The Stroke Survivors Foundation - How you can help.

The Stroke Survivors Foundation is a member of The World Stroke Organisation (WSO) and is a non-profit organisation (NPO) that has been in existence since 2010. Founded by stroke survivors for stroke survivors, the foundation provides the much-needed support to survivors and their families post discharge.

The foundation offers the following services to its members:

- Support Groups
- Life coaching for members, their families and care givers
- Access to counsellors
- Leadership and personal development programs
- Entrepreneurship and employment opportunities
- Access to medical rehabilitation programs and centers

If you know of anyone that has suffered a stroke, if you are a caregiver or family member living with a stroke survivor, we can help you. We strive to provide the best advice, development programs and support available, so that each person is given an opportunity to understand their role and how they can become a part of the solution.

Life goes on!...and surviving a stroke changes your circumstances in life. Let us help you adapt, improvise and prosper for a new life, thereby overcoming and living with the effects of the stroke. As a family member or caregiver, learning to adjust to the changes in the family, can be a challenge for anyone. We can help provide the necessary support and coaching to help you become a part of the survivors rehabilitation solution.

If you would like to advocate and assist the foundation either through donations or volunteering your services, please contact the foundation.

B E F A S T is the acronym used to identify the symptoms of a stroke.

Balance: The person loses balance and is unstable on their legs.

Eyes: The person loses vision in one or both eyes **Face:** One side of the persons face begins to droop **Arms:** The person is unable to lift both their arms **Speech:** The person is unable to clearly speak, and

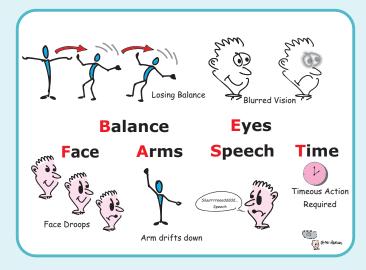
often slurs while talking

Time: Time is critical. It is important that the victim receives medical care as soon as

possible

KNOW THE SIGNS

Recognizing them could save your life or the life of a loved one.



For any further information please contact us at:

The Stroke Survivors Foundation

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It could happen to you...



Adapt. Improvise. Prosper.

OUR MISSION

To create a national network that provides post-discharge rehabilitation & support for stroke survivors, their families & caregivers

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 which part of the brain is effect.

Know the different types of strokes:

Hemorrhagic Stroke (Bleeding)

This occurs when a blood vessel within the brain ruptures and cause bleeding in and around the affect area.

Ischaemic Stroke (Clot)

This is caused by a blood clot which obstructs the flow of blood to the brain, which is 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 is temporary. A TIA, though temporary, is still very serious as it is a sign of a problem that needs attention, and pre-empts a stroke, if the problem is not taken care of.

Understanding Stroke:

Stroke is one of the top 3 causes of death in the world and one of the leading causes of disability. Yet, few people know what a stroke is, how to recognise the symptoms of a stroke, and what to do to reduce the impact of a stroke in the victim. A stroke can cause permanent loss of movement on the affected side of the body, loss of coherent speech and can affect your memory.

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

BY educating yourself, your family members and friends on quickly identifying the symptoms of a stroke, you can play an important role in reducing the impact of a stroke on the victim.

Stroke is caused when blood is no longer flowing to the brain. It is important the right medical treatment is given as quickly as possible.

What are the effects of a stroke?

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

Frequently the effects are:

- 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, fatigue, depression, frustration & severe headache



Misconceptions on Stroke:

- Many communities still believe that a stroke victim is bewitched
- Women are immune to having a stroke
- Many believe that only the elderly are susceptible to a stroke
- Stroke is not hereditary
- Mini-strokes do not need treatment
- Smoking does not affect your chances of having a stroke

Preventative measures:

It is estimated that 1 in 6 people will suffer a stroke and occurs every 3 seconds around the world. It is estimated that every 4 minutes someone dies from a stroke. 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 helps to ensure your body is functioning at its peak.

High Blood Pressure:

It is estimated that more people suffer from High Blood Pressure without even realising it. Regular medical checkups, monitoring and controlling blood pressure helps 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. Drinking in moderation reduces your chances of a stroke.

Smoking:

Smoking doubles 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.