



# THE STROKE AID SOCIETY

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[www.strokeaid.org](http://www.strokeaid.org)

## NEWSLETTER - NOVEMBER/DECEMBER 2007

Hello everyone



By the time you get this newsletter you will all be on holiday. **Stroke Aid wishes you all a Blessed and Happy Christmas, Happy Hanukkah and/or any other festival you may celebrate.** Have a restful, safe holiday period, enjoy the festive season and all the delicious eats. Don't overdo it, though, and take care of yourselves!

We look forward to seeing you all when you come back refreshed and ready for action.



Sandra will be back in the office from 21<sup>st</sup> January 2008. You can contact her on our new number during office hours.

### ***NEW OFFICE TELEPHONE NUMBER***

**011.728.2292 011.728.2292 011.728.2292**

### **PLEASE NOTE!!!**

Support Group meetings will start again on **Tuesday 15<sup>th</sup> January 2008** at 9h30 for 10h00 and all the usual activities will be offered. We look forward to Julie Bezuidenhout and her dogs early in February and plan to offer more excitement/interests during the year.

### **WELCOME:**

Our new social worker, Julia Pienaar, will be joining us on Tuesday morning, 21st January 2008.

Julia is the Treasurer of the South African Association of Social Workers in Private Practice. Julia is married, has three daughters aged 30, 27 and 22 and is looking forward to being a granny very soon.

Julia has worked at the Catholic Adoption Centre for 4 years as well as the Johannesburg Association for the Aged.

We are very privileged to welcome her into the fold and know that the members will benefit from her knowledge and experience. She will be available to help the members whenever she is needed to do so. Good luck, Julia and welcome to our team!

### **RISK OF STROKE IN YOUNG MALES:**

If you are male and around the 30-year mark, you should be aware that your current lifestyle could be contributing to the possibility of you having a stroke – soon!

Your risk of stroke may be increased if you answer yes to most of the following questions:

1. Do you have high or low blood pressure? Normal blood pressure is 120/80. Anything dramatically either side of that requires further investigation. You can have your blood pressure checked at most pharmacies these days and it doesn't take long.
2. Do you live a fairly sedentary life? If you can get yourself to the gym, golf or even to a game of touch rugby you will be decreasing your risk of a stroke.
3. Are you a heavy drinker? Heavy drinking is considered regularly drinking more than five alcoholic drinks at one sitting. Ideally you should not drink more than two servings of alcohol a day, or 15 servings a week.
4. Do you smoke? The more you smoke the greater the risk. If you are smoking around one pack a day, consider cutting down. Giving up would be first prize.
5. Have you had any type of heart disease? If you have suffered from atrial fibrillation (a specific kind of irregular heartbeat), coronary heart disease or blocked carotid arteries, then you should be careful.
6. Do you have high cholesterol? **This should not be over 240!** Once again, a quick test can establish your cholesterol levels. By adjusting your diet you can lower your cholesterol levels.
7. Are you diabetic? People with either type 1 or 2 diabetes have an increased risk of suffering stroke.
8. Do you have a family history of strokes? It is important to find this out as strokes may be hereditary and you will, therefore, need to take very good care of yourself.

**IF YOU HAVE ANSWERED YES TO A MAJORITY OF THESE QUESTIONS, PLEASE CONSULT YOUR GP AS SOON AS POSSIBLE**

#### **Rehabilitation:**

The ability to recover from a stroke depends very much on the severity of the stroke. The longer your brain has to survive without oxygen the more severe the damage can be, so it is not overly dramatic to say that every second counts when identifying and treating a stroke.

Strokes usually affect either the right or left side of the brain, with differing outcomes. A stroke in the left-brain will affect the right side of your body and

your eyesight. A stroke in the right brain will affect the left side of your body, speech and language. The younger one is, having had a stroke, the greater the chances for a full recovery; although this will take a lot of time and effort. Your rehabilitation programme may include physiotherapy, occupational therapy, speech therapy and regular visits to your doctor. Of course family support, both practical and emotional, can never be underestimated.

