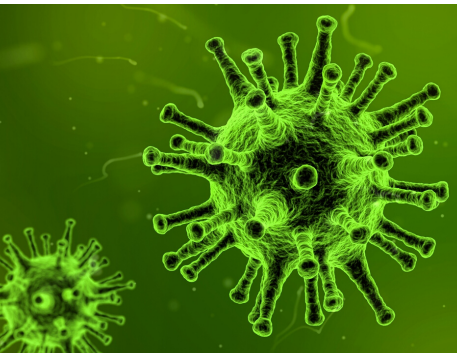


STROKE STRIDES

APRIL, 2020

A UHealth Stroke Institute Monthly Newsletter

Welcome to the inaugural issue of Stroke Strides, a community newsletter by the Community Engagement Division of the UHealth Institute for Stroke and Cerebrovascular Disease. Our focus is increasing stroke awareness, providing stroke education, information on local resources, and updates on stroke research and treatment for strokes survivors, caregivers, and the community.



STROKE SURVIVORS AND CORONAVIRUS (COVID-19)

The coronavirus is still new and there are many things we don't know- such as how it may impact heart and brain health. Data suggests people who have a heart condition or had a stroke, may be at higher risk of complications if infected with COVID-19. The American Stroke Association is warning stroke survivors, though your risk is not higher than the public for getting COVID-19, if you get infected, you may have a higher chance of complications! So, stay home to limit your risk of contracting the virus. If you must come in contact with people, remember social distancing, keep 6 ft or greater from others. For further information, click the COVID-19 image or visit coronavirus.gov.

OTHER TIPS TO CONSIDER

- Make a list of contacts – caregivers, healthcare providers, etc. who could help you if needed.
- Ensure you have a supply of current prescriptions & check if your pharmacy provides home delivery.
- If possible, have someone in your family know your prescriptions and be able to refill them.
- Stock up on non-perishable foods

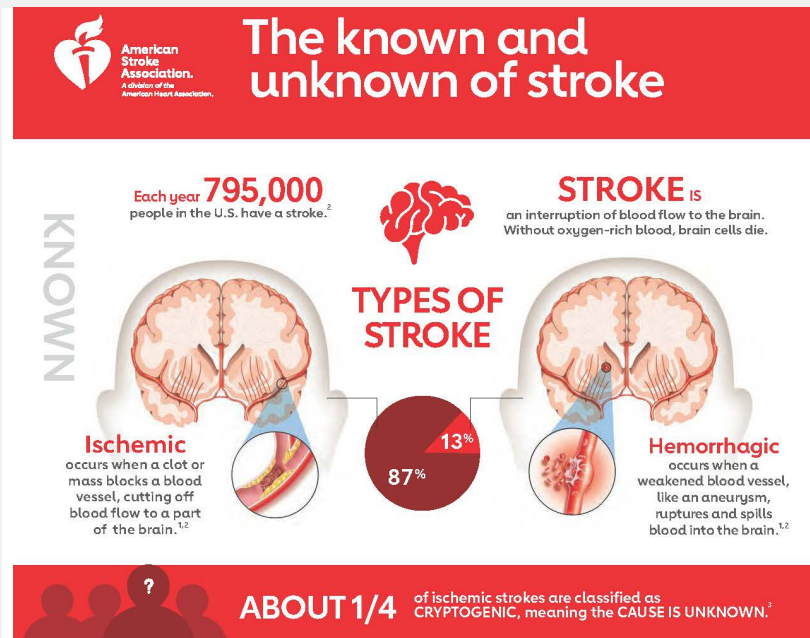
CRYPTOGENIC STROKE

A cryptogenic stroke is a stroke of unknown cause after extensive testing. About 1 in 4 ischemic strokes are cryptogenic. Potential causes to consider include:

- Atrial fibrillation– irregular heartbeat that puts the patient at 5x greater risk for stroke. May be detected by monitoring the heart's rhythm over time.
- Patent Foramen Ovale– a hole between the heart's chambers that usually closes naturally by adulthood.
- Thrombophilias– blood clotting disorders.
- Large-artery atherosclerosis – buildup of fats, cholesterol and other substances in and on artery walls.

STROKE SUPPORT GROUPS

West Houston Stroke Warriors is Houston's largest stroke support group with over 120 stroke survivors & caregivers. Meet new friends, enjoy fun activities, or share your story with other stroke survivors. Meets every Saturday @ 10 am. To join or for further information, contact Wanda Adams, 281-588-8590 or wanda.adams@hcahealthcare.com.



FINDING THE CAUSE

of a stroke is important because it helps reduce the risk of another stroke.

POSSIBLE HIDDEN CAUSES



Irregular heartbeat
(Atrial Fibrillation)
AFib patients are at a **5X** greater risk for stroke.¹

Heart structure problem
(such as Patent Foramen Ovale)
Hardening of the arteries
(Large Artery Atherosclerosis)
Blood clotting disorder
(Thrombophilia)

FIND THE FACTS at Stroke.org/CS

Medtronic

Supports the American Stroke Association's Cryptogenic Stroke Initiative.

1 - Benjamin EJ, et al. Circulation. 2019;139:e66-e68.
2 - Benjamin EJ, Blaha MJ, Chiuve SE, et al. on behalf of the AHA Statistics Committee and SS Subcommittee. Heart disease and stroke statistics—2017 update: a report from the AHA. Circulation. 2017;135:e223-e446.
3 - Savitz, JL. Cryptogenic Stroke. N Engl J Med 2015;374:2066-74.

