



QUALITY OF LIFE PHYSIOTHERAPY UPDATE

QOL Newsletter

Upcoming Events

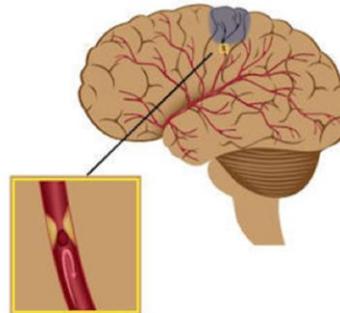
- Get up and Go Christmas Morning Tea December 16th 11:00am

Clinic will be closed for one week between Christmas/New Year.

Stroke

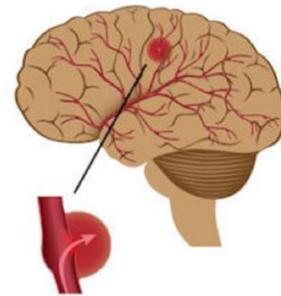
Stroke is a condition in where blood supply to brain is affected. Blood vessels known as arteries carry oxygen and nutrient rich blood throughout the brain maintain the health of the brain cells. The blood flow can be compromised due to a blockage (ischaemic stroke) or the blood vessel bursts (haemorrhagic stroke). When the blood flow a certain part of the brain is compromised then oxygen and nutrients cannot reach the brain cells causing damage or death of the cells. The area of brain damage is called a cerebral infarct.

Types of Stroke



Blockage of blood vessels, lack of blood flow to affected area

Ischemic Stroke



Rupture of blood vessels, leakage of blood in affected area

Hemorrhagic Stroke

Signs and Symptoms of Strokes



FACE
Check their FACE.
Has their mouth drooped?



A RMS
Can they lift both ARMS?



S PEECH
Is their SPEECH slurred?
Do they understand you?



T I ME
TIME is critical. If you see any of these signs, call 000 now!

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 000 straight away.

Other signs/symptoms can also include: weakness, numbness, dizziness, loss of balance, sudden vision problems, difficulty swallowing, and sudden unusual headaches.

QUALITY OF LIFE PHYSIOTHERAPY UPDATE

Risk Factors of Stroke

1. Age, as people get older the risk of stroke increases
2. Stroke is more common in males than females
3. There may be an increased risk of stroke if stroke has previously occurred in your family.
4. Transient Ischaemic Attack (TIA), or 'mini stroke' is when the blood flow to your brain is temporarily disrupted (minutes to less than 24hours)
5. Atrial Fibrillation or irregular pulse.
6. Uncontrolled diabetes can increase your risk of stroke via damage to your blood vessels.
7. Fibromuscular Dysplasia causes poor blood vessels development which can increase your risk of stroke.
8. Consistent high blood pressure can cause damage to your blood vessels.
9. High Cholesterol can lead to blood vessel disease.
10. Smoking can lead to high blood pressure and decrease oxygen in your blood.

11. Being overweight/obese or poor diet/exercise can contribute to increase risk of high blood pressure, high cholesterol and diabetes.
12. Drinking 6 or more standard drinks of alcohol per day can increase your risk of stroke.

Treatment of Stroke

Treatment of stroke is time related, the earlier you receive medical treatment the more likely the better outcome. A multidisciplinary team involving doctors, physiotherapists, occupational therapists, speech therapists, dietitians, social workers and specialist nurses aims to improve or problem-solve issues involved with a person who has stroke to improve movement, independence and quality of life.

How can QOL Physiotherapy help?

QOL Physiotherapy can provide treatment and an exercise

program that may help to improve movement problems that are associated with stroke. Treatment and education can be provided in terms of improving posture, strength gain, movement patterns enhancement, and functional tasks rehabilitation.

QOL Physiotherapy can assist with improving functional tasks such as walking, sit-stand, getting out of bed, and other every day activities.

Make an appointment today to see our friendly QOL Physiotherapist if you have any concerns regarding information and rehabilitation of stroke.

Information relating to PD in this newsletter was sourced from <https://strokefoundation.org.au/> Please visit this website for more information regarding Stroke.

World Diabetes Day occurs on November 14th

This month QOL Physiotherapy would like to recognize World Diabetes Day. Diabetes is a condition in where a person has difficulty maintaining correct glucose (sugar) levels in their body. According to Diabetes Australia 280 people develop diabetes every day, that's one person every 5 minutes.

5 facts About Diabetes

1. Is the leading cause of blindness in working age adults
2. Is a leading cause of kidney failure and dialysis

3. Increases the risk of heart attacks and stroke by up to four times
4. Is a major cause of limb amputations
5. Affects mental health as well as physical health. Depression, anxiety and distress occur in more than 30% of all people with diabetes

For more information about diabetes please visit <https://www.diabetesaustralia.com.au/>

