

Stroke**news**

YES! THERE IS LIFE AFTER STROKE

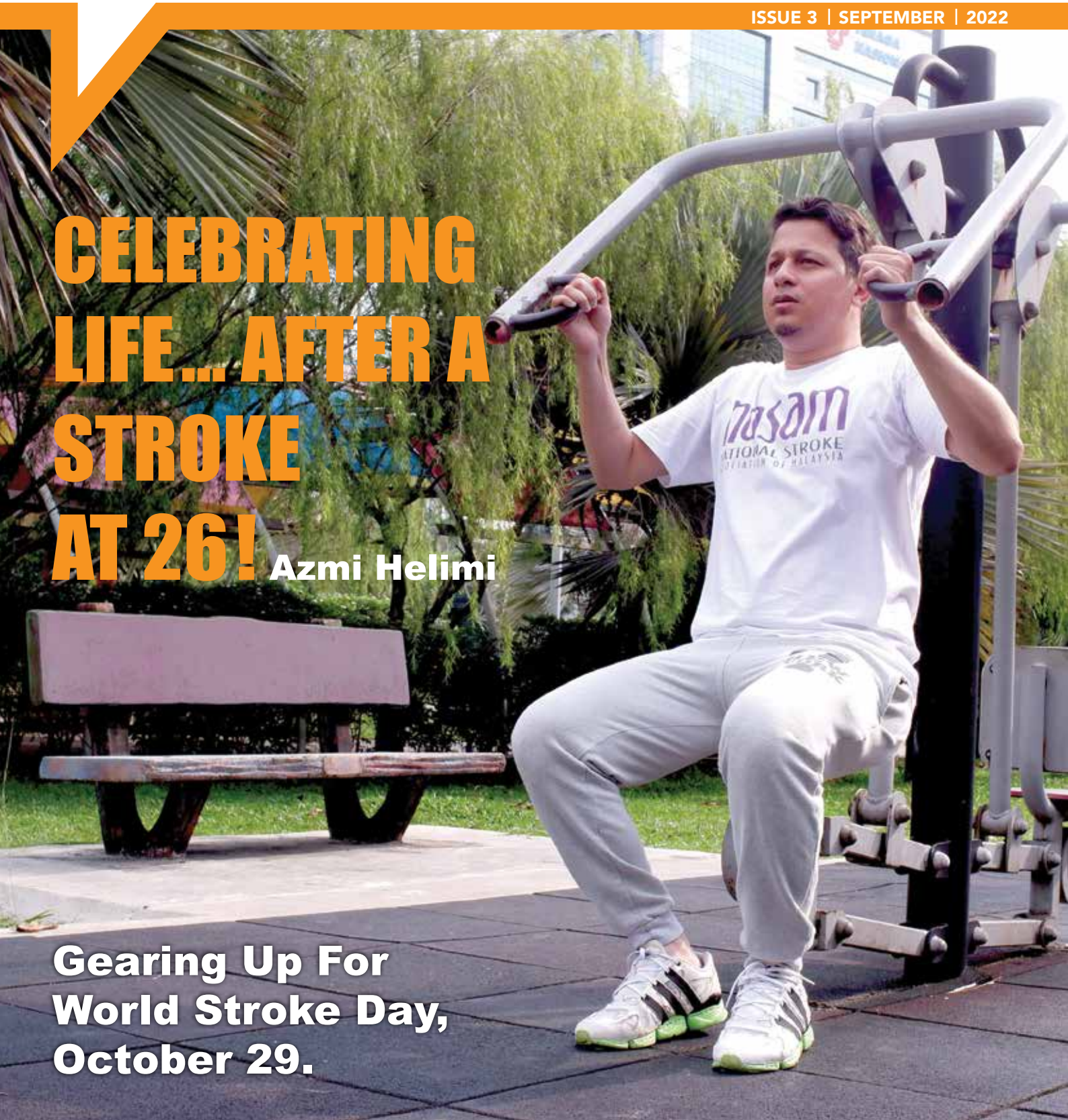
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**CELEBRATING
LIFE... AFTER A
STROKE
AT 26!**

Azmi Helimi

**Gearing Up For
World Stroke Day,
October 29.**



Founder Chairman's Message

NASAM has been serving the stroke community in Malaysia for 25 years and in this issue, as we continue to move forward, we have compiled some heartwarming stories. These stories reflect why we want to continue supporting the stroke community and helping families begin a new journey.

