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DELIVERING HOPE !

Newsletter of Stroke Support India

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Stroke Support India

Delivering **HOPE**

Web : strokesupport.in

Raising Stroke Awareness and
Supporting Stroke Survivors
and their Families

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Have a great 2022 !

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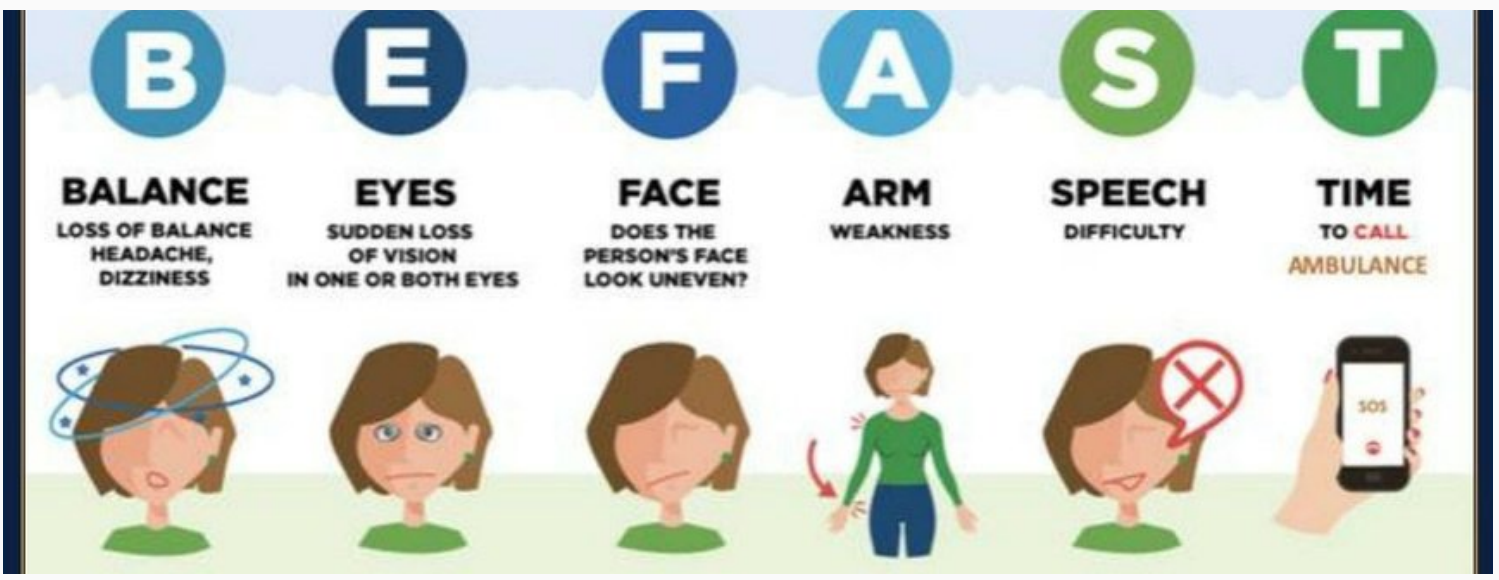
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Some happenings
and plans !

*A very Happy
New Year to you !*

May this year bring you a
lot of happiness, health and
moments to cherish !

**JOIN OUR SUPPORT GROUPS - SEND A WHATSAPP TO +91-9810290988
OR CLICK TO [HTTPS://STROKESUPPORT.IN/ADD](https://strokesupport.in/add) !**

PAGE 01



ALWAYS REMEMBER AND TELL OTHERS THE MOST COMMON SYMPTOMS OF STROKE AS SHOWN ABOVE ! For more elaboration please see <https://strokesupport.in/be-fast>

Life without communication is difficult to explain!

एफेसिआ (Aphasia) प्रभावित और उनके परिवारजन के लिए ज़ूम पर मुफ्त वार्तालाप अभ्यास कक्षाएं !

ऐश्वर्या मोरे (SLP) की सहायता से

- स्पीच लैंग्वेज पैथोलोजिस्ट और ऑडियोलॉजिस्ट।
- भारती विद्यापीठ डीम्ड यूनिवर्सिटी, पुणे से पोस्ट ग्रेजुएशन (MASLP)।
- श्री अरबिंदो इंस्टीट्यूट ऑफ मेडिकल साइंसेज, इंदौर से स्नातक (बीएएसएलपी)।
- श्री अरबिंदो इंस्टीट्यूट ऑफ मेडिकल साइंसेज, इंदौर में पहले नैदानिक पर्यवेक्षक ग्रेड- I (न्यूरो-पुनर्वास विभाग)।



