



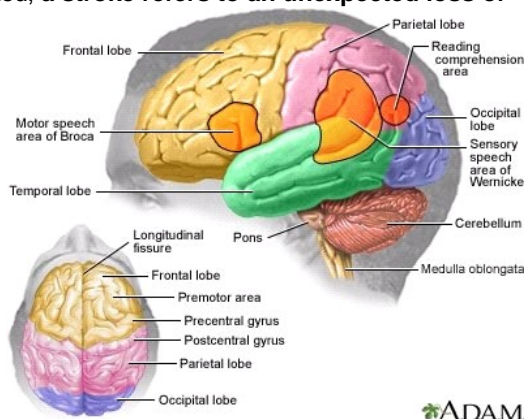
Remobility Newsletter

Volume 3, Issue 10

What is Stroke?

A stroke can affect men and women of all ages and carries with it damaging and potentially life-threatening complications. Simply stated, **a stroke refers to an unexpected loss of brain function that occurs when blood flow to the brain is interrupted or when blood vessels in the brain rupture.** When the blood flow is affected, the brain cells in the affected area die, and this can cause long-term damage.

Depending on the area injured, a stroke can cause an individual to lose his or her ability to see, speak, read or write, along with loss of memory or an impaired thought process. Also, movement is limited to partial or full paralysis. The slightest of delays in blood flow can cause damage to the brain. **The longer the brain goes without important nutrients and oxygen carried by the blood, the higher the risk of permanent damage.**



ADAM.

What are the risk factors of stroke?

They are high blood pressure, high cholesterol levels, certain heart conditions, diabetes, obesity, smoking, stress, and drinking too much alcohol. In addition, women are subject to an extra set of risk factors, such as menopause and hormonal changes, as well as conditions associated with pregnancy and the use of birth control pills. A low activity level has further been linked to stroke risk, bringing yet another benefit to regular exercise.

Fortunately, you can identify a stroke early through **FOUR MAJOR WARNING SIGNS** and potentially decrease the severity of the damage:

- Weakness or numbness in the face, arm or leg
- Speech or comprehension trouble, vision problems
- Headache
- Dizziness

Each of these warning signs can occur alone or in any combination. So, learn and remember the list. Remember, timing is key. Getting treatment quickly can help counteract the damaging effects of a stroke. So if any of these warning signs occur, be sure to get medical attention immediately!

Act F.A.S.T. for Stroke



Knowing the warning signs of a stroke can not only save your own life, but that of someone close to you as well. In fact, most of us know someone who has suffered a stroke and have seen its damaging effects.

An easy way to assess someone, even a passerby on the street, who may be experiencing stroke is to remember to act **F.A.S.T.**

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Roel Fung-A-Wing

Remobility Physical Therapy & Wellness Services

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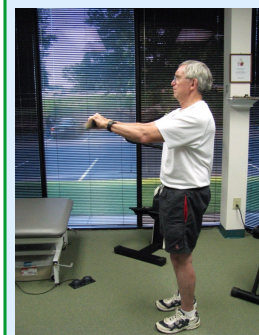
[Our Website](#)

Improving Balance & Preventing Falls

Roel and Remobility Staff:

Thanks so much for a very informative and enjoyable class concerning balance and preventing falls. In recent years I have been injured twice because of falls. Both times I became your patient for rehabilitation after the orthopedist finished with me. Your class on Saturday, June 26, certainly gave me information and skills to help prevent more of these injuries.

John Elliott, D.D.S.



Dr. Elliott practices balance exercises in class.

