

BAT SALIVA,



**the latest in
stroke drugs**

As if python blood as a heart disease treatment weren't strange enough, scientists have also found potential in bat saliva as an aid for stroke patients. The drug Desmoteplase contains a protein analogous to that found in bat saliva. This protein has the ability to dissolve blood clots, conveniently preventing coagulation during feeding. For humans, this can mean the dissolving of blood clots in the brain and extending the time doctors have to treat patients. Demoteplase has the advantage of prolonging the duration between strokes and treatments by three times compared to other currently available stroke drugs. Ultimately, this translates into a nine hour window for treatment after the event, compared to the three hours afforded by drugs presently being used. This is especially meaningful for stroke victims who live in rural areas a good distance away from hospitals, as time is of the essence in avoiding brain damage resulting from stroke.

Kathy Willis' Story

The Heart and Stroke Foundation of BC and Yukon is grateful to all individuals that submit their stories to share. Kathy Willis is one story on why it is important for everyone to learn the signs and symptoms of a stroke. Here's Kathy's story.

I had a small stroke but it could have been a lot worse too. No one seemed to know what to do and I was having trouble telling them. My 12 year old great-grand daughter, Ashley went to the phone, dialed 911 and got help. Everyone says she did the right thing.

When asked why Ashley called 911, "we talked about it in school after my friend shared with us what had happened to her grandma." The girl's grandmas had the same signs as I did and the girl's friend called 911. Thank goodness the teacher had taken the time to talk to the students after the other girl's grandma had a stroke.

Ashley calls me GG and here's what Ashley says happened: GG you said "I am so dizzy. I am not able to think." Then Mom and some of my aunts said that you have not been feeling well. Then you said "Yes, but oh my head!" You were trying to talk and could not seem to talk. So that's when I called 911 and told the gal on the phone about what was happening. She kept talking to me and said that help was on the way.

Ashley's mom and her aunts did not know what to do; no one knew what was happening. It was great and wonderful Ashley was there. Ashley did the right thing by calling 911 otherwise it would have been a different story. Ashley saved my life and it did not go to her head, she says, "Do what you think you should. I would do anything I could to help my GG out." Ashley is still my little girl, young for her age but she did the right thing.

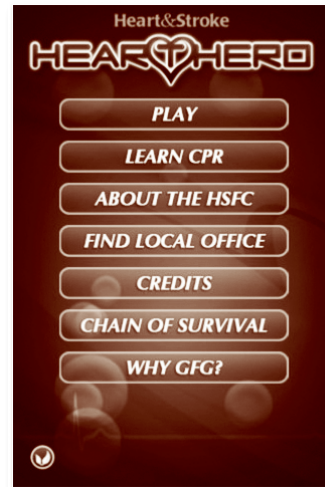
A happy ending to both stories, mine and the other grandma, we are both fine. The stroke has left my side a little weak and I do have one arm that is especially hard to move. I am here to enjoy my children, grand children, great-grand children.



Local gaming company develops free Heart Hero app for the Heart and Stroke Foundation

Vancouver's Genius Factor Games donated their time to develop an app specifically for the Heart and Stroke Foundation. It provides an easy, fun - and free - way to practice and learn about CPR (cardiopulmonary resuscitation) on the go. The iconic, Bee Gees' disco song Stayin' Alive was chosen because the rhythm provides just the right pace for performing CPR on an adult. The app has a video tutorial and several Heart Hero mini-games to learn from.

"Creating this app was a very personal process for me," said Genius Factor founder Ted Nugent. "My father experienced multiple strokes at a relatively young age. During his recovery, I witnessed firsthand the invaluable recuperative support by the Heart & Stroke Foundation's programs. Sadly, he ultimately died of complications due to stroke and heart disease, and ever since then I've been motivated to do something to honour his memory and recognize the fine work of the Foundation. Developing this app was a great start to do that."



"Heart Hero," is a mobile app that allows mobile phone users to practice CPR on the go!

Lisa Hutcheon, Manager of Patient Programs at the Heart and Stroke Foundation states, "We know that many people hold back from doing CPR because they are afraid they may do it wrong, but technique is actually less important than doing chest compressions quickly and firmly. This app is a fun, free way to practice CPR and improve confidence. It has the potential to be lifesaving.

The odds of surviving a cardiac arrest are almost four times greater if someone performs CPR right away. When CPR is combined with an Automated External Defibrillator (AED) and used within the first few minutes of a cardiac arrest, survival rates can increase by as much as 75 per cent. Without CPR and defibrillation, fewer than five per cent of people who have a cardiac arrest outside of a hospital survive.

The app is available for iPhone, iPad and iPod Touch users via the Appstore. To download the app please visit: <http://itunes.apple.com/ca/app/heart-hero/id467016342?mt=8>.

The app is a valuable tool to practice CPR, it does not replace CPR certification. The Foundation recommends that all Canadians learn the life-saving skills of CPR and review this knowledge often.

Stroke: Updates

BLAST (Building Life After Stroke Together) will be hosting its annual BLAST Easter Camp 2011 from April 6 – 9, 2012. The BLAST Easter Camp is for stroke survivors, caregivers, and volunteers. This weekend is all about fun while building confidence. For more information, details, and costs, please

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Telestroke the Next Best Thing to Being There, Study Finds Innovative Technology Improves Care and Reduces Costs

The use of long-distance video and data hookups to link remote community hospitals with stroke neurologists in large centres provides the same level of care as having everyone in the same room, according to a new study presented at the Canadian Stroke Congress.

