



HOOVER DAM - USA



JUNE 2022

Can you spot a stroke? Here's how!

Stroke is a leading cause of death worldwide. For stroke survivors, the long-term effects can be devastating for both them and their family. Disturbingly, over the past few years, the rate of stroke among young adults and children has grown rapidly. One of the biggest concerns is that most people having a stroke don't recognize the symptoms and miss out on medical treatment when it can be most effective.

It's important to identify the warning signs of stroke and act fast. The sooner you receive medical care, the higher your chances of recovery are. Stroke can rob a person of both their physical abilities and their personality. The faster you act, the more of the person you save.
Signs and Symptoms

The signs of a stroke vary from person to person and they usually occur without warning. Common symptoms include the inability to write or understand spoken language, numbness/weakness in the face, arms and legs, double vision, headaches, vertigo, and an inability to recognise faces.

To help recognise a stroke quickly the acronym **FAST** is used as an easy reminder of the most common stroke symptoms. The letters stand for;

Face: Check their face - has their mouth drooped?

Arms: Can they lift both arms?

Speech: Is their speech slurred, do they understand you?

Time: Is critical. If you see any of these signs call for an ambulance straight away.

Why Is It So Important To Recognise A Stroke?

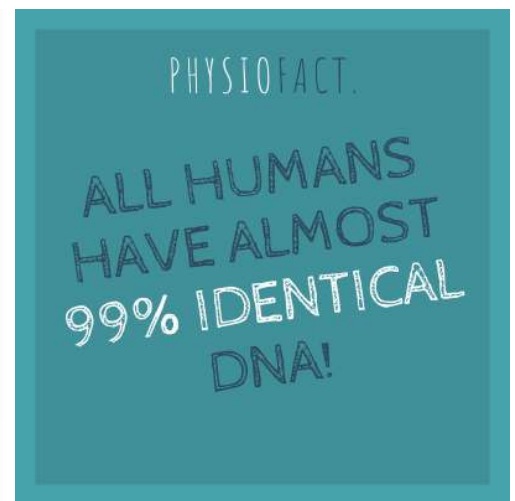
Recognising if someone is having a stroke and receiving emergency medical treatment are important for three main reasons.

1. Only a doctor can decide if you are having a stroke.
2. Some treatments must be given within three hours of the stroke starting.
3. They will need to be assessed by a doctor who will look at treatments to prevent another stroke.

Because every person and every stroke is different it's important to seek treatment, even if you're not sure. For more information visit the stroke foundation's website.

FACE
ARMS
SPEECH
TIME

www.strokefoundation.com.au



Brain Teaser

How many times do you see the letter F in the sentence above?

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS

Can You Cure Hiccups?

No one has ever been able to find a sure fire way to stop hiccups. Our best tip is to try to drink seven tiny sips of water without taking a breath. Next time you have hiccups try and and let us know how it goes.

Cauda Equina Syndrome

Cauda equina syndrome is a rare condition that you may not have heard of, however it can have catastrophic consequences if it is not recognized and treated quickly. This condition occurs in about two percent of cases of herniated lumbar discs, causing loss of lower leg function, incontinence and lower back pain. It is one of the few medical emergencies related to back pain and can be devastating if symptoms persist.

What is it?

At the end of the spinal cord there is an area of spinal nerves arranged together in a bundle that looks a little like a horse's tail. (In Latin horse's tail is cauda equina). These nerves are encased in the spine at the lumbar region.

If for some reason these nerves are compressed, nerve signals to the bowel, bladder and lower extremities can become disrupted. Left untreated, this compression can cause permanent paraplegia and incontinence.

Common causes of compression are disc herniation associated with disc degeneration, tumours, inflammatory disorders, spinal stenosis or complications from surgery. Trauma-related cauda equina syndrome from knife wounds or motor vehicle accidents can affect people of all ages.

Signs and Symptoms

This disease is difficult to diagnose because its symptoms mimic many other conditions. However, there are a few symptoms that health professionals know to take very seriously. These include:

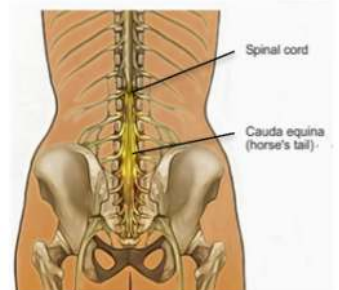
- Sudden loss of reflexes in the legs
- Unusual and rapid onset of Bladder/bowel incontinence or sexual dysfunction
- Pain in one or both legs
- Motor and sensory loss
- Tingling or numbness in the groin and inner thighs
- Bilateral sciatica

These symptoms may be associated with severe low back pain and if you suddenly experience more than one, particularly incontinence, contact a health professional immediately.

Treatment Options

Treatment will depend on the severity and cause of the syndrome. However, most of the time cauda equina syndrome requires decompression surgery as soon as possible to relieve pressure on the nerves. The longer the period between symptom onset and surgery, the less likely it is for a full recovery. Most patients will need physiotherapy, pain management and counselling even if their condition is treated quickly. While this is a very rare condition, public education is important, as rapid treatment is vital to prevent permanent damage.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your injury.



Most people see 3 but there are actually 6, the brain finds it difficult to process the word 'OF'

Homemade Apple Crumble

Ingredients:

Filling

- 500g Apples, peeled and chopped
- 50g Brown Sugar
- 1 Tbsp. Plain Flour
- 1 pinch Ground Cinnamon
- 1 tsp. Ginger, finely grated

Crumble

- 250g Plain Flour
- 150g Brown Sugar
- 200g Rolled Oats
- 250g Butter, melted
- 2 Tbsp. Honey



1. Preheat oven to 180°C/350°F. Place flour, sugar, and oats into a mixing bowl. Melt butter and add to the bowl, mixing through dry ingredients until well combined.
2. Place filling ingredients in a saucepan with 1/2 cup water and cook on medium heat until apples begin to soften.
3. Grease an ovenproof dish with butter or line with baking paper and spoon in the fruit mixture and cover with crumble mixture. Drizzle honey over the top of the mixture.
4. Place in the preheated oven and cook for 30-40 minutes until browned.
5. Serve hot, use custard, ice cream or vanilla yogurt as an optional side.

Ready to serve for four.



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