

WHAT IS A STROKE?

A Stroke is the result of a bleed or clot in a blood vessel in the brain. As a result the brain is deprived of oxygen, leading to symptoms that vary depending on which area of the brain is affected. Sudden numbness, paralysis in parts of the body, a sudden loss of vision, impairment of speech and loss of memory may be experienced.

THE EFFECT OF A STROKE

The effects will vary from person to person, depending on which area of the brain has been injured.

Frequently the effects are:

- paralysis or weakness involving the face, arm and leg on one side
- difficulty with speech and/or inability to communicate
- difficulty with swallowing and eating
- loss of bladder and bowel control
- loss or impairment of sensation
- partial loss of vision on one side
- loss of memory and limited concentration abilities
- loss of emotional control - mood changes, depression, frustration and fatigue.

TIA'S - CONTACT YOUR DOCTOR

A person can have many small Strokes without being aware of them. These are called 'Transient Ischaemic Attacks' (TIA's) or Mini Strokes. Unlike Strokes they do not result in permanent brain damage but should not be ignored as more than one-third of all persons who experience TIA's will go on to have an actual Stroke. Warning signs are the same as for Stroke (see above) but typically last less than 24 hours. Do not delay in seeking medical help.

IN SOUTH AFRICA?

- Strokes are common over the age of 50 and occur equally among all races.
- It is not only an old person's disease, as research shows that up to 30% of Strokes are occurring more often in younger people.

FURTHER INFORMATION:

Stroke Aid (PBO 930018543)
Tel: 011 728 2292 Fax: 086 666 8154
P O Box 51283, Raedene 2124
web: www.strokeaid.org.za
e-mail: info@strokeaid.org.za

DON'T QUIT

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't quit.*

*Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight
When you are hardest hit,
It's when things seem worse,
That you must not quit.*

*Author unknown
supplied by Stroke Aid Support Group*

- **THERE IS HOPE AFTER STROKE** •

STROKE AID
IS HERE TO HELP YOU COPE



STROKE AID

"Networking"

with other areas



Information

REHABILITATION



SUPPORT GROUPS

Community

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www.strokeaid.org.za

HOW TO SUPPORT STROKE AID?

You can help gather information from your area.

INFORMATION NETWORK

Rehabilitation facilities:

Although based in Johannesburg, Stroke Aid is often contacted for information about Stroke rehabilitation in other areas. If you know of any support groups or facilities in your area please contact Stroke Aid.

STATISTICS

If you know of someone who has had a stroke please send the information to Stroke Aid for inclusion in a national database.

WHAT CAN STROKE AID DO?

Supply general information:

Stroke Aid is often contacted by people in other areas for general information on Stroke and can supply the following:

- Free pamphlets. Written in simple, everyday language.
- A book and booklet published in South Africa can be purchased directly from Stroke Aid.

Stroke: caring & coping

Stroke: a self-help guide towards Independent Living

- List of therapists.
- Suppliers of aids and appliances.
- A website: www.strokeaid.org.za
- List of medical facilities (private and provincial hospitals with stroke units).



Stroke Aid

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A SUPPORT
GROUP
IN ACTION



A VARIETY OF
THERAPIES &
ACTIVITIES



MORE ABOUT STROKE AID?

Stroke Aid was founded in 1986 and is a multiracial self-help organisation for the support and the rehabilitation of Stroke patients. With a dedicated group of volunteers they run a support group in Norwood, Johannesburg and assist other groups including Soweto and South Rand. These groups encourage social interaction and promote independence and self-confidence in Stroke patients and their families. There are a variety of therapies and activities available, as well as qualified people to give advice.

Stroke Aid would like to inspire anyone wishing to set up a similar group elsewhere in the country and are willing to share their accumulated knowledge.

FINANCING & FUNDRAISING

Stroke Aid relies completely on membership and public donation. All contributions are greatly appreciated.

I WANT TO SUPPORT STROKE AID (PBO 930018543)

Name: _____

Address: _____

_____ Code: _____

Telephone: _____ e-mail: _____

R20 R30 R40 R50 or R

- Cheques payable to: Stroke Aid.

Direct deposits or transfers - Name: Stroke Aid, Bank: First National Bank, Branch: President Street West, Type:

Current Account, A/c No: 50420026996 Branch No: 250705

- Debit Orders - please fill out the form below and fax to Fax: 086 666 8154 or post to P O Box 51283, Raedene 2124

Please debit my account

for R _____ on the _____ day of each month commencing on the _____. Year/Month/Day

Bank: _____

Account Number: _____

Branch: _____ Branch code: _____

Type of Account: (Current/Savings etc.) _____

I/We understand that the withdrawals hereby authorised will be processed by computer through a system known as ACB magnetic tape services. This authority may be cancelled by me/us by giving 30 days notice in writing. But I/We understand that I/We shall not be entitled to any refunds of amounts which were withdrawn while the authority was in force. Receipt of this instruction by you shall be regarded as a receipt thereof by me/our bank whichever it is or will be.

Signature: _____ Date: _____

With thanks  STROKE AID