Generally, stroke is associated with the ageing population. For a long time we have been under the impression that only grandparents can be crippled by a stroke. The truth is stroke can strike anyone at any age without warning. Reports show that a stroke can affect one-out-of-every four of us.

In Malaysia about 40 percent of those affected are below the age of 60. It's time to sit up and take note of common risk factors, seek medical help and manage your lifestyle better. In other words, 'get it before it gets you'.

We hope by sharing these inspiring stories about stroke survivors and their families you will have a better understanding of NASAM's mission to provide affordable, stroke specific rehab therapy and post-stroke support.

I feel (and I hope you too will be) absolutely encouraged by these stories. It is truly very touching to see these young people bounce back and live a full life after a devastating stroke.

Yes! There is life after stroke.



Janet Yeo
Founder Chairman

REACHING OUT TO HELP OTHERS



**Nor Azmi bin
Ahmad Helimi**

NASAM Petaling Jaya



I had my stroke when I was 26. Quite a young age to get it, but it happened to me. At that time, I was working in an agency that was into inbound tours. My job as an Operations Officer was demanding and my hours were long. I had a young family – my son was only one-year old then.

After my attack, a doctor explained to me that there are usually three categories of people who are susceptible to a stroke – the ageing, those with high BP and smokers. The irony is I didn't belong to any of these categories, yet it happened to me.

Inspiration

On April 14, 2010, I was driving home to Gombak in Selangor. It was a fine afternoon. Just a minute before I reached my house, I felt dizzy. Then my tongue became numb. I decided to park my car and sit quietly for a few minutes in the hope that what was happening to me would pass. But the symptoms persisted. After a short while I opened the car door, tried to stand but couldn't. Somehow, with difficulty and while coping with dizziness, I made it out and managed to get into my house.

While experiencing all of this, I became totally confused, wondering and trying to understand what was happening to me. The only thing I suspected was that I was having a bad migraine attack. My usual cure for this was a nap, so I went straight to bed to rest it out.

However, even after a few hours rest I did not notice any improvement, so I went to a GP nearby where I was told that I was having a bad attack of migraine, given an injection and assured I would get better within half-an-hour. This did not happen as the dizziness continued and I became semi-conscious.

I was then referred to a hospital in Ampang where after a CT-scan nothing was detected and the medical staff were clueless. By now my head was in immense pain and I also could not talk. It was only after an MRI, on the following day, that a blood clot was detected in my brain stem.

I was admitted into ICU for three days. I couldn't talk and could barely stay awake and the right side of my body became paralysed.

When I was transferred to a normal ward on the fourth day a doctor came to see me. He told me, based on his experience, I would be helpless, totally dependent and confined to bed for at least a year.

I was young and not prepared for such devastating news. I spent many nights crying and asking why this was happening to me. I felt demotivated, depressed and sorry for myself. It took me five days to finally accept my situation.

“ I wasn't going to allow this stroke to defeat me. ”

One of the big factors that brought about a change in how I viewed my situation was the fact that I was a father and a leader of a young family. I knew I needed to accept the stroke and do something about it.

Once I accepted my stroke and became determined to recover, I concentrated on the physiotherapy regime provided by the hospital. Because I was driven, or rather obsessed with recovery, within two weeks I could lift up my right leg and attempted walking.



Enjoying a series of exercises in the outdoors is a regular pastime.



Sharing his stroke journey to inspire others during an outreach session.

More than 20 days after my brain stem stroke I was discharged from hospital. From my first day back home, I practised walking. It was not easy, I had to go back to being a baby and re-learning my steps, but day by day I improved. Finally, after three weeks of dedicated exercising at home, about one month after my crippling stroke, I could put away my walking stick and move around, supporting myself against the wall if needed.

My stroke also left me with slurred speech. No one could understand me. Thankfully after a month of speech therapy I could speak better and make myself understood.