यह कक्षाएं नवंबर/ दिसंबर में हुईं। अब आप इनकी कुछ रिकॉर्डिंग हमारी यू ट्यूब चैनल पर देख सकते हैं :

- 1) **पहली कक्षा** : <https://youtu.be/VLO8bd84EZ8>
- 2) **दूसरी कक्षा** : <https://youtu.be/72xvT08L9OM>
- 3) **तीसरी कक्षा** : <https://youtu.be/BJLu1qJxkdE>
- 4) **चौथी कक्षा** : <https://youtu.be/EsV6GUjvrD4>

भविष्य में ऐसी एफेसिआ या फिज़िओथेरेपी संबंधित कक्षाओं की जानकारी के लिए हमारा गुप ज्वाइन करें:

<https://strokesupport.in/add>



My Stroke Journey

BY- SHAILAJA BUVANESWARI S.

Imagine a life where you study, plan ahead, be in charge of things at home and in the office, have a vibrant but disciplined lifestyle, people at your command and things are pretty much on a routine. Suddenly all this comes to a halt like a breakdown in a smooth bus journey and you are stranded pretty much alone with your hands and legs tied in a place where people can no longer understand your language.

That is how a stroke struck me in my life. I had a Transient Ischemic Attack (TIA) when I was 27 weeks pregnant with my second daughter. It was a perfectly normal day at work where I made dinner, discussed with my older kid (5 years old at that time) about her day at school and read some magazines before I fell asleep until a splitting headache and nausea woke me up around 3 A.M. I woke up my husband and in-laws who discovered that I had a weak left side and got me admitted in emergency.

Thanks to the entire team in the hospital who thrombolysed me at the right time and monitored my baby until I got discharged 10 days later. I was lucky enough that my speech was not impacted and had a mild facial palsy which helped me to eat better and regain my strength more quickly.

They made me walk, eat regular food and gave me Physiotherapy (PT) so that I could be independent to some extent once I was back home. I was recommended 10 more sessions of PT at home, not too intense sessions since I was pregnant in my third trimester. Looking back, it was really hard, I seemed to make steady but speedy recovery until my delivery with my family's support. I have a God-sent husband and daughter who patiently waited for me to take care of the household as before.

Contd. P 4



“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.”

- Earl Nightingale

“You will never know how much you can accomplish until you try. Never stop trying. Your miracle will come in undefined moments.”

-Lailah Gifty Akita, an inspirational writer

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Shailaja's Journey, Continued....

Prayers of my parents, in-laws, friends and well-wishers were answered when I delivered my perfectly normal daughter during my 40th week of pregnancy. It was a planned C-section where my whole team (neurologist, obstetrician and pediatrician) monitored the entire delivery and post-delivery sessions. I was able to take care of the newborn by myself which is an accomplishment that I cherish even today.

The above just describes the best part of my entire stroke episode while I had the greatest nightmares and breakdown sessions which I may probably put down as a book. 5 years down the line, I still have my own inhibitions on moving to a new place, taking an escalator, going outside for a job, voicing out my weaknesses and eventually declaring that I am a stroke survivor. People keep judging you on your illness and would always like to zero-in on the cause such as my job, stress or poor lifestyle when stroke can still strike you without any reason. My doctors were unable to find a cause from my blood work and concluded it as a downstream impact of my pregnancy.

After a stroke, one may have to start from zero level in your life but this experience and the learnings from these experiences have definitely made me a better person. I reflect on how I had taken my physical and mental self for granted until then. It made me realize that there is a purpose for my life and work towards it without expecting anything in return. It made me realize my mind power over my physical strength and that a person's will-power can do wonders in their life. I recently joined Stroke Support India's support groups and literally connected with each and every one of the survivors which made me understand that I am not alone. Their experiences have helped me to live life and strive towards perfection each day. Thank you all and thanks again for your patience in reading my story.

“If my mind can conceive it, if my heart can believe it, then I can achieve it.”

- Muhammad Ali

"Focus on a day - as I wake up every morning I keep myself motivated to do exercises and learn new things. I ensure I do not get lazy or tired easily- that is my strategy towards recovery.

I do exercise even in public places I don't care about what people think about it - we have this disease not by choice. God giving us strength and blessing our efforts is what matters, not what people think about us. That is my message to everyone."

**- Stroke Warrior
Vijendra Kumawat**



Sreekanth Kesava- 1000 days...

What would I do if I had these 1,000 days ...

Would I continue to work like I used to - so I can achieve professional goals

Or

Would I spend more time with family and friends and be more available to them.

Would I travel and see more places -

Or

Stay in one place and be more available/ reliable...

Would I do more Yoga, Gym, running, etc - to lose some weight/ inches.

Or

Would I focus on improving my outlook.

Would I meditate more - in search of peace of mind.