DRIVER EVALUATION



Is your physician requiring a driver evaluation before you can return to driving? When a stroke occurs, it can affect skills necessary for independent driving with limitations in vision, perception, reaction time or functional ability. Many stroke survivors can return to independent driving but require adaptive equipment and training. If you, your caregiver or a physician has concerns over your ability to drive post stroke, contact Strowmatt Rehabilitation Services, for specialized services to aid in your road to recovery. www.driverrehabservices.com



WARNING SIGNS YOU MAY NEED A DRIVER EVALUATION

- Inappropriate driving speeds (too fast or too slow)
- Needs instructions from passengers, easily frustrated or confused
- Doesn't observe signs or signals, having accidents or near misses
- Slow or poor decisions, poor judge of distances
- Pattern of getting lost, even in familiar areas
- Drifting across lane markings, into other lanes
- Hitting both pedals with one foot by accident

FUTURE EVENTS

- Vietnamese- American Nurses' Association (VANA) Health Fair - Sunday, Oct. 11, 2020, 9 AM - 1 PM. Drop by for stroke assessments, blood pressure, glucose screenings and more.
- Girl Scouts Stomp Out Stroke (SOS)- Date TBD. A stroke education program in collaboration with The Health Museum, features a full day of interactive educational stations Girl Scouts rotate thru to receive a SOS patch.

MIND & BODY HEALTH

Does the COVID-19 crisis have you stressed?

The Jung Center's Mind Body Spirit Institute is offering free, live-streamed sessions of *Weekly Meditation: The Power of Community*, a program focused on cultivating wellness and emotional health. Every Tuesday, Mar 31-Apr 28, 1 pm - 1:15 pm. To register or for more information, click on the below image.



For further information and resources on coping with the current COVID-19 crisis, visit the Stroke Institute's Mental Health Division @ uth.edu/stroke-institute/cores/mental-health-core

MINDFUL HAND WASHING

View the following video on Mindful Hand washing by visiting https://www.youtube.com/watch?v=RfQzv5LiAo8&feature=emb_logo

STROKE RESEARCH

PISCES III is a clinical research study that is evaluating if a study drug, made from stem cells, will help improve function in those who recently suffered an ischemic stroke. You or a loved one may qualify if you are 35-75 years old, had your stroke within the past 23 months, and have limited movement in the arms/legs.

For more information on the trial and eligibility, please contact Dr. Sean Savitz, Director, UTHHealth Institute for Stroke and Cerebrovascular Disease at 713-500-7085 or Dorothea.M.Parker@uth.tmc.edu.

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BRAIN NUTRITION- THE SODIUM STORY

- Did you know 9 out of 10 Americans consume too much sodium.
- On average, adults eat 3,400 mg daily which is more than double the amount of sodium they should.
- How much salt should you eat per day? 1,500 mg or less according to the American Heart Association.
- More than 40% of sodium we eat daily comes from only 10 types of food.
- Many people are surprised to learn which foods are on the list because the foods do not always taste salty.

Top 10 Sources of Sodium

Breads and Rolls	Burritos and Tacos
Pizza	Chicken
Sandwiches	Cheese
Cold cuts and Cured meats	Eggs and Omelets
Savory snacks*	Soups

Choose foods and meals wisely. Check nutrition labels to track how much sodium you are consuming as sodium content adds up quickly!



	Sodium (in milligrams)
Breakfast	
Egg and cheese sandwich	760
Orange juice, 1 cup	5
Coffee, 1 cup	5
Snack	
Banana, medium	1
Lunch	
Vegetable soup & 1/2 sandwich combo	1,450
Iced tea, 1 cup unsweetened	10
Snack	
Chips (plain)	140
Dinner	
Spaghetti (without added salt) with meat sauce (1 1/2 cup pasta, 1/2 cup sauce, 3 oz meat)	380
Garden salad with ranch dressing	340
Water, 1 cup	10
Snack	
2 Chocolate chip cookies	70
Skim Milk, 1 cup	100
Total	3,271

KIDS CORNER



[Click above to view Stroke Education for KIDS!](#)

Girl Scouts join us for the Girl Scouts Stomp Out Stroke program to learn about stroke, signs of stroke, brain anatomy, brain facts & functions, brain food, brain fitness and the importance of being brain healthy. Spend a full day, rotating thru fun, interactive stations and at the end of the program, you will receive your Stomp Out Stroke patch.

STROKE VOLUNTEER STAR



Our stroke volunteer in the spotlight is Lalita R. Thompson, MSN, RN, CRRN. Lalita is a Nurse coordinator for the Intrathecal Baclofen Pump Program at TIRR Memorial Hermann. She has over 20 years of clinical experience and has received national recognition for her expertise in ITB therapy.

Lalita completed her Bachelor of Science in Nursing from Prairie View A&M University and Master of Science in Nursing from University of Phoenix. She is a member of Sigma Theta Tau International Omicron Delta Chapter. Lalita is a patient advocate and dedicated to meeting the needs of the underserved through community education and outreach. She has spent countless hours over the years volunteering on the weekends providing stroke assessments to the community. We are proud to recognize Lalita as April's Stroke Volunteer Star!

Have a topic or issue you would like us to address, or are you a stroke survivor or caregiver who would like to share your story, please email Giselle Montes, Program Manager, at Giselle.M.Montes@uth.tmc.edu or call 713-500-6028