“ **Never surrender attitude.** ”

After five months I recovered from the brain stem stroke. Doctors were very surprised. They said the recovery was quite fast as my condition was very serious.

It has been a tough journey and by the grace of God I have made it. My recovery was a result of my determination and dedicated physio and my attitude to ‘never surrender’. I chose to fight. Life is all about choices, and I chose to recover so that I could enjoy a meaningful life.

“ **I help to motivate fellow strokees and spread stroke awareness.** ”

Ever since my recovery, friends have invited me to visit their relatives and share my journey. It is a time for me to give back and share my experiences to enlighten the stroke community. As a member of NASAM’s Ambassador group I volunteer to meet fellow strokees and motivate them towards recovery. I also participate in stroke awareness talks.

Inspiration



Azmi believes in working hard and making time to enjoy family and friends.

Today, at 37, I am living my life as any other normal person. I take care of my diet and exercise regularly. I am able to have a fun and fulfilling family life. I have children who inspire me and I feel blessed to have this second chance.

I have been working since 2011. Recently, I joined Prudential Assurance Malaysia Berhad as a fulltime consultant. My mission is to share my story and educate people on the need to get critical illness protection early in life.

Last but not least, I believe that we should always be in touch with nature and go outdoors often to better appreciate life. I love the outdoors and often go camping and trekking with family and friends.



Azmi doing a deep stretch before setting off on a trek.

***As a nature lover, I wish to share this quote by Albert Einstein –
Look deep into nature and then you will understand everything better.***

THROWN OFF-COURSE BY A STROKE

Tharmaan Ravichandran was studying mechatronic engineering at the German Malaysia Institute (GMI) in Bangi, Selangor.

On July 17, 2017, he was on his bike and just minutes away from his home when a motorist crashed into him and drove off, leaving him seriously injured by the roadside.

Following the accident and serious head injuries, the 19-year old, suffered a left brain stroke which caused paralysis on the right side of his body. As a result, he became totally dependent on his mother for his daily care. He also lost his ability to speak.

Tharmaan arrived at NASAM Malacca three months later, accompanied by a very concerned mother. He was totally reliant on a quadripod and had great difficulty moving due to a weak right leg and hand, his dominant limbs. He had lost his self-esteem and preferred not to meet people other than his family, who did not know how to deal with that.

His mother, a kindergarten teacher, shared with our physiotherapists that: “His dream was to be



Squats to strengthen the lower limbs.

an engineer like his father. He was a committed student and a filial son as he always wanted to set a good example in every way, being the oldest of three brothers. After the accident he lost all hope of leading a normal life. We tried to motivate him but had little success.”



Working on balance and better gait.



Physiotherapist Sundari helping the stroke affected elbow to be less rigid with a gentle massage.

His physiotherapist Sundari Sivan recalls: “I assessed him and we talked about how he could navigate his recovery and how we could work as a team. We made a list of achievables and timeframes. I was excited to be working with someone so young and wanted very much to help and guide his recovery. But because he was depressed, I knew it would be more challenging to reach goals.”

Tharmaan attended one-on-one therapy twice a week and group sessions daily. His dedication paid off. In three weeks, he showed signs of improvement. His right leg strengthened and his gait improved. But his hand was still weak. In due course, rehab focus shifted to managing muscular changes in the hand.

Within the first three months of signing up at NASAM, Tharmaan graduated from using a walking aid to walking independently without any assistance. He had good balance while standing, walking and performing other activities such as bending forward. His confidence also improved and he was able to socialise with others. He began going for futsal once a week with his friends.



Tharmaan (centre) with siblings, Premm (left) and Tarsshah, his pillars of strength during recovery.

When he started to experience the changes in his movements, Tharmaan seemed more convinced of the possibilities of greater recovery. But after six months he left NASAM Malacca to join the Perkeso Rehab Centre. He returned in 2019 and stopped when the pandemic set in.

In October last year, four years after his stroke, Tharmaan returned to NASAM Malacca. He attended group therapy daily and one-on-one sessions twice a week under a Yayasan Hasanah sponsorship.