Or

Would I try to strive for a more comforted conscience.

Would I pray more.

Or

Would I act more.

Would I talk a lot

Or

Would I be considerate with my speech



“You only lose when you stop trying.”

Contd. P 6

“Once you choose hope, anything’s possible.”

- Christopher Reeve

Christopher Reeve (September 25, 1952 – October 10, 2004) was an American actor, director, and activist, best known for playing Superman in movies. In May 1995, he broke his neck in a horse riding accident and spent the rest of his life paralyzed waist down and on ventilator. Still he lead a very active and creative life.



Sreekanth Kesava- 1000 days.....contd...

Would I eat and drink in excess.

Or

Would I be mindful and have a good diet.

I don't know the answers....

for I was :

Mostly at home for 1,000 days.

Rooted like a tree.

Didn't have to work for 1,000 days.

Didn't have to contribute to anything.

Didn't do anything for anyone for 1,000 days

Instead, everyone did everything for me.

Didn't eat anything for 1,000 days.

Yet, rocked up a king's food bill.

But :

I have enjoyed the love of family and friends.

Like I have never appreciated before.

I have done very less and accomplished nothing.

But I have learnt to appreciate the body and mind like never before.

I have spoken nothing.

But I have spoken more freely, than ever before.

Contd. P 7

**" Start
Where
You Are...
Use What
You
Have...
Do What
You Can."**

**-- Arthur Ashe,
Tennis Champion**

“I am not what happened to me, I am what I choose to become.”

- Carl Gustav Jung

Was a Swiss psychiatrist and psychoanalyst (26 July 1875 – 6 June 1961)who founded analytical psychology. Jung's work has been influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, psychology and religious studies.



Sreekanth Kesava- 1000 days.....contd..

**My eyesight has gone really bad and I can hardly see.
But what I see, I am able to see more clearly, than ever before.**

**I have not said thanks to so many.
But I have understood thankfulness and gratitude, like never before.**

Right now, my living for me is like hot ghee - too hot to swallow and too valuable to spit out...

1,000 days is a long time. But it's also only 1 slice of 28 (assuming we have been served a full cake).

The previous slice was very very bitter and a hard one to swallow. I hope the next slice is a bit more palatable and easier to swallow (pun intended)....

About Sreekanth....

Sreekanth had a massive basilar stroke on 6th Feb. 2019. He was 43 years old at the time and leading a normal, healthy lifestyle. Presently he has minimal movements on left hand side, and none on the right. He can't speak and feeding is via PEG tube. But he can type using a finger of his left hand. And that lhas liberated him from the cage ! He writes wonderfully well, and these were some of his thoughts when he completed 1000 days of being a stroke warrior... he is truly a great inspiration and exemplifies that where there is a will, there is a way !

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston Churchill

**Never Stop Trying.
Never Stop Believing.
Your Day will come...**





My Stroke Journey

BY- JENNIFER MENEZES

My Life Before Stroke

I was working as a senior tax consultant with one of the Big Fours for the international tax Services. I was a 26-year-old healthy happy individual who loved to travel, enjoy simple things in life and loved dancing even if I wasn't a professional dancer. I was living with my childhood friends in Bangalore with no clue of what is going to come.

When stroke Happened

I did have few ordinary symptoms like fever and headaches two weeks prior to the stroke but those were concluded as a viral fever when visited the hospital. Headaches continued till the onset of stroke, but I continued to think it is a normal headache. I was working at my office and going through few emails on 24th April 2019 when I suddenly felt dizzy, and my neck started rolling to the right with no control. I was given chocolates assuming my sugar levels were low. Then I started vomiting and felt a strong pain at the back of my head as if someone hit me with a hammer. Then I wasn't able to get up and move my left foot post which I was rushed to the Hospital.

Access to Emergency care and stay at hospital

I reached the hospital within 1.5 hours and was told that I had a hemorrhage at the right frontal lobe of my brain and was paralyzed on my left with absolutely no movements in my arm and leg. The subsequent MRI detected that I had a malformation in my brain by birth known as Arteriovenous Malformation (AVM) and that had ruptured leading to a hemorrhagic stroke. I was in the ICU for 4 days and in the ward for a week and was discharged to go home on a wheelchair. I had no clue that what had happened to me is going to lead to a long road to recovery, instead was thinking that I will be back to normal in few months, which was proved wrong by time.

Recovery Journey and Therapies for recovery

I continued to have bad headaches for about a month post stroke. I had a Radiation surgery to get the malformation removed which would take few years to dissolve completely. My recovery and hope started a week after I was discharged when my ring finger started moving. Contd. P 9



"Appreciate the little blessings you receive on a daily basis.."





Jennifer's Journey...Contd...

