

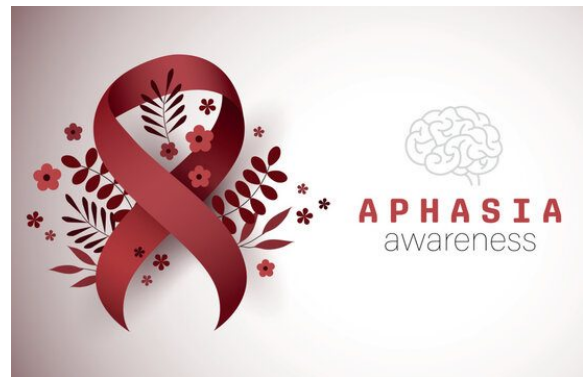
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# SSBC Bulletin

June 2023



## June is Stroke & Aphasia Awareness Month!!



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## Women have Worse Outcomes and Health Related Quality of Life After Stroke



Heart disease and stroke are the **leading cause** of premature death in women.



Stroke can happen at any age, but women are at higher risk of stroke at three key stages of their lives:

- During pregnancy,
- Right after menopause,

- When they are elderly

According to the Heart and Stroke Foundation (HSF), women are disproportionately affected by stroke. Looking critically at the gender disparities in the stroke experience is essential to developing strategies to address the following gaps:

- Women are 20-70% more likely to experience depression than men and women are more likely to experience anxiety after stroke.
- 32% more women than men died of stroke
- Women are 60% less likely to regain independence in daily life after stroke than men
- Women report worse quality of life after stroke
- Fewer women participate in stroke rehabilitation
- Almost twice as many women as men go to long term care after stroke

[See the full report by HSE](#), which includes a number of steps they will be taking to ensure all women receive the care and support they need in their stroke recovery journey.

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## Professional Development in Aphasia



Over 100,000 Canadians live with aphasia and about 1/3 of stroke survivors experience it. Aphasia Awareness Month is held each June.

Since communication is so important to us and our relationships, those with aphasia may feel isolated and depressed. It is important for those individuals to receive support from clinicians and their family or friends to help them communicate. Speech therapy helps people with aphasia to improve their ability to communicate with those around them.

Actively pursuing professional development ensures that knowledge and skills stay relevant and up-to-date, as noted by the Speech-Language & Audiology

Canada. This organization has a lot of [training opportunities](#); workshops, webinars, webcasts and more.

Communication disorders can have a significant impact on our physical, emotional, social, vocational and financial well-being. The earlier that a disorder is identified and treated, the better a person's chances are for improvement or even recovery.

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## Stroke is on the rise in Canada



Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada, 2021.

Did you know?

- 108,700 strokes occur each year in Canada
- 920,000 Canadians now living with the effects of stroke
- Stroke is the 3rd leading cause of death in Canada

For Stroke Awareness Month, led by the Heart and Stroke Foundation (HSF) each June, learn to recognize **FAST** and act right away (call 911), if you or someone you're with is experiencing a stroke.

- More people are surviving stroke thanks to the knowledge of FAST, but occurrences are still increasing.
- This isn't just a problem for older adults – many younger Canadians are experiencing stroke too.

For more information, visit [Stroke Services BC's resource page](#).

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## Documentary: When the Words Away Went

The Stroke Association, out of the UK, have created an awareness documentary featuring a group of stroke survivors with aphasia embarking on a journey to find their voice and rebuild their lives.

Click on the picture above to watch the 51 minute documentary to see how Steve and Vicky, Julie and Tom move forward in their lives.

### SYMPTOMS OF APHASIA



TROUBLE SPEAKING  
CLEARLY



TROUBLE UNDERSTANDING  
SPEECH



TROUBLE WRITING  
CLEARLY



TROUBLE UNDERSTANDING  
WRITTEN WORDS



TROUBLE REMEMBERING  
WORDS



TROUBLE REMEMBERING  
OBJECT NAMES



**8 in 10 Strokes are Preventable  
Through Healthy Lifestyle Practices**

The good news is that almost 80% of premature heart disease and stroke can be prevented through healthy lifestyle habits. Check out the Heart and Stroke Foundation's (HSF) booklet called, "[Are you at risk for heart disease or stroke?](#)"

What can you do right now?

- Assess your risk,
- Learn how to reduce your risk and
- Take action.

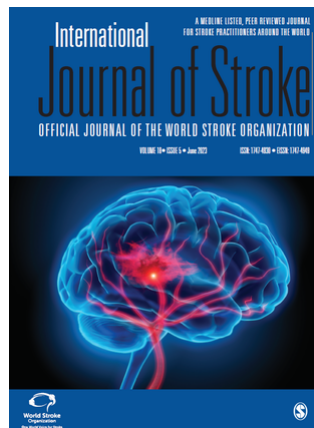
Here are a few of the changes recommended (not an exhaustive list):

- Eat healthy
- Be more active
- Manage stress
- Stop smoking

Change can be slow - focus on one step at a time. Don't beat yourself up, if you slip. Get back on track, do activities you enjoy and have some fun!

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## International Journal of Stroke



The International Journal of Stroke concentrates on clinical aspects of stroke from around the world with science contributions to the stroke research community.

To facilitate the international nature of the journal, editors from around the world, coordinate segments of the journal. Some of these segments include:

- Leading Opinions: Rapid and concise responses by world opinion leaders to recent developments in stroke worldwide.
- Topical Reviews: Overviews of recent developments in stroke by leaders in their field.
- Original Contributions: Articles from clinical or basic science researchers which are relevant to professionals working in the field of stroke.

- Protocols: Focus articles on this important preliminary component of the clinical trial process.

Check out the [June 2023 volume](#).

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## What is new in stroke research?

### [Earlier Anticoagulation Safe in Stroke with AF](#)

The ELAN trial found that starting DOAC treatment earlier was not associated with an increased risk for intracranial hemorrhage (ICH) but rather was linked to a lower rate of ischemic events.

### [American Heart Association \(AHA\) Urges Action Against Racial Inequities in Stroke Care](#)

In this scientific statement, the AHA summarizes, across the stroke continuum of care, trials of interventions addressing racial and ethnic inequities in stroke care and outcomes.

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## The 15th World Stroke Congress

The program for the 2023 Congress will feature the latest topics in stroke and cerebrovascular disease and is being prepared for all stroke professionals, researchers and policy makers across the continuum of stroke care. The structure of the program will facilitate discussion, learning and networking

opportunities. There will be a focus on diversity, equity, and inclusiveness and provide extensive opportunities for early career investigators.

When: October 10 - 12, 2023 with accessible online components

Where: Toronto, ON

[Registration is open.](#)

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