By mid-2022, after about six months into the Yayasan Hasanah sponsorship, he was able to walk without any assistance (and fast too). He could jump (not too high) and even jog on his own. According to his physio, the focus of his

rehab then shifted more to hand recovery – to stabilise and facilitate active arm movements.

He was able to do new tasks using his weak right hand. This included house chores such as sweeping, mopping, wiping windows and giving offerings during his daily prayers. He also had plans to return to playing badminton – by training his non-dominant left hand.

For his speech Tharmaan worked with his therapist to vocalise some simple words and also joined therapy sessions with trainee speech therapists from University Kebangsaan Malaysia (UKM), via Zoom.

On the educational front, he has completed a certificate course in Pipe Design (Oil & Gas) at the Institute Latihan Perindustrian Selandar, in Malacca. He is also doing a diploma course in Accounting – at Open University Malaysia – which he is expected to complete in 2024.

At the time of putting together this article for **Stroke**news Tharmaan had stopped therapy at NASAM so that he could concentrate more on his studies. He has also applied for jobs and expressed interest in taking on a franchise business.

NASAM wishes him well in his future endeavours.



Educating himself and seeking a job is now a priority for the stroke champion.

MEET AVID BLOGGER

– Bob Kee

Robert Kee Lip Seng, better known as Bob Kee, suffered an ischaemic stroke on May 26, 2022, at the age of 47. He joined NASAM Petaling Jaya in June 2022.

“I first started having some symptoms about a week prior to the stroke,” recalls Bob. “I had severe bouts of dizziness and a sudden loss of balance. At that time, we were experiencing a heatwave in Malaysia, so I dismissed the symptoms, thinking it was heatstroke, which later turned out to be a big error on my part.”

On May 26, Bob was at work as an acupuncturist and TCM therapist. “I was just finishing up my last appointment of the day when I felt my right hand go suddenly weak, causing my handwriting to be messy. Also, throughout the day I was having dizzy spells,” he added.

“I realised then that it was probably more serious than I thought and prudently decided I was not well enough to drive to the hospital. I called my sister and told her I was feeling poorly and needed help to go to a hospital. That’s how I ended up at the Accidents & Emergency Department of Kuala Lumpur Hospital. I was able to walk into



the hospital but when I left four days later, I was completely immobile and required a wheelchair.”

Bob an avid blogger has jotted some thoughts in a segment called ‘Having A Game Plan’. He explains: “One of the few things I did not prepare ahead was an action plan on what to do in case of an emergency. As they say, hindsight is 20/20, so here’s a short guide, at least in the context of a stroke in Malaysia as a Malaysian citizen. I hope this little guide of sorts will be helpful. If you’re healthy and productive, you should still put a plan of sorts in place as I never imagined I would get debilitated in my 40s.”

**Check out Bob’s blog at:
<http://bobjots.com>**

**Readers are invited to respond by
sharing their own experiences.**



Bob’s twice weekly rehab routine at NASAM focuses on limb strengthening.



A JOURNAL BETWEEN A DAUGHTER AND HER FATHER

Love knows no boundaries. When a young daughter, Joyce Wong, experienced the nightmare brought on by a stroke and saw her 70-year old father, Wong Shing Sung, deteriorating right before her eyes, she set out to improve his nutrition. She took over caregiving to better understand the situation, teamed up with experts and experimented with food and cooking methods. After a few years of trial and error she published a food journal of 14 recipes so that others could also benefit from her discoveries.

Here she shares with **Stroke**news her father's journey and how she, as a daughter, helped her family cope.



My father used to be an outgoing, energetic and friendly person. He was known to many as Uncle Wong. He wasn't a smoker, rarely consumed alcohol and was careful with his diet. He was health conscious. Every day, in the morning, he walked around the neighbourhood in Taman Perling, Johor Bahru.

However, one morning in February 2018, after his walk he accompanied my mum to lunch at a coffee shop near home and while lunching he suddenly fainted. A customer came to his rescue by driving him to Gleneagles Medini Hospital, Nusajaya, in her car. They got to the hospital within 20-30 minutes.