I constantly tried moving the same finger and then passively moving the rest of the fingers 1000 plus times a day when I was on the wheelchair and bed, and my efforts were fruitful when I was able to move all my fingers. I used to do physical therapy twice a day in the initial months. Thankfully I did not have any other deficits than restricted mobility.

Present Status

Currently my arm has recovered and is functional, hence I have joined back work and working full time with my old job, but with limited capacity as I cannot afford to take more stress and slow down my recovery. I'm still continuing therapy for the lower limb as it is still weak, and my ankle is still immobile and have a foot drop. I walk with a support of an AFO.

My Outlook on Life now.

I found the real meaning of sayings, "Health is Wealth" and "Everything happens for good". My perception about life has totally changed. I now try and appreciate little blessings that I receive on a day to day basis instead of complaining about small things, because now I know the value of losing things I once took for granted. It has definitely made me stronger to face the new challenges that life may throw at me.

The future

I aim to get better and better every day and surely be able to walk without an AFO and I will continue to pursue my dreams and my Career even if things did not turn out the way I once thought. I'm a firm believer of God and believe in "God will make a way where there seems to be no way" and I know I can get better and will reach the goal I have decided to reach. Additionally, creating stroke awareness will always be one of my priorities for my fellow stroke survivors, caregivers and also the ones who do not know about stroke, because I would never want anyone to go through what I went through.

What I wish I knew

Like every other stroke survivor, I also wish I knew the stroke symptoms when it was happening, more than that I wish I knew a headache also could be indicating something major coming and was one of the warning symptoms of stroke and the existence of AVM in brain.

I also wish I knew the importance of physical therapy (moving each and every joint of the affected side), and the importance of AFO to keep the ankle and foot in right place so that things would have been better and ankle inversion could have been better managed. Nevertheless, I am thankful to have reached this stage and will work harder to get better.

Contd. P 10



Jennifer's Journey...Contd...

Role of Family in Recovery

I cannot thank God enough for the support system I have had during my most difficult days of my life in the form of family and friends. They were always there to celebrate my small wins and motivate me when I felt low and was on the verge of giving up. I think a strong caregiver support also plays a very important role in the recovery journey.

Personality traits that help in better recovery

To put it in a fairly simple manner positive attitude, strong will power and Never give up attitude will take us very far in this difficult and long journey. The recovery might be slow but we will have to take one day at a time and at this point the quote "I may not be where I want to be but definitely not where I used to be" sounds so apt to me.

About Stroke Support Networks

These groups especially Stroke Support India does an Excellent job in not only creating stroke awareness but also helps stroke warriors to be always hopeful and motivated. It educates the survivors in this difficult journey on various treatment options, supports and guides them and leads them to a brighter future that is ahead of them in all the ways possible.

Few closing Tips

I would request all the survivors to be positive no matter how difficult and impossible few things look. Things will only get better over time as long as we don't give up and are hopeful about future. I have my good and bad days too like anyone else but as long as we know to start a day afresh, we all can get better. Be aware about the treatment options and start the therapies as soon as possible because the initial few months are crucial in this journey.

" Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source - a Sower of Dreams - just waiting to be asked to help you make your dreams come true."

- Sarah Ban Breathnach

A best-selling author, philanthropist and public speaker. Author of thirteen books, including Simple Abundance: A Daybook of Comfort and Joy which spent more than two years on The New York Times Best Seller list where it held the number one position for a year.



Some Happenings...

Several activities are regularly undertaken by members of Stroke Support India. A small list includes :

Zoom meetups on :

- Stem Cell Therapy and other innovations in stroke management - chat with Dr. Pradeep Mahajan
- First Speech Therapy Practice Session with Shruthi
- Third Physiotherapy Session with Dr. Forum (PT)
- Also marked World Stroke Day 21 with a series of short videos from our Group Members and friends. Here some :
- - Banasri, Chris and Suresh
- - Gururaj and Nick
- - Rajesh, Sachin and Shailaja

Podcasts on :

- Stroke Symptoms in Marathi - BE FAST !
- Stroke Symptoms in Bangla - BE FAST !

Please do see , hear and share to raise stroke awareness and help the affected ! All above may also be found via our different channels shown at :

<https://strokesupport.in/connect> .

and some Plans !

Similar and other activities are planned in future as well. And most hearteningly, all are done by voluntary help and participation of the members of Stroke Support India. Join our Support Groups to be informed of other events and participate/help where you can !

Remember
- A little
progress
each day
adds to big
results !
Keep on
trying,
each and
every day .
Trying
itself is
progress !

Please forward this Newsletter to any it may benefit. Thank you !

All feedback, suggestions and help welcome.

E-mail to : strokeindia@gmail.com