

Weekly PLR Book

Introduction

Well it has happened. Someone you love, or it may even be you, has suffered a stroke. You may have heard of the dangers and said it cannot happen to me, or you may have been unaware of the dangerous and the devastating nature of strokes. From now on your lifestyle will change. There will be a number of medical professionals who will be involved in the short term to get the victim mobile and able to carry on with life. This may take a little time or a long time depending on the severity of the injuries. It will require hard work from the victim to change from this helpless person you see in front of you (even in the mirror) to a more active communicator that will be able to live and function in society.....more

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Chapter 1

Strokes are common. We cannot get away from it but they are. Strokes can hit people at any age, even babies and young children. The big problem is the diagnosis of what has gone wrong in a younger person can take a long time as doctors go through their tests and checks to see what is wrong. For a younger person a stroke is pretty low on the list of possibilities, so other causes of the symptoms are ruled out first.

A stroke affects the brain so we can never assume what the symptoms will be after the victim has been assessed. A stroke is never easy to get through. The symptoms can be annoying and threaten our privacy and our ability to live independently. It is never easy but it is possible.....more

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Chapter 2

Having a stroke is bad enough. The problem for the victim is then facing the future with a handicap or handicaps. There will be certain things that will not be easy to do anymore. This may mean a loss of personal privacy and a need for 24 hour care. So the victim and their family need to learn as much as they can. It is very easy for the victim and their family to get very upset and disappointed when they realize what they cannot do and how all of their lives will be affected.

The stroke affects the victim's brain. The brain controls the body's functions. This may mean a loss of mobility or the ability to hold water in the bladder. The essential thing is to know what is happening to your body or the body of your family member who is the victim.....more

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Chapter 3

The more the victim and the family understand about what the results of the stroke are, the better the prognosis for a good recovery. I did say good, and not perfect. The stroke will seriously affect the body and mind of the victim. This must be taken seriously by everyone involved. All over the world there are people who are suffering from the after-effects of a stroke.

We all have to remember that the brain is very complex. And the different functions of the body are controlled from this very small area called the brain. All stroke victims must understand that if they are alive it is a result. Large numbers of people die from strokes all over the world every year. They have survived the stroke and are now able to recover and move on past the initial problems of suffering a stroke. I am not minimizing the terrible experience of suffering a stroke but to come out of it alive is already a victory in itself and the next thing is to cope with the after effects.....more

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Chapter 4

A stroke victim needs all the help care and love that they can get. It is a very emotional time, and a time when life seems to be at an end. A stroke is one of the most difficult experiences anyone can go through. No two stroke victims will have exactly the same side-effects as the damage from a stroke is so unpredictable. So just medical care is not enough they must also have support and love to carry them through the initial period of assessment and therapy and into a future where life will never be the same.

We cannot switch off our emotions just because we have had a stroke. The victim will realize there are some things that he or she took for granted that are no longer possible. This brings great sadness to the victim and it may torture them that they cannot do something. It is a normal emotion for someone having had a stroke. We could almost say they feel a sense of bereavement, but this is in the death of something that was once so natural. The victim needs to deal with this. Those who care for them also have to realize just how sensitive an area this can be for the victim.....more

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Chapter 5

A stroke is a very serious medical condition. The problem for many people is that the same condition can cause so many different after effects. When a family member or friend is diagnosed as having had a stroke the first thing that is needed is a clear understanding of what has happened and the long-term prognosis. The difficulty can be that medical terminology is helpful when you know it but is a barrier if you do not. If you cannot persuade your doctor to explain what is going on then get them to write down the diagnosis and then you can get on the web to your national Stroke society or association and find out what the medical terminology is and what it means. I will try and put some of the medical terms here for your reference but it is by no means an exhaustive list so there will be some I have missed and some new terms that I am not aware of.....more

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Chapter 6

A stroke will affect every part of a person's life. Existing relationships (even of husband and wife) will be put under pressure. The start of a new relationship will be more difficult as bodily limitations and therapy sessions will get in the way. So what happens to sex after a stroke? Often this question arises in the minds of victims and their partners.

There is no reason why an established couple cannot continue with sex after one of them has had a stroke. So many elderly people can safely enjoy sex and so can younger people.....more

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Chapter 7

Never give up hope. There is research going on all the time and it will help those who have become victims of a stroke. What is impossible today may become commonplace in 10 years time.

I know that the stroke societies complain that not enough research is being done into the causes and treatment of strokes. They compare strokes to heart disease in an attempt to quantify the amount of money being spent on research and strokes always seem to come out underfunded.....more

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Conclusions

The victim of a stroke needs all the care, love and therapy they can get. Therapy will be provided by the hospital but the care and love needs to be augmented from outside. Family and friends need to show up and spend time with the victim. The family needs to give time to the friends before their first visit to the victim to prepare them for the changes to their physical appearance, their mental state or their inabilities. The availability of spiritual help, especially where the victim has been part of a community for a long time must also be part of the support.....more