

=====
Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - JANUARY 2015
=====

~~~<<~ IN THIS ISSUE ~>>~~~

- 1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
CT Scan Predictor of Repeat Strokes
- 2. PAUL'S SURVIVORS TIPS:  
Selecting Your Next Therapist
- 3. STEPHANIE'S CAREGIVERS TIPS:  
Live Your Life Well
- 4. CELEBRATE: January is  
National Glaucoma Awareness Month
- 5. PAUL'S FAVORITES:  
The Brain
- 6. EATING FOR STROKE HEALTH  
Calorie Counting Away from Home
- 7. WHAT'S NEW on: <http://www.StrokeSurvivor.com>

8. Stroke Reading Problems? Free Read-aloud Software  
\*\* Subscribe

\*\*\*\* Follow us on FACEBOOK & TWITTER \*\*\*\*  
Please click "LIKE" on the StrokeSurvivor.com  
Facebook Page...ask your friends to "like" us too:  
<http://tinyurl.com/StrokeSurvivor-comFacebook>

@PauleBerger  
<http://twitter.com/#!/PauleBerger>

### Catch up on last year's newsletter! Now posted at:  
<http://strokesurvivor.com/newsletter.html> ###

=====  
Please FORWARD this newsletter to your friends and  
colleagues who would benefit from these tips. Click it  
forward to people in your stroke club, volunteer groups,  
place of worship, community services and neighbors, too!  
=====

- 1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
CT Scan Predictor of Repeat Strokes

Patients who have a combination of symptoms following a  
transient ischemic attack or mini-stroke are more likely to  
have a future, more severe stroke according to a recent  
study. Researchers conducted CT scans of the brain within  
24 hours on 2,000 patients who had suffered a mini-stroke.

Patients who had all of these findings: (1) damage  
from ischemia, (2) chronic ischemia, and (3) small  
blood vessel damage, had 8 times the risk of a  
future stroke or a 25% risk, compared to patients  
with only one of these findings.

In discussing their results, the researchers from the  
University of Ottawa, Canada, suggested that physicians  
should be more aggressive in treating patients with these  
findings to reduce the patient's risk of another stroke.

To read a discussion of the study in Medline Plus:  
<http://tinyurl.com/BrainScanTIA-story>

To read an abstract of the study published online  
12/14/14 in the journal "Stroke":  
<http://tinyurl.com/BrainScanTIA-abstr>

For additional resources to help you find information on medical, health, rehabilitation, recovery, self-empowerment, and more, we have collected our favorite links at: [http://www.strokesurvivor.com/resource\\_links.html](http://www.strokesurvivor.com/resource_links.html).

=====

Do you wonder how I look & sound? Meet me at my video page: <http://strokesurvivor.com/video.html>

=====

2. PAUL'S TIPS FOR SURVIVORS:  
Selecting Your Next Therapist

I believe that you can improve after a stroke, even if you stopped having therapy a few months ago or years ago. Sometimes taking a break is good.

- When you are ready to continue speech or physical or occupational therapy, here are my tips:
1. Ask for therapists with 10+ years of experience.
  2. Do they specialize in stroke, brain injury, aphasia? Do they have experience with your problems?
  3. Are they passionate about their work?
  4. Will they do more & try new things to help you succeed?
  5. If the therapists do more, will you? Are you motivated to work hard & do your homework & spend extra hours practicing the therapy exercises they give you?

Some health insurance may pay for some sessions. If not, there are some lower cost alternatives, like group sessions. When you pay yourself, you have a little more control.

Over the years, I have continued with speech & physical therapy. Some years, I had little or no speech therapy & PT 6 or 8 times in the year. Recently, I've returned to PT about 2 times a month, to work on my knee problems. And I work on verbs, pronouns & questions/answers at the Stroke Comeback Center 2 hours a week.

If I can do it, you can do it, too!

- Resources:
- Speech Therapists:  
<http://www.asha.org/findpro/>
  - Physical Therapists:  
<http://tinyurl.com/Find-PT-site>
  - Stroke Comeback Center (for people in the DC area):  