Heatstroke

During the summer season in the South, we often hear warnings about heatstroke. This should not be confused with cardiovascular stroke, but is also a serious medical concern. Heatstroke is the

- **F - Face** - Has the face fallen on one side? Ask the person to smile and watch to see if the person's smile is asymmetrical or if they have more difficulty moving one side of the face compared to the other.
- **A - Arms** - Ask the person to raise both arms at the same time and hold them there. If the person shows weakness in one arm, it may be a warning sign.
- **S - Speech** - Ask the person to say 2 or 3 simple sentences, such as "Don't cry over spilt milk." or "The sky is blue in Cincinnati." If the person slurs their words or cannot complete the sentences then they may be suffering from a stroke.
- **T - Time** - **It is extremely important to note the time that the symptoms started, as physicians only have a 3-hour window to administer anti-clotting medication (blood thinners) to slow or stop the effects of a stroke.**

If you suspect that you or someone else is having a stroke, **call 911** and get help right away!

Share this information with friends and family, especially those who are aging or have family history of stroke, and you just may save a life!

Physical Therapy and Stroke Recovery

You may not expect physical therapy to play an important part in stroke recovery, but physicians refer to it as an indispensable tool. While there are other types of stroke rehabilitation, including speech and occupational therapy, physical therapy specifically addresses physical damage. Of course, the type of assistance necessary depends on the type of damage that is present.



As physical therapists, we teach strengthening exercises to retrain the body following a stroke. **Using a series of custom-designed stretches and exercises, we can help a stroke victim broaden his or her range of motion, build muscle, and increase endurance.** Before establishing a treatment plan, we test the stroke victim's current levels of motion, strength and endurance, and use this valuable information to create a plan that best suits the individual.

Word of Caution:

Never underestimate the range of treatment provided by your physical therapist. Even if the stroke victim is suffering from partial paralysis or weakness as a result of the stroke, physical therapy can prove to be very beneficial. In the case of paralysis, we can teach the stroke victim ways to compensate for the loss, in addition to prescribing treatment for the affected limb(s). For stroke sufferers forced to combat ongoing weakness, physical therapy can help to strengthen the extremities as a long-term solution. Physical therapy plays an integral role in stroke recovery. **If you or someone you know has suffered a stroke, contact your physical therapist now to open a new door to recovery.**

Are You at Risk for Stroke?

from the National Institute of Neurological Disorders and Stroke (NINDS)

Stroke ranks as the third leading killer in the United States. A stroke can be devastating to individuals and their families, robbing them of their independence. It is the most common cause of adult disability. Each year more than 700,000 Americans have a stroke, with about 160,000 dying from stroke-related causes.

Stroke occurs in all age groups, in both sexes, and in all races in every country. It can even occur before birth, when the fetus is still in the womb. In African-Americans, stroke is more common and more deadly—even in young and middle-aged adults—than for any ethnic or other racial group in the United States. Scientists have found more and more severe risk factors in some minority groups and continue to look for patterns of stroke in these groups.

Having a risk factor for stroke doesn't mean you'll have a stroke. On the other hand, not having a risk factor doesn't mean you'll avoid a stroke. But your risk of stroke grows as the number and severity of risk factors increases. Some of the most important treatable risk factors for stroke are:

- **High blood pressure.** Some ways to control hypertension: Maintain proper weight. Avoid drugs known to raise blood pressure. Cut down on salt. Eat fruits and vegetables to increase potassium in your diet. Exercise more. Your doctor may prescribe medicines that help lower blood pressure.

condition that occurs when the body reaches a temperature of 104°F or higher so rapidly that it is unable to cool down through normal means such as sweating. Common causes include physical over-exertion, dehydration, and environmental heat.

Symptoms of heatstroke include any combination of the following:

- Flushed, red skin
- Rapid, shallow breathing
- Racing heart and strong pulse (tachycardia)
- Throbbing headache
- Seizure, loss of consciousness, severe dizziness or confusion
- Muscle cramps or weakness

If you begin to have any of the signs of heat cramps or heat exhaustion, first try to cool yourself down, hydrate, and replenish salt levels. If symptoms persist or worsen, seek medical attention immediately.

Motivational Quote of the Day:

"The impossible can be achieved when broken down into smaller possibilities."
- Author Unknown

"BREAK FOR BREAKFAST"

Preventing & Recovering From Stroke

Saturday, August 28 @ 10am-11am



Remobility teaches family members to assist with stroke recovery at home.