The study found that rural patients examined with the aid of a technology called Telestroke received an important stroke drug, tPA, at the same rate as patients treated in specialized urban centres, says Dr. Thomas Jeerakathil, a neurologist at the University of Alberta Hospital. The drug tPA (tissue plasminogen activator) is used to break up blood clots. It can help reverse stroke damage if administered within 4.5 hours of the onset of symptoms.

“Telestroke is a way to bring the expert out to the rural centre to provide treatment that wouldn’t otherwise be available,” Dr. Jeerakathil says. “And there is no delay in treatment despite the time required to set up video conferencing equipment and examine CT scans and blood work.”

Effective Telestroke treatment in remote areas contributed to a 50% decrease in emergency room transfers from rural areas to the University Hospital in Edmonton, says Dr. Jeerakathil. Some remote hospitals reported a decrease in transfers as high as 92%.

“Cost savings are occurring while outcomes are improving and stroke mortality is decreasing in the province,” says Dr. Jeerakathil.

Telestroke allows small hospitals to be designated as primary stroke centres with many of the services of a major stroke unit. These primary stroke centres have a small sectioned off area with staff specially trained in stroke care, 24-hour access to a CT scan and the ability to give tPA.

“Telestroke is severely under-utilized in Canada,” says Dr. Antoine Hakim, CEO and Scientific Director of the Canadian Stroke Network. “An audit of stroke care in Canada showed that fewer than 1 percent of stroke patients received a Telestroke consultation. This study undeniably proves that Telestroke saves both lives and money.”

“Providing stroke patients fast and seamless access to stroke services regardless of where one lives in Canada will save lives and deduce disability,” says Heart and Stroke Foundation spokesperson Dr. Michael Hill. “Telestroke is another way that technology allows for an easy, cost-effective way to bridge geographic barriers to smoothly link stroke specialists with communities where on-site stroke care does not exist.”

Stroke: Updates (continued)

contact Debbie Chow at 604-253-2390 (afternoons only) or Karel Ley at 604-943-3206 or visit www.turtletalk.ca.

Stroke Recovery Association of BC (SRABC) has 38 branches throughout the province. For more information contact the Stroke Recovery Association of BC at 604-688-3603, toll free at 1-888-313-3377, or visit their website at www.strokerecoverybc.ca.

RECIPE

Hearty Tuscan Soup

Servings: 10

As the nights get colder, this soup is the perfect addition to the weeknight meal repertoire. Whether you cook it on the stove or in the slow cooker, you'll want to snuggle up with a bowl on the couch.

Preparation Time: 25 minutes

Cook Time: 50 minutes

Ingredients

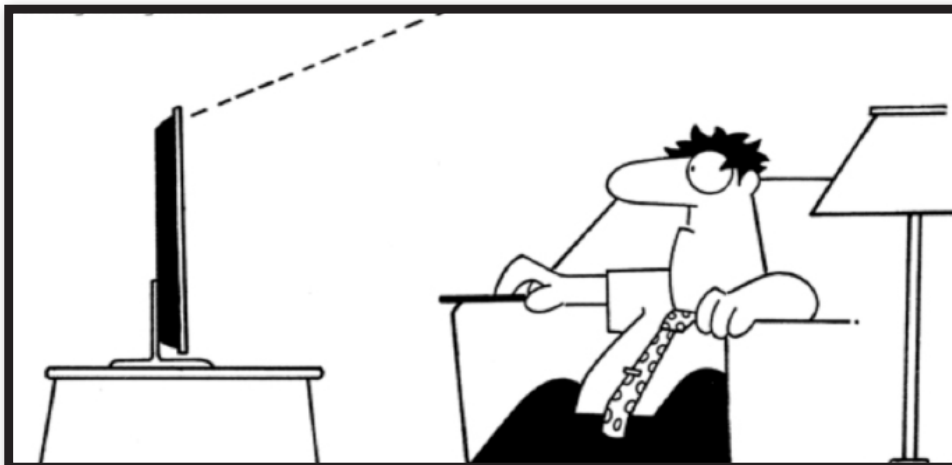
- mL (1 tbs) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 10 mL (2 tsp) dried oregano leaves
- 5 mL (1 tsp) dried basil leaves
- 2 mL (1/2 tsp) hot pepper flakes
- 125 mL (1/2 cup) brown rice
- 1 can (796 mL/28 oz) no salt added stewed tomatoes
- 750 mL (3 cups) sodium reduced chicken or vegetable broth
- 1 can (540 mL/19 oz) mixed beans, drained and rinsed
- 1 pkg (300 g/10 oz) frozen chopped spinach



Directions

1. In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat.
2. Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender.
3. Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
4. Frozen vegetable option: Omit spinach and add 500 mL (2 cups) frozen mixed vegetables.

Enjoy this and other healthy recipes, on heartandstroke.bc.ca



"Laughter is the best medicine and now it's available in prescription form. Ask your doctor if Chuckle Tabs are right for you!"

Heart&Stroke

PATIENT CAREGIVER

MESSAGE BOARD



The Heart and Stroke Foundation of BC & Yukon provides a valuable resource for Patient Programs: a Patient/Caregiver Message Board.

This online tool is accessible from the Foundation's website: www.heartandstroke.bc.ca/patient

The message board is intended to unite patients, survivors and caregivers throughout British Columbia, providing them with a means of exchanging tips as well as stories and personal patient or caregiver experiences. People are encouraged to sign up, free of charge, and share their experiences while learning valuable heart healthy advice.

CONTACT

If you have had a stroke, or know someone who has, we'd like to hear from you.

If you'd like to share your story or ask a question, please contact us at:

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www.heartandstroke.bc.ca

Register to receive StrokeLine newsletters free through our website or toll-free number.



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