



## HEALTH TIPS – September 20, 2010

The Pattaya City Expats Club receives information about health matters periodically. This information is included in the Club's weekly Newsletter and in the Announcements section of the Website for a few weeks. To ensure it remains available, it is then posted in a Health Tips page placed in the General Interest section of the Website. The following health tips are included on this page:

- ❖ **A New Method of CPR – Continuous Chest Compression**
- ❖ **Sleep Apnea – Where to get supplies in Thailand for Continuous Positive Air Pressure (CPAP) machines**
- ❖ **How to identify if a person has had a stroke**

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### CONTINUOUS CHEST COMPRESSION – A NEW AND EASIER CPR METHOD

This new CPR method was developed at the University of Arizona (USA) College of Medicine. Their website at

<http://medicine.arizona.edu/spotlight/learn-sarver-heart-centers-continuous-chest-compression-cpr>

notes that every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. It's easy and does not require mouth-to-mouth contact, making it more likely bystanders will try to help . . . Everyone should review the video on the website that explains this new method – please note it is not for small children or drowning victims.

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### DO YOU USE A CPAP MACHINE BECAUSE OF SLEEP APNEA? AN EXPAT RECOMMENDS A SOURCE FOR THE MASKS AND MACHINES

A local Expat here in Pattaya that uses a CPAP (Continuous Positive Air Pressure) machine because of sleep apnea had been having difficulty in getting replacement masks. He found that Bangkok Hospital Pattaya does not stock the masks and no longer special orders them but did provide the name of a provider in Bangkok. That company charges 7,500 Baht for the mask and does not provide delivery. He had also previously obtained a mask at Bumrungrad when he was in Bangkok; their price was 9,000 Baht and would still require a trip to Bangkok. He did some Internet research and found a company in Bangkok that had the masks as well as the machines, delivered them to Pattaya at no extra charge, and charged only 4,500 Baht for the mask. He ordered the mask, transferred the 4,500 Baht as instructed and received the mask in less than

24 hours from placing the order. He said he would definitely recommend the company, NK Sleepcare. Their website is: <http://www.nksleepcare.com>.

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## HOW TO IDENTIFY IF A PERSON HAS HAD A STROKE

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) .she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die; they end up in a helpless, hopeless condition instead. A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

### RECOGNIZING A STROKE - REMEMBER THE 3 STEPS OF S. T. R.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** - Ask the individual to **SMILE**.

**T** - Ask the person to **TALK** and SPEAK A SIMPLE SENTENCE (Coherently) (I.e. It is sunny out today.)

**R** - Ask him or her to **RAISE BOTH ARMS**.

AN ADDITIONAL SIGN:

Another 'sign' of a stroke is this: Ask the person **to 'stick' out his or her tongue**. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

### GET IMMEDIATE MEDICAL HELP

If he or she has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher. If in Thailand, get them to the hospital as quickly as possible.