In the hospital we felt reassured when told that 'timing is everything' when one has a stroke, and that my father was fortunate to have been brought in so quickly. An MRI showed that he had a blood clot in his brain. After discussions with his doctor, we decided to transfer him to a hospital in Singapore for an emergency surgery or thrombectomy procedure.



Wong Shing Sung was robbed of his mobility after a stroke in 2013.

The surgery went well according to the medical team, so we did not expect any complications. However, in the middle of the night, his brain started to bleed (cerebral haemorrhage) and he had to undergo another brain surgery within 24 hours. The second procedure was called craniotomy. Following this procedure, my father remained unconscious for about three weeks in the ICU ward.

We – my mother, two brothers, myself and some extended family members – stood by him. We took turns being with him and did many things to make our love known. We played his favourite music and TV shows. We constantly chatted with him even though he was unconscious. When he eventually regained consciousness, he was diagnosed as bedridden with very limited mobility and could only move his eyes. We also realised that he had lost his ability to swallow.

Our family followed medical advice and arranged for physiotherapy, acupuncture and also speech therapy for him, hoping that all these could help him recover as much as possible. After several months his swallowing improved and he was weaned off the feeding tube. He was able to eat pureed food and porridge and drink water containing a thickening agent.

During the first two years of his recovery, my father's daily meals were limited to porridge – rice and oatmeal. After some time he got bored with these meals and resisted them. This really

worried us as we thought he might have to go back to being fed by tube.

It was then that I asked myself if porridge really was his only choice and how long he could go on like this?

While we were struggling to cope with my father, we had to also support my mum. Emotionally she was drained and felt totally lost without him as they always used to do a lot of things together. Mum began to lose weight and also became depressed. My brothers and I had to spend time with her, to assure her we would be beside her no matter what and motivated her to move forward. We also took her to NASAM Johor where she could observe other strokees, some very young, and their families. This helped her realise that she was not alone and reinforced to her that she needed to stay positive and strong.

In December 2019, we decided to move father back home to Johor, once his condition became more stable. Unfortunately, the pandemic happened not long after that. As a portrait photographer, I had to stop all my shooting projects, so decided to move back to my parents' house to assist my mother in looking after my father. It also gave me more time to research into recipes suitable for those with Dysphagia or swallowing difficulties.



His rehab includes regular physiotherapy.



Food recipes for the Journal were put together after much research and feedback.

At the same time, I also got hands-on experience of taking care of him, including feeding him by myself. With all these experiences, I began to have a better understanding of his swallowing abilities.

The first dish I prepared for him was mashed potato. He enjoyed eating it as it was something other than porridge. His enthusiasm motivated me to look into other possibilities. Although my father could not speak properly or voice out his opinion, I still tried to get his feedback. I encouraged him to order whatever food he wished to eat and then I would look for the best way to prepare the dish.

This led me to create a ‘foodography’ journal so that I could keep a record of all the dysphagia recipes that I had prepared for my father. Also, as his daughter, I wanted to record the good

memories of time spent with him, including the food I cooked specially for him and watched him, for a change, enjoy his meals.

With the feedback from my father’s TCM doctors – Dr Martin Bong in Singapore and Dr Jean Ng in Johor Bahru – and also from a dietitian, Tay Pei Wen from Gleneagles Medini Hospital in Johor, I gained confidence to publish my journal of recipes. I hope others looking after Dysphagia patients will find them useful.

My hands-on experience looking after my father has also made me realise that not many people understand the challenges of feeding those with swallowing issues. My aim and hope is for these people to be able to eat the food they like together with their family. While the tastes are similar, the only difference is in the texture of the food.



As he got better Uncle Wong enjoyed outings not only for rehab but to select what he wanted to eat.

Every stroke and strokee's journey is different. These recipes were specifically created for Uncle Wong and may work differently for another person recovering from stroke. We recommend those with Dysphagia issues to seek help from a Speech and Language Therapist for assessment and guidance on safe swallowing.

