

There Is No Cure For Strokes, Big or Little, Doctor Reports

By ROY O. GILBERT, M.D.
County Health Officer

Back in the year 1900, stroke was seventh among the chief causes of death in the United States; now it is third. Although this condition rarely occurs before 45 years of age, virtually anyone past this period of life may be stricken. Fortunately, not all such occurrences are serious.

Many strokes are so slight that no readily apparent physical or mental damage results. These have been called "little strokes" by one eminent physician who also stated that

many individuals have them and do not even know it.

SUCH CEREBRAL vascular accidents, as they are often called, may occur in a number of ways. Chief among them is clot formation in one of the arteries of the brain (cerebral thrombosis), or the blocking of a blood vessel by a clot floating in the blood stream (embolism).

When the blood vessel closes down due to some local irritation, this constriction is known medically as a cerebral vascular spasm, or cerebral occlusion.

In cases where such a spasm is of short duration, medical authorities state that permanent damage does not necessarily occur. Indeed, such damage would be very difficult to detect in many instances.

PHYSICIANS are definitely more optimistic than they were in years gone by concerning the effects of treatment in cases of cerebral vascular disease and strokes. This is true even when the damage done by a stroke is extensive. Although there is no cure

for strokes—whether big or little—a number of medications are extremely effective in treating the conditions that they cause. Therapy in other respects is also greatly advanced over former times and most stroke victims including the hemiplegic (paralysis of one side of the body) need not despair.

GOOD HEALTH habits are beneficial also, both to help the condition and to avoid it. The right amount of the proper foods, plenty of rest and sleep, milk exercise, and, in so

Eight

TORRANCE HERALD

MARCH 1, 1959

Land of Hope and Fear."

ART SHOW SET

Noted Speaker To Visit Elcam Little League

Straight from Africa and the Middle East best-selling author Robert St. John will speak in the Campus Theatre of El Camino College March 3 at 8:15 p.m.

St. John's lecture will be presented as a part of the recently inaugurated Forrest G. Murdock Lecture Series; his topic will be, "Sizzling Africa,

As St. John speaks, he makes headlines live. It is the general opinion among lecturers that few speakers have a greater knack than this long-time platform favorite for breathing life and immediacy and drama into the headlines.

While discussing Africa, a country which he terms a "land of hope," he bases his theme on the "human interest," the actions and reactions of peoples rather than governments. His lectures have been popular with audiences across the country for nearly two decades.

Tickets for the lecture may be obtained in the Associated Student Book Store prior to

A two-man show by painters Kero Antoyan and Robert Frame will open at the Palos Verdes Library gallery Sunday, March 8 with a reception tea from 2 to 5 p.m. The exhibit will continue on display the remainder of the month. Also to be shown are several pieces of sculpture by Henry Lion, renowned for his figures at Carthay Circle, statue at Wilshire-Ebell Theatre, and Los Angeles City Hall.

the day of lecture, or at the box office window Tuesday evening. Tickets will be sold to the public for \$1; Student Activity Book Holders may obtain tickets without charge.

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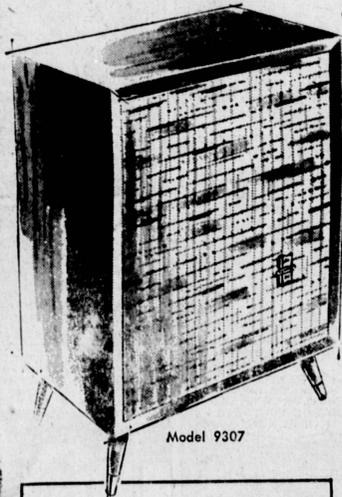
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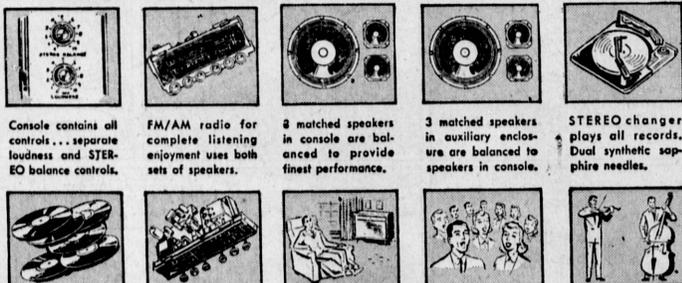
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