

Dear Reader,

Welcome to Issue 8 of the NeuroAID™ Newsletter. Each month we are pleased to bring you some useful, relevant information for stroke survivors and their dear ones, as well as general updates on NeuroAID™.

In this month's issue you will be able to read about the following topics:

- **Sleeping disorders after a stroke**
- **Recover with the help of music**
- **Stroke support groups**
- Allan Mendoza from Qatar is a stroke survivor who experienced the benefits of NeuroAID™

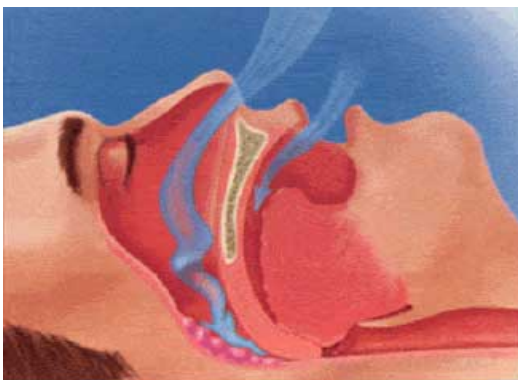
And we've got a \$25 discount for you to benefit from until 1st May!

Enjoy reading and do not hesitate to share with us your feedback and the topics you would like to read about in future newsletter issues.

If you're getting security warnings from your email program or if you're having trouble seeing the images in this email, please add us to your address book (this will help the emails come through without a hitch).

Sleeping disorders after a stroke

We all know the importance of a good night of sleep. To sleep is an essential part of our daily life and sleeping problems can make you tired, depressed, frustrated and irritable. Yet, sleeping problems can be even more severe for stroke survivors: both affecting the rehabilitation process and, more importantly, increasing the risk of having another stroke. Rehabilitation after a stroke is hard by itself and requires much from the patient. As progress cannot be assessed on a daily basis the success of a physiotherapy program depends heavily on the patient's concentration, motivation and energy. In other words, it doesn't combine well with sleeping disorders. Unfortunately, however, stroke survivors commonly suffers from sleeping problems. Luckily, sleeping disorders -if properly diagnosed- can often be managed easily.



The most common sleeping disorder among stroke survivors is **Sleep-disordered breathing**, where abnormal breathing patterns is causing your sleep to be interrupted several times during the night. It is particularly important to be aware of signs of sleep-disordered breathing as it, in addition to sleepiness, increases blood pressure, heart stress and blood clotting. Typical symptoms include:

- Loud snoring
- Frequently waking up gasping for breath
- Increased sweating
- Breath shortness
- Unability to fall asleep or remain asleep

Another typical disorder experienced by stroke survivors is **Sleep-wake cycle disorders** (circadian disturbances) resulting from a sleep schedule no longer determined by day and night. Common symptoms are:

- Difficulty initiating and/ or maintaining sleep
- Non-restorative sleep
- Daytime sleepiness, poor concentration and headaches
- Impaired performance, including a decrease in cognitive skills
- Poor psychomotor coordination
- Gastrointestinal distress

Insomnia, characterized by inadequate sleep quality and quantity, is experienced by many people and it frequently affects stroke survivors as well. It causes people to feel tired and often get very worried about not getting enough sleep. Typical symptoms include:

- Difficulty falling asleep
- Waking up often during the night and having trouble going back to sleep
- Waking up too early in the morning or feeling tired upon waking
- Sleepiness during the day
- Irritability and problems with concentration or memory

If you experience any of the above symptoms and believe you are suffering from a sleeping disorder, do not hesitate contacting a doctor or another profession that can help you. It can improve the quality of your life!

Sources:

Stroke.org

NeurologyChannel.com

WebMD.com

Recover with the help of music



New research, published in the peer-reviewed medical journal "Brain", suggests that listening to music could help stroke patients to recover from brain damages after having suffered from a stroke. The study carried out in Finland, randomly allocated patients into three groups, and the patients in one of them were instructed to listen to their favorite music at least one hour a day and keep a diary of how much they listened. Following the study the researchers concluded "that music listening during the early post-stroke stage can enhance cognitive recovery and prevent negative mood".

It is time to pick up your old favorite CD, be it jazz, classical or pop, and start recovering... it can't be more relaxing and comfortable than this!

Read more at MedicalNewsToday.com

Stroke support groups

There is a great potential benefit participating in support groups for stroke survivors, yet many are not aware of the existence of these groups. This article will thus try to shed some light on support groups and their activities.

What are support groups?

Firstly, what is a support group? Generally speaking, a support group is a group of people sharing a common characteristic who provide non-professional help and advice to each other. The help may take on several forms -also depending on the common characteristic of the support group- including sharing personal experiences, serving as motivators, providing relevant information, developing social networks and just being available to listen, provide understanding and share frustration with the other members. Support groups normally meet monthly, bi-monthly or weekly.