Morning Oat Meal

Ingredients:

Black sesame powder – 1 tablespoon
Flax seed powder – 1 tablespoon
Walnut powder – 1 tablespoon
Organic wheat oats – as desired
Water (The usual serving size is ½ cup oats to 1 cup of water)

Cooking method:

- Bring the water to boil in a small saucepan. Reduce heat to low and pour in the oats. Cook, stirring occasionally, till thick and all liquid is absorbed and the porridge has thickened to the desired consistency. All this takes only about 5 minutes.
- Add the rest of the ingredients and serve.



SHARING SOME FEEDING EXPERIENCES – Joyce Wong

- Make sure the person is sitting upright.
- Ensure the person's head is level or lowered towards the chest when feeding.
- When putting the food into the mouth, press the tongue with the feeding spoon.
- Keep reminding the person to chew and swallow.
- Observe the throat to make sure the food or drink is being swallowed.
- Make sure there is no more food in the mouth before feeding the next spoonful.

Copies of the Foodography Journal are available for a minimum donation of RM30. Those interested in getting a copy can contact: Shanti at 07-207 0120 / nasamjohor@nasam.org or Nancy at 03-7956 4840 / nasampj@nasam.org. *Courier charges, if any, will be borne by the donor.*



WORLD STROKE DAY – OCTOBER 29, 2022

The 14th World Stroke Congress (WSC) takes place in Singapore from October 26-29 in conjunction with this year's World Stroke Day. Due to the pandemic, previous conferences and meetings have had to be shifted on to a virtual platform. The 2022 WSC by the World Stroke Organisation (WSO) aims to allow stroke professionals to meet in-person with opportunities for face-to-face interactions.

This is the first time the WSC is being held in Southeast Asia where more than eight percent of

the world's population reside. Six years ago, it made its first stop in Asia, in the Indian city of Hyderabad.

The programme for the 2022 Congress in Singapore will feature the latest topics in stroke care – treatment, rehabilitation and support – and prevention for stroke professionals, researchers and policy makers. The structure of the programme will allow for greater interaction, discussion, learning and networking opportunities.



NASAM at WSC

In 2022, NASAM is co-facilitating the Stroke Exchange advocacy forum and our members are sharing their personal stroke and recovery experiences.

NASAM Board member and Stroke Champion, Edmond Lim, will share on how he has contributed and / or co-designed and participated in improving care with regards to stroke survivors at an organisational level.

NASAM Petaling Jaya member Robert Kee will share his journey and experience as a young stroke survivor in Malaysia.

Showcasing how NASAM is using data to better facilitate therapy provision will be Head of Rehab, Tracy Chan. She will also identify areas that require greater focus in rehabilitation and outreach.

“The past few months at NASAM has been interesting with regards to stroke in the young,” said Tracy. “By young I mean those between the ages of 33 and 48. Sadly these are the years when they contribute the most to society as part of the workforce. Their families are rudely shocked by the stroke and have to do some major adjustments. Some will return to work and contribute to the

community. Recovery depends on the severity of the stroke and the support from the family and community.

It is time we embarked on greater awareness campaigns, added Tracy. “The Government and the Ministry of Health have to undertake greater campaigns for better understanding of stroke and its prevention, as well as provide better access to rehabilitation. As an SSO (Stroke Support Organisation), NASAM is happy to support these programmes.”

NASAM is thankful to the WSO for kindly providing some funds for our therapists to attend

the Congress in person, in Singapore. Our thanks also to pharmaceutical company Boehringer Ingelheim who is sponsoring the Congress fees for them.



MALAYSIA STROKE CONFERENCE 2022

A symposium titled ‘What should Malaysian policy and decision makers know about stroke and how can we do better?’ was held in Penang, in conjunction with the Malaysia Stroke Conference 2022, on August 11.

The event brought to light the following needs:

- Increase the number of neurologists and related multi-disciplines managing stroke cases
- More interventional radiologists and relevant facilities
- Increase availability of thrombolytic therapy
- Decentralise acute stroke care
- Create stroke care teams in each hospital
- Redesign stroke care delivery in remote areas to overcome logistical challenges
- Provide adequate rehabilitation centres for post-stroke care

The panel at the symposium was made up of Dr Irene Looi (Hospital Seberang Jaya), Dr Wong Yee Choon (Pantai Hospital Penang) and Lim Shu Min (NASAM Penang).

