MYTH	If stroke symptoms pass, you don't need treatment

False - When someone has temporary symptoms of stroke, called a transient ischemic attack (TIA), it's a medical emergency! The difference between TIA and stroke is that the blood vessel that was blocked during a TIA opens before it causes permanent damage. A TIA should consider a definite warning sign.

MYTH	Smoking doesn't affect your chances of having a stroke

False - Smoking is one of the biggest risk factors for stroke, especially in younger people. This is true for both ischemic and hemorrhagic strokes, as well as first-time and recurrent strokes.

MYTH	Post-stroke recovery only happens in the first few months

False - While most of the healing takes place in the first few months, recovery can span several years, and people can benefit from physical therapy and other treatments a few years after a stroke.

Journey of recovery

Your journey of recovery from a stroke is a long road and involves many physical and mental aspects and changes that may have occurred due to the stroke. Re-adjusting may be confusing. A positive attitude is a choice you have to make every day and some days are easier than others. Improvements only stop when you stop trying, which means you need to develop a 'never give up' attitude and mindset.

Not all the changes will be obvious in the early recovery period, and many stroke survivors will go through a process of learning to cope with the hidden difficulties, such as changes to thinking, memory and understanding, and psychological and emotional problems. This can be a real challenge for the stroke survivor, family members and other loved ones.

The journey of recovery can be lengthy, and there is no time frame in which to recover… it all revolves around the positive mindset of the survivor, as well as their home environment!

Knowing about the five stages of grief will help you understand and navigate the stages.



5 stages of grief by Elisabeth Kübler-Ross

About The Stroke Survivors Foundation (SSF)

A stroke patient, whilst still being treated in hospital, receives lifesaving medical care and treatment. However, upon discharge, this focused care and treatment vanishes, leaving many survivors to cope with the devastating impact of a stroke alone. Our mission is to bridge the crucial gap between hospital discharge and continued life-changing support and care, which is so critical to the journey of recovery.

In bridging the gap, the SSF has developed a **P**ost **D**ischarge **S**troke **S**upport **(PDSS)** community, which includes the Strokefocus mobile app, available for download from Android or Apple app stores.

PDSS offers the following key services to its members:

- Access to a community of survivors, caregivers, and healthcare professionals
- Peer support and care for survivors, their families and caregivers
- Education, motivation and inspiration to cope with the journey to recovery
- Information dissemination

If you know of anyone that has suffered a stroke or if you are a caregiver or family member living with a stroke survivor, we are here to tackle this challenging new journey with you.

To join our community, download our mobile app and sign-up now!

Mobile App strokefocus

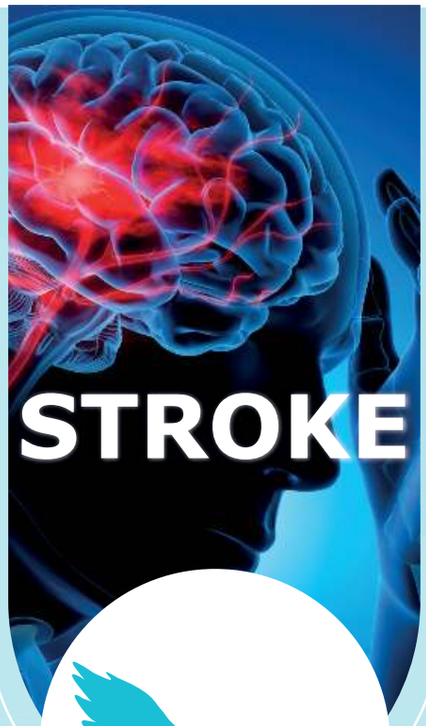
Stroke survivors will never again feel alone and abandoned!

For any further information please contact us at:

The Stroke Survivors Foundation
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the stroke survivors foundation

It could happen to you...

The Stroke Survivors Foundation bridges the gap between post hospital discharge and life-changing support and care. We strive to journey alongside you to accelerate and improve your outcome and quality of recovery.

Post Discharge Stroke Support (PDSS)
Adapt • Improvise • Overcome

What is a stroke?

A **stroke** is a brain attack!