<http://strokecomebackcenter.org/>
  - Speech Therapy over the Internet:  
<http://aphasiatoolbox.com/>

Do you have a tip to share with others? Send it to me at [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.com) and we may include it in next month's newsletter.

Other insights and tips for coping with life and taking control of your recovery after stroke are available on my

website at <http://www.strokesurvivor.com>.

\*\*\* Looking for even more inspiration & solutions for survivors? Read, "Conquering Aphasia & Stroke TODAY! Vol. 1: Paul Berger's Guide for Stroke Survivors"  
<http://tinyurl.com/ConqAphasia-Stroke-Vol-1>

=====  
~~~~~  
I'm a stroke survivor working hard to give you tips, solutions & motivation for a better life. If you like what you see, buy me a cup of coffee (or 2 or 3) and I'll send you a special thank you!
* 1 cup: <http://tinyurl.com/1-coffee-for-Paul>
* 2 cups: <http://tinyurl.com/2-coffees-for-Paul>
* 3 cups: <http://tinyurl.com/3-coffees-for-Paul>
~~~~~  
=====

3. STEPHANIE'S TIPS FOR CAREGIVERS:  
Live Your Life Well

You know that caregivers of stroke survivors are often stressed out to the max by trying to maintain a "normal" life while fighting the healthcare system, social security, employers, financial & legal issues & sometimes family.

Caregivers are twice as likely to become depressed & the high level of stress can lead to physical problems like insomnia, overeating, irritability, high blood pressure, reduced immunity & more.

To help me manage my stress & feelings, I'm working thru the 10 Tools to build mental wellness, developed by Mental Health America (formerly the National Mental Health Association). These 10 Tools include: connecting with & helping others, being physically active & eating well, taking care of your spirit. & staying positive.

My favorite is the tool on dealing better with hard times by writing about it. Evidence shows that people who spend time writing out the difficult problem had better health & less depression. The MHA tool provides steps to get started, list solutions & tackle the problem, as well as a training module & worksheet.

Resources:  
Live Your Life Well Campaign  
<http://www.nmha.org/live-your-life-well>  
  
Dealing Better by Writing Out Problems:  
<http://tinyurl.com/Write-Problem-Tool>

For more tips & inspiration for caregivers, please visit:  
[http://www.strokesurvivor.com/articles\\_and\\_tips.html](http://www.strokesurvivor.com/articles_and_tips.html)

\*\*\* Looking for even more inspiration & solutions for spouses and families? Read, "Conquering Aphasia & Stroke for Caregivers, Vol. 2: Stephanie Mensh's Guide for Caregivers"  
<http://tinyurl.com/Stroke-Caregiver-E-book>

=====

4. CELEBRATE: January is  
National Glaucoma Awareness Month

More than 2.2 million Americans age 40 and older suffer from glaucoma. Nearly half do not know they have the disease--it causes no early symptoms.

Stroke survivors, caregivers, family & professionals should remember to schedule periodic eye exams with an eye doctor to check for glaucoma & other eye conditions.

For more information:  
Prevent Blindness America at:  
<http://www.preventblindness.org/>  
  
EyeSmart: <http://tinyurl.com/EyeSmt-Glauc>

=====

5. PAUL'S FAVORITES:  
The Brain

I just finished reading, "The Future of the Mind: The Scientific Quest to Understand, Enhance, and Empower the Mind," by Michio Kaku. Wow!

The book describes research into how the brain works & future possibilities that could lead to better recovery from stroke. My favorite chapters were:

- Chapter 3: Telepathy: A Penny for Your Thoughts
- Chapter 4: Telekinesis: Mind Controlling Matter

To read more about the book:  
<http://tinyurl.com/Brain-Kaku-Book>

To learn more about the author, Michio Kaku:  
<http://mkaku.org/home/>

For details on other Paul-tested helpful books and products, visit:  
[http://www.strokesurvivor.com/reading\\_list.html](http://www.strokesurvivor.com/reading_list.html) and  
[http://www.strokesurvivor.com/lifestyle\\_products.html](http://www.strokesurvivor.com/lifestyle_products.html)

=====