This stroke conference was organised by The Galen Centre of Health and Social Policy. Its focus was to discuss the findings of a White



At a discussion on stroke Dr Wong Yee Choon (from left), Dr Irene Looi and Lim Shu Min.

Paper – Advancing And Optimising Acute Stroke Care In Malaysia – and to produce a series of recommendations for the Government to consider.

A report by the Galen centre states that the National Health and Morbidity Survey 2019 in Malaysia demonstrated that risk factors for stroke, such as hypertension, diabetes, hypercholesterolemia, and smoking, remain prevalent or increased in the population. According to studies on stroke patients those from Malaysia are on average younger than those in Thailand, United Kingdom, or United States of America. Therefore, improvements in stroke prevention, detection and care practices in Malaysia are even more crucial.

CALENDAR 2023 – FUNDRAISER



Stroke champions from our Clubs busied themselves with a calendar project to raise funds for NASAM. They submitted colourful drawings on various themes. Twelve pieces were selected for the calendar.

In addition to the drawings, the calendar also includes valuable information such as recognising common symptoms of a stroke, risk factors and what stroke-specific rehab at NASAM is all about.

Each calendar is available for a minimum donation of RM15. Contact the club nearest to you for more details.



Remembering Stroke **F.A.S.T.**



Facial Drooping

Ask the person to smile.
Does one side of the face droop?



Arm Weakness

Ask the person to raise both arms.
Is one arm weak and drifting downwards?



Speech Difficulty

Ask the person to repeat a simple phrase.
Is the speech slurred or strange?



Time To Call

If you observe any of these signs,
call 999 immediately!

IF YOU HAVE RISK FACTORS SUCH AS:

- High BP • Diabetes • High Cholesterol • Irregular Heartbeat (or Atrial Fibrillation) • Smoking • Excessive Alcohol • Physical Inactivity • Obesity • Stress • Family History of Stroke

GET MEDICAL HELP!

**For a stroke
ready hospital
near you visit:**

<https://mystrokehospital.my/>

EMPOWERING CHILDREN TO SAVE LIVES



Children in some schools and kindergartens in Malaysia are being given the opportunity to learn how to respond quickly to a stroke emergency under the FAST Heroes programme. This award-winning initiative developed by the Department of Educational and Social Policy of the University of Macedonia, in Greece, was launch in Malaysia in July 2022.

The educational campaign uses animated superhero characters and the acronym F.A.S.T to teach children to recognise three main stroke symptoms – Facial droop, Arm weakness, Speech Difficulty – and call the emergency number, 999 in Malaysia, when faced with a stroke emergency.



The interactive programme hopes to leverage on children's amazing enthusiasm for learning and sharing their knowledge with the rest of the family. To further capture children's attention, the FAST Heroes song is being performed by 14-year old actress, singer and social media sensation Alyssa Dezek (<https://www.youtube.com/c/AlyssaDezekTV>).

FAST Heroes project leaders for Malaysia – Dr Wan Asyraf Wan Zaidi, Consultant Neurologist from Hospital Tuanku Muhriz, UKM and Dr Anna Misya'il Abdul Rashid, Clinical Neurologist, HPUPM explained: "Children are the pillars of the future. This educational initiative is an innovative effort to expose children to the early signs of stroke and we hope it will lead towards better stroke awareness within our community."

The programme is supported by the ANGELS* Initiative and the Malaysia Stroke Council. A total of 28 countries with 3,452 schools, have enrolled into the FAST Heroes programme. The programme is still open to schools for registration. For more information, visit www.fastheroes.com.



**The Angels Initiative is a unique healthcare programme that helps hospitals around the world become 'stroke-ready' so that patients who have just suffered a stroke can be treated as quickly and effectively as possible. It was launched in 2017 and is run by Boehringer Ingelheim and endorsed by the World Stroke Organisation (WSO) and the European Stroke Organisation (ESO).*

School Visits By NASAM

Recently NASAM enjoyed the opportunity of taking stroke awareness to children in schools. In August, two stroke champions from Petaling Jaya Club – Margeret Soon and Celeste Choo – accompanied Tracy Chan, Head of Rehab to SJKC Jalan Davidson in Kuala Lumpur. Three students between the ages of 10-12 had worked on a project that they wanted to share with the strokees.