How can you benefit from stroke support groups?

Support groups provide stroke survivors, their friends and family with an excellent opportunity to meet with other stroke survivors as well as caregivers to exchange experience and information. Building a network of people knowing what you are going through will not only help you gather useful advice regarding stroke and your daily activities to achieve full recovery; it can also help you preventing future strokes, assist you in identifying the best local resources and allow you to receive support.

Furthermore, by meeting regularly to share experiences and provide (receive) feedback, members inspire one another to overcome major challenges. Motivation is one of the key ingredients for the successfully completion of a rehabilitation program. Also, given the isolating nature of a stroke, stroke support groups can be an excellent place to socialize, make new friends and have fun. Following a stroke physical and emotional difficulties often arise and relationships and friends are lost. Stroke support groups can help stroke survivors adjust to this new situation and create a meaningful life by joining in a caring environment among friendly people sharing similar problems, who thus understand what you are going through. Finally, support groups are an excellent way to help others that are in the same situation as you. Consequently, we can conclude that stroke support groups promote good health as well as better quality of life.

Online stroke support groups

Stroke support groups are available almost everywhere. Still can't find a group near you? Don't worry they exist online as well. Online stroke support groups besides bring another dimension into support groups as their reach is only limited by people's internet access and you thus significantly increase the likelihood of finding someone in a situation just like yours. This could be of huge advantage as it would allow you to receive advice and feedback particularly relevant for your situation. But the "online benefit" is not restricted to that. Contrary to normal real-life discussions, discussion on an internet forum gets saved and can be made available for other users and thus ensure that knowledge and experience doesn't get forgotten as time goes by. Moreover, having such information available online makes it accessible by a much larger patient/ caregiver group and it easily allows for it to be tied to reliable medical resources. Online support groups is also an excellent opportunity to give it a try if you are not convinced this is something for you yet. Here you find some stroke support groups available on the internet:

- StrokeNetwork.org
- MDJunction.com
- Boards.WebMD.com

Want to know more?

Under you will find some links to sites with more information about stroke support groups, covering everything from locating a group in your neighborhood to setting-up your own support group.

Read More:

StrokeCenter.org

Stroke.org

StrokeAssociation.org

Recent NeuroAID™ Story



Allan Mendoza, 32 years old (Philippines)

"August, 8, 2007, is an unforgettable day in my life. It's the day I had a hemorrhagic stroke that cause hemiplegic on my left side..."

I woke up not the same person as I am before; the jolly guy became a lonely, depressed individual. Yes, depressed in every sense of it...Because at the young age of 32 this tragic incident happened to me. I cannot even carry my 2 year old daughter in my arms or even hug my wife.

All hopes were lost not until, I saw NeuroAiD™ in the internet. I had hope again... I started taking this medicine after 6 months of my stroke... now, I can walk faster and I became cheerful smiling guy. Now I can answer my child's question, If I am already healed?, I say... yes my baby soon your daddy will be... be back again with the help of NeuroAiD™..."I'll be back...

» [Read More Success Stories](#)

NeuroAID™10 is now available at major online retailer and shipped locally

You can purchase it from:

- [AMAZON](#)
- [The Consumer Link](#)

NeuroAID™10 has been launched on March 5th in the US market to support patients' neurological functions. NeuroAID™10 is derived from NeuroAID™ and is a combination of ten all-natural ingredients. A growing number of Americans have already started using NeuroAID™ regularly with positive results on their neurological functions. "As we received an increasing number of requests from individuals in US to make NeuroAID™ available locally, we have engineered a new formulation which is marketed as NeuroAID™10 in the US, a dietary supplement to help support the neurological functions. NeuroAID™10 is an herbal natural dietary supplement, containing the 10 main ingredients of NeuroAID™, carefully selected and manufactured with the same stringent process as NeuroAID™" said David Picard, Moleac CEO. Ruth Lycke, a stroke survivor and the author of "Hope, Help and Healing", said "I am thrilled to see NeuroAID™ now available locally after having benefited myself from the treatment in China". NeuroAID™10 does not contain any of the animal based ingredients of NeuroAID™ which were considered as secondary in the original formulation. A robust distribution system has been established in the US with Suresource, an American drug distributor. NeuroAID™10 can be purchased at www.neuroaid10.com or at www.amazon.com.

For the month of March we would like to present you with an **introductory offer of 10% discount**. If you would like to seize this one-time offer, place your order now by:

Order by Phone

Call **1-800-421-1223** now
Operations 8am-8pm EST

or



Your May 2008 NeuroAID™ **Coupon**

To celebrate the launch of NeuroAid10 in the US, Moleac is glad to grant you a **\$25** coupon for the purchase of a **NeuroAid™** or **NeuroAid™10** treatment.

Just enter this code when ordering on our website or mention it to our customer care dedicated team: **NA10MAY08**

This offer is available up to May 1, 2008.

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