Please join us for this **FREE** class, which offers information on preventing and recovering from a stroke. Topics of

- **Cigarette smoking.** Cigarette smoking has been linked to the buildup of fatty substances in the carotid artery, the main neck artery supplying blood to the brain. Blockage of this artery is the leading cause of stroke in Americans. Also, nicotine raises blood pressure; carbon monoxide reduces the amount of oxygen your blood can carry to the brain; and cigarette smoke makes your blood thicker and more likely to clot. Your doctor can recommend programs and medications that may help you quit smoking.
- **Heart disease.** Common heart disorders such as coronary artery disease, valve defects, irregular heart beat, and enlargement of one of the heart's chambers can result in blood clots that may break loose and block vessels in or leading to the brain. The most common blood vessel disease, caused by the buildup of fatty deposits in the arteries, is called atherosclerosis. A doctor can evaluate your risk factors for atherosclerosis and help you decide if you will benefit from aspirin or other blood-thinning therapy.
- **History of stroke.** If you have had a stroke in the past, it's important to reduce your risk of a second stroke. Your brain helps you recover from a stroke by drawing on body systems that now do double duty. That means a second stroke can be twice as bad.
- **Diabetes.** You may think this disorder affects only the body's ability to use sugar, or glucose. But it also causes destructive changes in the blood vessels throughout the body, including the brain. Also, if blood glucose levels are high at the time of a stroke, then brain damage is usually more severe and extensive than when blood glucose is well-controlled. Treating diabetes can delay the onset of complications that increase the risk of stroke.

To assess your risk for stroke, use the Stroke Risk Worksheet, available online at http://www.ninds.nih.gov/disorders/stroke/preventing_stroke.htm.



Can't Live With Her... Can't Live Without Her



My wife Debbie had the honor of coordinating a company conference in The Netherlands, so she has been gone the whole week of June 27. After business meetings and classes were finished each day, she had the pleasure of spending time with some of our family and friends there. As if it wasn't bad enough that I missed her in my empty house every day, she "tortured" me by sending photos of all the fun and food she was enjoying in Holland, as well as calling and texting me to let me know how much she missed me.

It is funny that when she is here at home, she says I drive her crazy (lovingly, of course), but when she is away she can't stand to be apart from me! As the saying goes - "Women... Can't live with them... Can't live without them!"

I can't wait to have my beautiful wife back home again for the July 4th holiday. We will surely spend lots of quality time together during the long weekend, including some outdoor grilling, watching fireworks, and of course celebrating the The Netherlands' victory in the World Cup!

Have a safe and happy holiday,
Roël

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discussion will be stroke prevention, post-stroke care at home, family support & assistance resources, and improving balance & preventing falls. Family and friends are invited and refreshments will be served. Space is limited, so please register by calling 770-578-4343 or emailing assistant@remobility.com.
Deadline to sign up is Monday, August 23!

INSURANCE COMPANIES

We are in network with the following insurance companies and accept plans from many others. Click on the company names to visit their web site.

- [Aetna Medicare](#)
- [Ancillary Care Services](#)
- [Assurant Health](#)
- [Blue Cross Blue Shield \(PPO only\)](#)
- [Cigna](#)
- [Coventry Health Care](#)
- [First Health Network](#)
- [Golden Rule](#)
- [Great-West Healthcare](#)
- [HealthSmart](#)
- [Humana](#)
- [Humana Medicare](#)
- [Medicare](#)
- [Multiplan](#)
- [Oxford Health Plans](#)
- [PacifiCare](#)
- [PHCS](#)
- [Providian \(Workers Comp\)](#)
- [SecureHorizons](#)
- [TRICARE](#)
- [United Healthcare](#)
- [UHC Medicare](#)

Important Links

[American Physical Therapy Association](#)

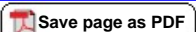
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[Move Forward PT](#)

[Marietta Metro Rotary Club](#)

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