack or stroke.

Atherosclerosis, or cholesterol plaques in arteries, leading to heart attacks and strokes is so common in diabetes that diabetes is now considered the equivalent of having established heart disease.

It is estimated that there are 1.5 million South Africans with diabetes. People with diabetes are at two to four times the risk of suffering a heart attack or stroke compared to adults without diabetes. In fact, coronary heart disease is the leading cause of death in patients with type 2 diabetes. Diabetics, with or without cardiovascular disease, can now be treated with medicines that lower cholesterol safely and significantly reduce the chance of heart attacks or strokes as shown in the Collaborative Atorvastatin Diabetes Study (CARDS) that was assisted by Pfizer.

Even in diabetic patients with moderately elevated cholesterol levels, lowering blood cholesterol can reduce the risk of heart attack by at least one third and stroke by almost 50%.

If aggressive treatment is used reducing levels to lower than recommended standards, your risk

of suffering from a major cardiovascular event is reduced by 25%. The evidence in favour of lowering cholesterol levels in diabetic patients without overt heart disease recommends they receive cholesterol-lowering therapy regardless of their baseline cholesterol levels.

The American Heart Association, the American College of Cardiology and the Lipid and Atherosclerosis Society of Southern Africa have all updated their cholesterol treatment guidelines and urge physicians to treat high cholesterol more aggressively. Programme guidelines suggest that patients with diabetes should be treated to the same cholesterol goals as patients with established heart disease.

So, if you have diabetes, don't be complacent about other risk factors for heart attacks and strokes. Visit your doctor to determine your cholesterol and blood pressure levels and take steps to avoid becoming a victim of heart disease.

Further information can be obtained from www.cholesterol.co.za or 0860 PFIZER/ or 0860.734.937. *Southern Courier*

HEALTHY EATING WITH DIABETES: What is diabetes?

Diabetes develops when your body does not produce enough of the hormone insulin. Normally, when we eat foods rich in carbohydrates (starches), they are broken down into simple sugar and taken into our cells for energy, so when our body does not produce enough insulin, the sugar from foods remain in our blood stream and cause high blood sugar (hyperglycemia).

There are two different types of Diabetes – Type 1 and Type 2.

Type 1 Diabetics need to take insulin, follow a healthy diet and exercise to manage their diabetes.

Type 2 Diabetics can control their diabetes with a healthy diet and exercise and often need to take medication.

How would I know if I have Diabetes?

You may not know you have diabetes, as some symptoms may not be obvious or

severe. General warning signs are –

- Constant thirst
- Constant tiredness/fatigue
- Frequent urination
- Unexplained weight loss
- Unexpected itchiness of the skin
- Blurring of the eyesight
- Dizziness
- Slow healing of cuts and bruises
- Tingling or numbness of hands & feet

What do I do if I have these symptoms?

Many pharmacies do blood sugar testing. If your blood sugar is high, they will refer you to a doctor.

Diabetes and your daily eating:

By eating a healthy diet you can help control your diabetes.

Do not cut out any foods completely.

Rather include balanced amounts of food from each food group.

Basic dietary guidelines:

- Do not miss meals. Have 3 small meals during the day, with small snacks in between
- Enjoy a variety of foods daily
- Make starchy foods the basis of most meals. Include starches that have a low glycaemic index (meaning that they do not raise the blood sugar too quickly), such as rye bread, whole-wheat seed loaf, bran cereal, sweet or baby potatoes, durum wheat pasta.
- Eat fats sparingly; use lower fat spreads; do not deep-fry foods; use a limited amount of vegetable oil for cooking; limit fats such as mayonnaise and avoid creamy sauces.
- Include avocado pears and seeds or nuts as these provide roughage, vitamins and minerals.
- Enjoy lower fat proteins such as skinless chicken, grilled/boiled or steamed fish; ostrich fillets; extra lean minced beef and lean beef or pork cuts; boiled or poached eggs. Other great proteins to include

- are tuna in brine, pilchards and sardines.
- Eat dry beans, peas, lentils and soy regularly. These provide proteins and are an excellent source of roughage.
- Use fat-free milk and fat-free cottage cheese. There are many low fat cheeses and fat-free or low fat yoghurts available to include in your diet.
- Eat plenty of vegetables and fruits daily (at least 5)
- Try a variety of different colours of vegetables and salads, eg green beans and corn; spinach and butternut; peas and raw carrot sticks; green salad and beetroot. Eat
- 2-3 fruits a day, eg apples, oranges, peaches, pears, kiwi fruit, or berries. Avoid fruit juice unless you are exercising.
- Avoid sugar in tea/coffee, sugar-rich cool drinks and/or “sports drinks” unless undergoing a strenuous exercise programme.
- Not all foods that include sugar have to be avoided. A good principle is to avoid the food if sugar is amongst the first three (3) ingredients on the ingredient listing.
- Use salt sparingly as diabetics may be more prone to developing high blood pressure (Hypertension). Use herbs, fresh garlic and ginger, lemon juice, etc to add flavour to foods.
- Small amounts of alcohol can be included but must always be controlled. Consult your Doctor first. Only have alcohol with a meal, never on an empty stomach.
- Use artificial sweeteners sparingly
- Be active – walking and any planned exercise are great ways to help control your blood sugar. Have a snack before you exercise, especially if you are a Type 1 diabetic.

These guidelines are the basics, so it is important to see a Registered Dietician who can work out an eating plan to suit your lifestyle and specific medical needs. *Gauteng Times*

INFORMATION for members living in Port Elizabeth and surrounding areas.

A new service company has been established, ie Nuway Medical (Practice No. 09-008-0191132) situated at 3 Wisteria Street, Westering, Port Elizabeth. They supply all medical and rehabilitation equipment such as wheelchairs (manual, power and scooters), walking aids, bathroom and toilet aids, pressure care equipment and related consumables, etc.

They offer full wound care service with personal home visits. If you have any queries, please contact at any time, one of the following numbers –

Tel: 041.360.6818 Cell: 084.654.8626
 Fax: 041.360.6818 Email: nuwaymedical@ananzi.co.za