“Laughter is the most inexpensive and most effective wonder drug. Laughter is a universal medicine.” ~ Bertrand Russell

Reducing the Risk of Stroke, Recognize Risk Factors & Sleep Apnea

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Reducing the Risk of Stroke & Recognizing Stroke Risk Factors

Dr. Matthew Tenser, MD

Stroke is the 4th leading cause of death and the leading cause of adult disability in the United States today, and approximately 800,000 people in the US suffer a stroke each year and another 400,000 suffer a transient ischemic attack (TIA). Stroke is also an enormous financial burden on the United States, as Americans paid about $74 billion in 2010 for stroke related medical costs and disability. It is extremely important for people to know the risk factors for stroke and what they can do to reduce their chances for stroke. ....cont.pg 5
South Orange County Stroke Support Group
Laguna Hills
Held: 2nd & 4th Tuesday of every month
Where:
23382 Mill Creek Dr.
Suite 130
Laguna Hills, CA 92653

Session #1: 10:00-11:30am
Stroke Caregivers Support Group
Session #2: 1:30-3:00pm
MindBodySpirit Connection

North Orange County Stroke Support Group
St. Jude Medical Center
Held: 1st & 3rd Mondays of every month
Where:
Community Services Bldg.
130W. Bastanchury Road
Fullerton, CA 92835
Time: 1:30pm – 3:00pm

Because there is Life After Stroke

Your Recovery
We realize the challenges that you might be faced with as well as a long journey to recovery when left to deal with so many unanswered questions, and challenges, as a result from having a stroke. We strive to help improve your quality of life and achieve your personal best during recovery. Making your recovery easier is our main objective. Our staff is able to provide support through our recommended agencies that service the Orange County, CA area.

Our Goal
Helping support any stroke survivor along with their family, friends, and caregivers is the goal of the Stroke Survivor Recovery Program.
We are here to provide resources to help in the aid of stroke recovery for stroke survivors. The RTH Stroke Foundation’s SSRP team can help determine what care is best suited for you in the aftermath of a stroke.

REFERRAL SOURCES

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<td>Adult Day Care Centers, Senior Centers, and Respite Care</td>
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<td>State and Government funded programs</td>
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<td>Clinic Physiologist and Physiatrist</td>
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<td>Dietician and Nutrition</td>
<td>Long-term Insurance needs</td>
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Cost: FREE Refreshments to be served!

The RTH Stroke Foundation is a non-profit 501(C)(3) corporation which operates the OC Stroke Association. Tax ID information is available upon request by calling (888) 794-9466.
Nurses Corner

Stroke Survivor Recovery Program ~ SSRP

The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible. ~ Richard M. DeVos

Recovery: the process of regaining possession or control of something stolen or lost.

After a person has experienced a stroke, the road to recovery may seem impossible to imagine. Most of the time survivors and their families leave the hospital with unanswered questions. They leave with a feeling of hopelessness and loss.

At the RTH Stroke Foundation we’ve seen this all too many times and realized more needs to be done once a patient is discharged from the hospital and/or post-acute rehab centers. With the Stroke Survivor Recovery Program, we are able to assist in that road to recovery. This FREE program can offer a wide range of referral services that are appropriate to stroke recovery. Our foundation can also make home visits to aid in fall prevention, medication adherence and in-home education.

The RTH Foundation has seen a need and has developed the SSRP ~ Stroke Survivor Recovery Program. This is a free service available to stroke survivors and their families who are looking for help after stroke. The SSRP program offers referrals to Physical, Speech and Occupational therapists that specialize in stroke recovery. Listed are just a few other resources and referrals the SSRP program has to offer.

If you or your loved one is in need of assistance following a stroke, Please call the RTH Stroke Foundation at 888-794-9466

MAY IS....

Stroke Statistics

- Generally, someone in the U.S. suffers a stroke every 45 seconds
- Stroke is the fifth leading cause of death, behind heart disease and cancer
- Each year, about 800,000 people suffer a stroke
- Roughly 160,000 people die of stroke each year
- Approximately 250,000 people survive stroke and cope with permanent disabilities
- About 4.5 million people are living survivors of stroke
- Stroke is the leading cause of serious, long-term disability in the U. S.
- Stroke is the number one reason for new admissions to nursing homes
Sleep apnea is common in people with silent strokes and small lesions in the brain.

- Having more than five sleep apnea episodes per night was associated with silent strokes. Early treatment of sleep apnea may help reduce risk of silent strokes in these patients.

