Learn about Stroke

TWH Stroke Prevention Clinic

The Stroke Prevention Clinic has a team of experts to treat patients who are at risk of having a stroke, or those who have already experienced a stroke to prevent this from happening again and to manage risk factors. Education and support are offered for patients and their families.

Contact info:
Toronto Western Hospital
West Wing, 5th floor
Tel. 416 603 5413

June is a Brain Injury Awareness Month

Did you know?
• 50,000 Canadians suffer brain injuries each year
• More than 11,000 Canadians die each year as a result of brain injury
• Traumatic brain injuries are the leading cause of death and disability of Canadians under the age of 40
Have support – Jerry credits his wife and kids for always being at his side.

Do your research – Gather as much information as possible about your condition so you are able to consider different options in care. Speak with other patients and know your rights regarding long-term disability.

Ask questions – Don’t be afraid to advocate for yourself and get answers to questions you may have. This can reduce your anxiety and help you to better manage your condition.

Maintain a healthy lifestyle – Keep yourself active. Jerry kept busy by walking and bike riding. He enjoyed working out at the gym and playing guitar. He also took time to learn more about the ketogenic diet.

Seek community support groups – Find services like CCAC and other community agencies by calling 211. Epilepsy Toronto has supported Jerry and his family and he appreciates all their services.

Volunteer – Take time to give back to the community. Jerry volunteered at the Epilepsy Monitoring Unit and another community agency to help others in a similar situation. Peer support made Jerry feel connected with patients on both an emotional and psychological level. He helped others feel less stress about surgery and the recovery process. Volunteering also organized Jerry’s day and gave him a sense of purpose.

Jerry’s advice from one patient to another is: “know your rights, seek information and consider different options in deciding the best care for yourself.”

Follow this link to watch the Monthly Health Talk:
www.uhn.ca/PatientsFamilies/Health_Information/Patient_Family_Education/Pages/classes_events.aspx

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Monthly Talk co-presenter and UHN patient, Jerry Catalfo

In March 2017, Jerry shared his story living with epilepsy and having brain surgery to control his seizures. Below are a few coping strategies he shared with us from his experience.

**Monthly Talk**

**Alternative therapies**
When: Friday, May 26, 2017
1:00 pm to 2:30 pm

**Life after stroke**
When: Friday, June 30, 2017
1:00 pm to 2:30 pm

Where: Auditorium, West Wing – 2nd floor
Toronto Western Hospital,
399 Bathurst St.

To register for this event, please contact Evangeline Roldan at 416 603 6475 or email evangeline.roldan@uhn.ca. If you need interpretation, please register at least 1 week before the event.

Are you a UHN Patient or Caregiver? Would you like to become a patient partner and help inform and shape care and services at UHN? To learn more, please email patientexperience@uhn.ca or call us at 416 340 5085.
Complementary and alternative therapies

There are many ways to help manage health problems. Medicine is one way, but other methods can be used instead of or with medicine. Certain products and therapies can be helpful for some people but not for others. Some remedies can even be dangerous. Talk with your healthcare provider about any therapy that you are thinking about using, including supplements, changes in your diet, or devices.

Here are some examples of complementary and alternative therapies:

**Relaxation**
Relaxation reduces tension in the muscles, which can also reduce painful pressure on nerves running in or through muscles. Relaxation can give you more energy. It may reduce anxiety and allow other pain relief methods to work better. You may be able to fall asleep more easily.

**Chiropractic or osteopathic manipulation**
Chiropractic providers use their hands to move and adjust the joints, especially the joints of the spine. Chiropractic treatment may ease pain in the back, neck or joints. Sometimes it helps relieve the pain of headaches, muscle spasms and inflamed nerves. Treatments should involve slow, gentle movements of the head, neck and spine. Adjustments that are done too rapidly can cause injury.

Osteopathic physicians are trained in medicine, plus they know how to use their hands to move and adjust the spine, joints and muscles. Stretching and putting pressure on painful parts of your body may improve flexibility and reduce pain.

For more information visit:

Complementary and Alternative Health - Canadian Health Network

About Herbs (mobile app)
*by Memorial Sloan Kettering Cancer Center*
More than 200 evidence-based monographs describing the structure, uses, side effects, and drug interactions of various herbs, botanicals, supplements, complementary therapies and more.

“Adult Advisor 2016.3 published by RelayHealth.”
Library Subscriptions

Articles from the Library Subscriptions, April 2017:

Harvard Women’s Health Watch

- Are you getting enough B12?
- Staying calm in turbulent times
- How to soothe hemorrhoids
- What to do for earwax

Harvard Men’s Health Watch

- The new state of statins
- Thinking good thoughts
- Tired of being fatigued
- The lowdown on constipation

Patient & Family Library subscribes to the Health Letters. To request printed copies of these articles please call: 416 603 6277 or e-mail: twpfl@uhn.ca

Chinese Health Talk

Digestive Health

When: Thursday, June 22, 2017
1:00 – 2:30 pm

Where: Auditorium, West Wing – 2nd floor
Toronto Western Hospital,
399 Bathurst St.

The talk will be conducted in Cantonese,
Mandarin interpretation service is available.

To register or request interpretation, please call Clara Tse at 416 603 5800 ext. 6461# or email clara.tse@uhn.ca.

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