**Prevention:**

As always, prevention is better than cure, so take a look at your lifestyle and see what changes you can make to reduce your chances of suffering from this debilitating disease.

**Diet:**

- Reduce fat and cholesterol intake
- Limit salt
- Eat at least five servings of fresh fruit and vegetables a day
- Increase your fibre intake – about two bowls of high fibre cereal a day is recommended
- Consume folate – found in kidney beans and orange juice

**Lifestyle:**

- Check your blood pressure regularly
- Exercise, exercise and exercise
- Monitor your weight
- If you are diabetic keep your glucose under control

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**LIGHT-HEARTED HUMOUR:**

Can you imagine yourself to be the nun sitting at her desk grading these papers all the while trying to keep a straight face and maintain her composure!

Pay Special Attention To The Wording And Spelling. If You Are Even Remotely Familiar With Holy Scripture, You'll Find This Hilarious! It Comes From A Roman Catholic Elementary School Test. Kids Were Asked Questions About The Old And New Testaments. The Following Statements About The Bible Were Written By Children. They Have Not Been Re-Touched Or Corrected. Incorrect Spelling Has Been Left In.

1. In The First Book Of The Bible, Guinnessis. God Got Tired Of Creating The World So He Took The Sabbath Off.
2. Adam And Eve Were Created From An Apple Tree. Noah's Wife Was Joan Of Ark. Noah Built An Ark And The Animals Came On In Pears.
3. Lots Wife Was A Pillar Of Salt During The Day, But A Ball Of Fire During The Night.
4. The Jews Were A Proud People And Throughout History They Had Trouble With Unsympathetic Genitals.
5. Sampson Was A Strongman Who Let Him Self Be Led Astray By A Jezebel Like Delilah.
6. Samson Slayed The Philistines With The Axe Of The Apostles.

7. Moses Led The Jews To The Red Sea Where They Made Unleavened Bread Which Is Bread Without Any Ingredients .
8. The Egyptians Were All Drowned In The Dessert. After Wards, Moses Went Up To Mount Cyanide To Get The Ten Commandments.
9. The First Commandments Was When Eve Told Adam To Eat The Apple.
10. The Seventh Commandment Is Thou Shalt Not Admit Adultery.
11. Moses Died Before He Ever Reached Canada .. Then Joshua Led The Hebrews In The Battle Of Geritol ..
12. The Greatest Miricle In The Bible Is When Joshua Told His Son To Stand Still And He Obeyed Him.
13. David Was A Hebrew King Who Was Skilled At Playing The Liar. He Fought The Finkelsteins, A Race Of People Who Lived In Biblical Times. Solomon, One Of Davids Sons, Had 300 Wives And 700 Porcupines.
14. When Mary Heard She Was The Mother Of Jesus, She Sang The Magna Carta.
15. When The Three Wise Guys From The East Side Arrived They Found Jesus In The Manager.
16. Jesus Was Born Because Mary Had An Immaculate Contraption.
17. St. John The Blacksmith Dumped Water On His Head.
18. Jesus Enunciated The Golden Rule, Which Says To Do Unto Others Be Fore They Do One To You. He Also Explained A Man Doth Not Live By Sweat Alone..
19. It Was A Miricle When Jesus Rose From The Dead And Managed To Get The Tombstone Off The Entrance.
20. The People Who Followed The Lord Were Called The 12 Decibels.
21. The Epistels Were The Wives Of The Apostles.
22. One Of The Oppossums Was St. Matthew Who Was Also A Taximan.
23. St. Paul Cavorted To Christianity, He Preached Holy Acrimony Which Is Another Name For Marraige.
24. Christians Have Only One Spouse . This Is Called Monotony.

Take care of yourselves



Yvonne Thomé  
SECRETARY

I have found my elusive Ladybird again, but I quite liked the owl and some of the other pictures that I looked at so I think I will change her periodically to something else.