People with severe sleep apnea may have an increased risk of silent strokes and small lesions in the brain, according to a small study presented at the American Stroke Association’s International Stroke Conference 2012.

“We found a surprisingly high frequency of sleep apnea in patients with stroke that underlines its clinical relevance as a stroke risk factor,” said Jessica Kepplinger, M.D., the study’s lead researcher and stroke fellow in the Dresden University Stroke Center’s Department of Neurology at the University of Technology in Dresden, Germany.

“Sleep apnea is widely unrecognized and still neglected. Patients who had severe sleep apnea were more likely to have silent strokes and the severity of sleep apnea increased the risk of being disabled at hospital discharge.”

The researchers found:
- Ninety-one percent (51 of 56) of the patients who had a stroke had sleep apnea and were more likely to have silent strokes and white matter lesions that increased risk of disability at hospital discharge.
- Having more than five sleep apnea episodes per night was associated with silent strokes.
- More than one-third of patients with white matter lesions had severe sleep apnea and more than 50 percent of silent stroke patients had sleep apnea.

Even though men were more likely to have silent infarcts, correlations between sleep apnea and silent infarcts remained the same after adjustment for such gender differences.

The patients — average 67 years old, white and 54 percent women — underwent overnight in-hospital testing for sleep apnea. Magnetic resonance imaging and computerized tomography determined silent strokes and white matter lesions. Neuroradiologists were blinded to the sleep study findings and outcome.

Researchers suggested that sleep apnea should be treated the same as other vascular risk factors such as high blood pressure.

“Demographic characteristics in our study are comparable to western European populations, but our findings may not be entirely generalizable to other populations with diverse ethnicities such as in the U.S.,” Kepplinger said.

The researchers plan more studies on sleep apnea, particularly in high-risk patients with silent strokes and white matter lesions, to determine the impact of non-invasive ventilation and on short-term clinical outcome, researchers said. www.heart.org/corporatefunding. February 1, 2012
There are many risk factors for stroke, some of which can be modified and others that cannot. Those that cannot be altered include age, family history, race, and sex. The risk of stroke doubles for each decade over 55, and women tend to have more strokes than men. Your stroke risk is higher if you have a first degree relative (mother, father, brother, sister) that has had a stroke, and there are many inherited conditions, such as those that lead to damage of the wall of blood vessels to those that predispose to the formation of blood clots, that can also increase your risk of stroke. While we can treat the effects of these factors, there is nothing we can do to modify the risk factors themselves. However, there are also many risk factors that we can change. The most important risk factor to control is hypertension. 55-65% of men and 55-75% of women over 55 have hypertension, and studies indicate that the risk of stroke due to hypertension is 8 times that of those without hypertension. It has been estimated that you can reduce your risk of stroke by about 33% when you effectively treat hypertension. One study estimated that we could reduce the number of strokes by over 360,000 by effectively controlling hypertension. Another important modifiable risk factor is cigarette smoking. The risk of ischemic stroke is doubled for smokers, and tripled for certain types of brain hemorrhages. Studies show that your risk is cut in half after one year of smoking cessation, and approximately back to that of a non-smoker after 5 years. Another important and common risk factor is a heart rhythm irregularity, especially atrial fibrillation. Patients with atrial fibrillation have a 2.5-4 fold increase in stroke risk, but that risk can be reduced by 64% with appropriate treatment, including the use of anticoagulant medications such as Coumadin. Elevated lipid levels and poorly controlled diabetes also contribute to the risk of stroke, but aggressive control of these diseases can also help reduce your risk of stroke. There are other modifiable risk factors, such as carotid artery narrowing, obesity, and alcohol use that, when addressed, can also reduce your risk of stroke.

It is extremely important to know your risk factors and to work with your doctors to aggressively treat them. In addition to medications, your doctor can also work with you to change your diet and guide other lifestyle changes, including exercise, to help you reduce your risk of stroke. One study stated that 80% of strokes can be prevented, but you need good communication with your health care provider and aggressive treatment of your risk factors.

~Dr. Matthew Tenser, MD Assistant Professor of Neurological USC & Surgery Endovascular Neurosurgery
1. **Weight Loss:** Sleep apnea may be improved by slimming down. According to a new study, when obese men with sleep apnea were enrolled in a weight loss program and lost an average of 25 lbs. over the course of a year, symptoms of sleep apnea improved dramatically. Ten percent of the participants were even cured of the disorder, requiring no further treatment.

2. **Throat Exercises:** Turns out making faces and sticking out your tongue might not just be for sassy kids – it might be the keys to a good night’s sleep. According to new research, if you suffer from sleep apnea, treatment might just be a few tongue and jaw exercises away.