Our strokees were very impressed with the students' knowledge of stroke and their interest in wanting to help those recovering with a fun gadget. "It is so heartwarming and encouraging to see our future leaders care for those who are disabled," commented Celeste.

The outing was even more gratifying as the parents of the three students involved in the project decided to make a donation.

NASAM's info on stroke and prevention was distributed to the school, both for the teaching fraternity as well as parents.

Earlier in May, stroke champion Chareessa Chee, who had a stroke at the age of nine, was a guest speaker at SJIIM (St Joseph's Institution International School Malaysia, Tropicana



Chareessa captures the hearts of students with her story about childhood stroke.



Strokees Margeret Soon (from right) and Celeste Choo with Lucas Mak, Jared Teh and Heng Wey Kye.

PJ Campus), during a stroke awareness and fundraising project called 'Choose Hope'. The project was organised by KitaKitar a group of volunteer mothers, who choose a cause to support every year, in conjunction with Founder's Day.

NASAM hopes that this impactful undertaking by parents will set a trend in our community. We believe that education and service to the community go hand-in-hand and we hope other educational institutes will join us in stroke prevention and fundraising efforts.

Following Chareessa's presentation, one of the students Ooi Shinz Jo, wrote an article. It was featured in the Star newspaper's Education segment on Sunday, August 7, 2022.

To read the article go to: <https://www.thestar.com.my/news/education/2022/08/07/bouncing-back-from-childhood-stroke>.



Student facilitators Alastair Tan (from left) and Meagan Motha with Chareessa, Vanaja Dhanan (NASAM), Joanna Chellam (Organiser) and Gary Cairns (Principal).



SAVE NASAM CAMPAIGN

HELP US RAISE A MILLION RINGGIT!

After 25 years of giving HOPE to the stroke community NASAM needs a lifeline urgently.

Friends, the goal is to raise one million ringgit (and more) so that we can empower stroke survivors on a daily basis.

Can we count on YOU?
Please donate – One-off or Monthly Contributions.

Please indicate if you require tax exempt receipt. ☐ Yes ☐ No

Provide full details below as required by LHDN.



DONATION FORM (Complete in capital letters)

September 2022

Name: _____ I.C. / Passport No: _____

Company: _____ Company Reg No: _____

Address: _____

City: _____ State: _____ Postcode: _____

HP: _____ Office: _____ Home: _____ Email: _____

ONLINE DONATIONS

- Donate via **Maybank 5122-3152-0534**. Email bank-in slip: nasamdonations@gmail.com
- Donate via website: <https://www.nasam.org/donation/>
- Please provide your name as per your My Kad so that tax exempt receipts can be issued.

Our Clubs

NASAM Petaling Jaya

Since November 1996

No. 12
Jalan Bukit Menteri Selatan (7/2)
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Tel : +603 7956 4840
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NASAM Penang

Since June 1997

No. 6, Lorong Midlands
10250 Pulau Pinang
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Tel : +604 229 8050
Email: nasampenang@nasam.org

NASAM Sabah

Since November 2001

Kompleks Badan-Badan Sukarela
Wisma Pandu Puteri
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Sabah
Malaysia
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NASAM Ampang

Since March 2003

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NASAM Malacca

Since July 2003

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**NASAM is a member of the
World Stroke Organisation
(WSO).**

1-in-4 of us will have a stroke.

**DON'T BE
THE ONE**

Today stroke is the leading cause of disability worldwide and the second leading cause of death.

In Malaysia, more than 50,000 people are affected by a stroke every year. About 40% are below the age of 60. Stroke is the third leading cause of death.

Common risk factors are: High BP, diabetes, high cholesterol, irregular heartbeats (or Atrial Fibrillation), smoking, excessive alcohol, physical inactivity, obesity, stress and family history of stroke. Know your risk factor, seek medical help and manage your lifestyle better.

STROKE IS PREVENTABLE! Get A Medical Check Now!