

Refined Commitment



Commitment Physical Therapy

11741 Southwest Highway, Palos Heights, IL 60463 (708) 361-8052

Volume 1, Issue 4

January 2010



GREAT News at Commitment Physical Therapy

Congratulations to Dr. Eyad Izar, Commitment's president, on his new achievement! He has earned his doctoral degree from Rocky Mountain University on December 23, 2009

We are so happy and proud of him. What a great way to bring in the New Year!

Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway in Palos Heights.

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm. For your convenience, we also offer extended and weekend hours by appointments only.

Part 1 of 2 STROKE / TIA

Stroke or Cerebrovascular Accident (CVA) is a term that is used to describe an event, which causes brain circulation to fail and a loss of brain function in a specific area. This means that either an artery has begun to bleed, it has become blocked by plaque or a blood clot that has broken loose from another area. Because the brain controls so many things in the body, it may cause a wide variety of symptoms ranging from weakness to paralysis, slurred speech to an inability to speak, mild disorientation to confusion and every degree of impairment in between. It may affect the gross and fine motor skills, vision, speech, mental abilities, memory or a combination of these things depending on exactly which brain cells have been affected during the event. Stroke is the third leading cause of death in the United States and the second leading cause world-wide. Only heart disease

and cancer take more lives in the US. Someone suffers a stroke every 53 seconds and over 300,000 men, women and children in the US suffer strokes each year. Stroke or "brain attack" is a major cause of disability among adults and costs the US over \$30 billion dollars in medical and other costs. While it is a disease of the brain, it affects the entire body. More than one fourth of neurologically impaired patients in nursing homes are stroke victims. While many people consider stroke victims to be older adults, the truth is that stroke may occur in people of any age.

The brain requires a minimum of 20% of the entire output of fresh oxygenated blood and glucose (blood sugar) each time the heart beats. Only a few seconds without oxygen and important nutrients delivered by the blood can damage or kill brain cells and tissues. Sometimes, cell damage may be reversed.

Since many cells of the brain are not used on a daily basis, therapy and retraining may use those cells to regain skills that have been lost with those cells that were damaged or killed during a stroke.

There are three major types of stroke:

Thrombotic strokes are caused by plaque (fatty deposits) that has built up on the lining of the arteries carrying blood to the brain. This slows the flow of blood, which carries oxygen and vital nutrients to the cells and removes waste products from those same cells. If the plaque becomes thick enough, it can stop the flow of blood entirely, causing cell damage and death.

Embolic strokes are caused by a blood clot (called an embolus) that formed in another part of the body that breaks loose, travels through the bloodstream and blocks an artery in the

“Happy New Year”

That greeting will be said and heard for at least the first couple of weeks as the new year gets under way.

New Years is an event when our culture celebrates the end of one year and the beginning of the next. It is also the time where we make our resolutions; promises to do good things or not to do bad things.

Resolutions are easier to make than to keep.

2010 Top Ten Resolutions

1. Stop smoking
2. Get fit
3. Lose weight
4. Enjoy life more
5. Quit drinking
6. Get organized
7. Learn something new
8. Get out of debt
9. Spend more time with family
10. Help others

Write the above resolutions down and see how successful you are at keeping them. Good luck and have a great New Year!



Continued: STROKE / TIA

brain. The result is the same as in the thrombotic stroke once the artery is blocked.

Hemorrhagic stroke:

Is caused when an artery supplying blood to the brain begins to bleed into the brain. The break in the blood vessel prevents the needed oxygen and nutrients from reaching the brain cells. Newborns most often suffer from hemorrhagic strokes. In older people, over time the walls of some blood vessels may become weak and the blood pushing against the weakened wall may cause it to bulge. That is called an aneurysm. Eventually, the wall may become so weak that it will burst depriving some cells of blood flow while allowing blood into other areas of the brain. Strokes require immediate medical

attention. Since there is rarely pain associated with a stroke, most people delay seeking medical treatment. Research has shown that proper treatment during the first few hours after a stroke is important for the best possible recovery. The longer treatment is delayed, the more brain damage may be done. Medical attention may consist of stopping internal bleeding, controlling blood pressure, increasing oxygenation of the body, etc. Doctors diagnose strokes both from the symptoms and studying the patient's medical history, as well as using tests such as spinal taps, arteriograms, magnetic resonance imaging (MRI) or computerized tomography (CT) scans, which are a 3-dimensional x-rays of the brain. Some people may suffer a lethal stroke but in most

cases the individual survives. In those cases, there may be varying levels of neurologic and psychological damage. In some people, the impairment may be very slight and hardly noticed even by the victim.

However, other people may be rendered completely brain damaged. Risk of stroke increases with age. Therefore, as people age, they need to become more attentive to those things they can control. High blood pressure, high cholesterol, smoking, heart disease, using oral contraceptives, migraines and diabetes are strains on the vascular system of the body, which may lead to increased risk of stroke. Men tend to suffer more strokes than women, possibly because they take fewer precautions.

We will continue part 2 in February's edition.

Web Resources: www.stroke.org
www.strokeassociation.org

Patients' Comments



“Pleasant and friendly. I will miss the laughter and my relaxing treatments.” S.M., Bridgeview, IL

“I have been to physical therapy on several occasions and this one was the highest quality.” D.M., Palos Heights, IL

“Thank you, thank you, thank you.” J.M. Evergreen Park, IL

“The ladies working there are great and the Dr. really knows her stuff. My experience was great and the Dr. really helped me out with my pain.” J.A., Oak Lawn, IL

“This has been my 2nd time having therapy with Dr. Naglaa and it has been a great experience.” T.G. Hickory Hills, IL