It happens when the blood supply to part of your brain is restricted. Blood carries essential nutrients and oxygen to your brain, and without blood, your brain cells can be damaged or die. This damage can have different effects, depending on which part of the brain is affected, so no two strokes are the same.

Stroke is among the top three causes of death and a leading cause of disability.

According to the World Stroke Organisation, one in four people will suffer a stroke during their lifetime.

Some of the most frequently reported effects of a stroke include:

- Paralysis or weakness involving the face, arm, and leg on one side of the body
- Difficulty with speech or inability to communicate clearly
- Difficulty swallowing or eating
- Loss of bladder or bowl movement
- Loss or impairment of sensation
- Partial loss of vision on one side
- Partial or complete loss of memory and limited concentration
- Loss of emotional control: mood changes, depression & frustration
- Severe headache
- Fatigue
- Neural discomfort/Pain

Know the different types of strokes:

Hemorrhagic Stroke (Bleeding)
This occurs when a blood vessel within the brain ruptures and causes bleeding in and around the affected area.

Ischaemic Stroke (Clot)
This is caused by a blood clot which obstructs the flow of blood to the brain, also known as a cerebral thrombosis.

Transient ischaemic attack (TIA)
A TIA or a mini-stroke mimics the symptoms of a stroke, except that the symptoms last for a short period of time and are temporary. A TIA, though temporary, is still very serious as it is a sign of a problem that needs attention and could pre-empt a stroke if the underlying problem is not addressed.

Preventative measures

It is estimated that a stroke occurs every three seconds around the world and that someone dies from a stroke every four minutes. And yet, up to 80 percent of strokes can be prevented.

You can reduce your chances of having a stroke by following a healthier lifestyle and recognising your personal risk factors.

Diet and Nutrition
Following a healthy eating plan and maintaining a healthy weight greatly reduces your chances of chronic diseases and stroke.

Exercise
Physical exercise and regular medical checkups help to ensure your body is functioning at its peak.

High Blood Pressure
Many people suffer from High Blood Pressure without even realising it. Regular medical checkups, monitoring and controlling blood pressure help reduce your chances of a stroke.

Cholesterol
It is important to have your cholesterol checked regularly and where necessary to control the cholesterol levels in your body. Cholesterol is a leading cause of blockages and problems in the arteries that carry blood through your body.

Alcohol
Alcohol can increase blood pressure and thus increases the risk of stroke.

Smoking
Smoking increases your chances of a stroke. Kicking the habit is good for you and your family, as secondary smoke is just as bad as smoking, and increases the chances of family members suffering a stroke.

Recognising the symptoms of a stroke and how you can help:

By educating yourself, your family members and friends on how to quickly identify the symptoms of a stroke, you can play an important role in reducing the impact of a stroke on the victim and their family.

Know the signs of STROKE



Did you know:

MYTH | **You are bewitched if you have a stroke**

False - Having a stroke is definitely not because you have been bewitched!

MYTH | **Women don't suffer from strokes**

False - A stroke can happen to anyone, regardless of their age, gender or race.

MYTH | **Strokes only happen to elderly people**

False - Strokes can happen to anyone at any age, although the risk of having a stroke increases with age.

MYTH | **Strokes are rare**

False - Stroke statistics reveal that strokes are quite common.

MYTH | **A stroke takes place in the heart**

False - A stroke takes place in the brain. If the blood supply to the neurons in the brain is cut off either because of a blood clot or a disease of the blood vessels, those neurons die, and a stroke occurs.

MYTH | **Strokes cannot be prevented**

False - A study of the risk factors found that 90 percent of strokes can be attributed to vascular risk factors such as high blood pressure, diabetes, and obesity, all of which are preventable.

MYTH | **Strokes cannot be treated**

False - The vast majority of strokes are ischemic (clot), and they can be treated. If a person gets to a hospital within 4 hours of the onset, clot-busting medication can be administered.

MYTH | **The most common sign of a stroke is pain**

False - Only about 30 percent of people will have a headache with ischemic stroke, so pain isn't a reliable symptom.

MYTH | **Strokes aren't hereditary**

False - Strokes do run in families, the vascular risk factors for stroke, such as hypertension, diabetes, and obesity, all have a genetic component.