~~~~~  
** Aphasia & Speech Therapy in the Comfort of Your Home **

If your goal is to aggressively continue your speech-language recovery, you must try tele-rehabilitation.

Aphasia experts can conduct your treatment sessions over the Internet and it is easier than you can imagine.

<http://www.aphasiatoolbox.com> is providing a 45 minute aphasia consultation with treatment recommendations at no charge as a SPECIAL OFFER to subscribers of this "Stroke Survivor" newsletter.

Contact Bill Connors at bill@aphasiatoolbox.com or phone: 724.494.2534.

Currently, these consultation are offered in 6 different languages to people with aphasia all over the world.

~~~~~

=====

6. EATING FOR STROKE HEALTH  
Calorie Counting Away from Home

Final rules on restaurant & vending machine nutrition labeling were recently announced by the U.S. Food & Drug Administration (FDA). These will help you understand the number of calories in foods on the menu in chain restaurants, so you can make informed choices.

Some restaurants have been doing this for years, at least in listing the calories for their "healthy choice" menu items.

To learn more:

FDA Press release:  
<http://tinyurl.com/FDA-PR-rst-menu>

FDA Info Page:  
<http://tinyurl.com/FDA-rst-menu-page>

News story:  
<http://tinyurl.com/Rst-menu-NewsStory>

For details on other Paul-tested helpful kitchen, shopping, and eating tips, visit:  
[http://www.com/lifestyle\\_products.html](http://www.com/lifestyle_products.html)

=====

7. WHAT'S NEW on the Stroke Survivor.com web site.

We're adding helpful new things to our web site all the time:

\* U.S. Society for Augmentative and Alternative Communication

We have many useful links for survivors, families and professionals on rehabilitation, motivation, and to regain fulfillment posted to our Resource Links pages. Visit:  
[http://www.strokesurvivor.com/resource\\_links.html](http://www.strokesurvivor.com/resource_links.html) and  
<http://www.strokesurvivor.com>

=====

\*\*\* PERFECT GIFTS FOR STROKE SURVIVORS & CAREGIVERS Paul's best selling books \*\*\*

Follow Paul's adventures and his creative, positive approach to living a full life after stroke...way beyond rehab!!

A WORLD-WIDE FAVORITE for SURVIVORS, SUPPORT GROUPS & BOOK CLUBS:

[1] "How to Conquer the World With One Hand...And an Attitude"  
[http://strokesurvivor.com/conquer\\_the\\_world.html](http://strokesurvivor.com/conquer_the_world.html)  
<http://tinyurl.com/HowToConquerWorld-Kindle>

BE CREATIVE...AN OCCUPATIONAL THERAPY MUST-READ:  
[2] "How to Conquer Hobbies With One Hand: Stroke Survivor Paul Berger's 50 Tips & Tools to Make Things"  
<http://strokesurvivor.com/hobbies.html>

<http://tinyurl.com/HowToConquerHobbies-Kindle>

SET NEW GOALS: IF PAUL CAN DO IT...  
[3] "You Can Do It! 105 Thoughts, Feelings, & Solutions to Inspire You"  
[http://strokesurvivor.com/you\\_book.html](http://strokesurvivor.com/you_book.html)  
<http://tinyurl.com/YouCanDoIt-Kindle>

E-BOOKS - BEST SURVIVOR & CAREGIVER TIPS..any time, any where!

"Conquering Aphasia & Stroke" - 3 VOLUME SERIES

\* Vol. 1: Paul's Guide for Stroke Survivors

<http://tinyurl.com/E-Book-Vol-1>

<http://tinyurl.com/ConqAphasia-Stroke-Vol-1>

\* Vol. 2: Stephanie's Guide for Caregivers

<http://tinyurl.com/E-Book-Vol-2>

<http://tinyurl.com/ConqAphas-Strk-CaregVol-2>

\* Vol. 3: More Guidance for Survivors & Caregivers

<http://tinyurl.com/E-Book-Vol-3>

<http://tinyurl.com/MoreConqAphas-Strk-Vol-3>

~~~~~  
=====

*** ADVERTISE YOUR PRODUCT OR SERVICE IN OUR NEWSLETTER ***

Contact us at Paul@strokesurvivor.com or 703-241-2375.
Special rates for newsletter & web: www.strokesurvivor.com!
=====

Would you like to view a previous month's newsletter? Visit our newsletter archive at:
<http://www.strokesurvivor.com/newsletter.html>

Lots more stuff at: <http://www.strokesurvivor.com>

=====

8. Stroke/Aphasia Reading problems?

After a stroke, many people have reading and other language problems, known as "aphasia." Hearing a sentence read aloud helps to understand it. You can hear this newsletter read aloud while each word is highlighted on the computer screen with the FREE text reader software described at:
http://www.strokesurvivor.com/disability_access.html
or <http://www.naturalreaders.com>

=====

© Paul Berger and Stephanie Mensh
Authors of "How to Conquer the World With One Hand...
And an Attitude"
Positive Power Publishing
P.O. Box 2644,
Merrifield, VA 22116
703-241-2375
Email: Paul@strokesurvivor.com or
Stephanie@strokesurvivor.com

/\/\/\/\/\/\/\