3. **Play the Didgeridoo:** Yes, taking up wind instruments may help too. That’s right. Music is good for the soul, and maybe even help you rest better. A trial study conducted in Germany proved playing the didgeridoo on a regular basis may help as an alternative treatment for people suffering from obstructive sleep apnea and snoring. Playing the didgeridoo may be an effective alternative, as the researchers explain, because learning to play trains “the muscles of the upper airways, which control airway dilation and wall stiffening.”

4. **Get Fitted for a Sleep Mouth Guard:** If you have an overbite, small jaw, or recessed chin, the way your jawbone is naturally set might also make your airway unusually narrow. Corrective devices that encourage proper alignment of the jaw during sleep might be beneficial.

5. **Limit Alcohol and Stop Smoking:** Smoking causes the upper airway to swell, and alcohol use causes the same area to unusually relax. Happily, quitting smoking and reducing drinking don’t come with the price tag of a corrective device or surgery, and even better, are likely to free up some of your finances.

Finally if you struggle with insomnia, you may want to add a glass of tart cherry juice to your bedtime routine. A study found tart cherry juice reduced the severity of insomnia by improving sleep maintenance.

~FYI Living
Grilled Chicken-Asparagus Salad ~ Eating Well®

**Ingredients**
- 1 1/2 pounds skinned and boned chicken breasts
- 6 tablespoons olive oil, divided
- 2 teaspoons kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 2 pounds asparagus, trimmed
- 4 ounces crumbled goat cheese
- 1/4 cup thinly sliced shallots
- 1/3 cup mayonnaise
- 3 tablespoons buttermilk
- 2 teaspoons fresh lemon juice
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh mint
- 2 teaspoons chopped fresh dill

**Preparation**

1. Preheat grill to 350° to 400° (medium-high) heat. Brush chicken with 2 Tbsp. oil; sprinkle with 1 1/4 tsp. salt and 1/4 tsp. pepper. Grill chicken, covered, 5 minutes on each side or until done. Let stand 10 minutes; chop.

2. Toss asparagus with 2 Tbsp. oil, and grill in a grill basket, covered, 1 minute on each side. Cut asparagus into 2-inch pieces. Toss together chicken, asparagus, cheese, shallot, 1/2 tsp. salt, and 1/4 tsp. pepper in a bowl. Whisk together mayonnaise, next 3 ingredients, 2 Tbsp. oil, and 1/4 tsp. salt; drizzle over chicken mixture. Top with herbs.

**Roxanna Todd Hodges**

is the founder of our Foundation. Roxanna passed away peacefully in 2011. If she would have known the warning signs and the risk factors, things may have been very different for her. When Roxanna suffered 3 major strokes, her understanding of the critical need for Stroke ‘brain attack’ awareness and treatment advances led her to establish the Roxanna Todd Hodges Foundation. Her wish was to inform the public on Stroke Awareness. Today, the RTH Stroke Foundation provides free prevention screenings and seminars to local area hospitals, senior centers, and churches. Her last words spoken were: “Strike out Stroke”

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**Save The Date!**
FOR A NIGHT AT THE RACES!

With Celebrity Guest Star Of ‘Storage Wars’
**Dan Dotson**

Saturday, September 26th, 2015
6:00pm-10:00pm
At The
ASTOR CLASSIC MUSEUM
1563 S. State College Blvd.
Anaheim, CA 92806

Presented By The:

**RTH STROKE FOUNDATION**

For more info visit us at www.rthfoundation.org
Or contact Janet French at (888)-794-9466
janetf@rthfoundation.org
Our Mission
The primary mission of the RTH Stroke Foundation is to prevent stroke. We do this in two ways:
- Conducting community education seminars and screenings
- Providing stroke survivors and their families with education and support

Our Vision
We are driven to eradicate strokes as much as is humanly possible and to improve the quality of life of stroke survivors by doing all we can to mitigate the after-effects of strokes.

LONG BEACH MEMORIAL MEDICAL CENTER

Wednesday, May 27, 2015 1:30-3:30 PM

Stroke Awareness Month “3 Alcoholic Drinks a week ups the Risk of having a Stroke!!”

Guest Speaker: Angela West, MSN, RN, ANVP

Long Beach Petroleum Club
3636 Linden Ave., Long Beach, CA 90807

Free: Carotid, Cholesterol/Glucose & Blood Pressure Screenings

Reservations are required for all screenings.

Visit our website to register at www.rthfoundation.org

Or call: 888-794-9466

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