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EMBRACING RESILIENCE: WORLD STROKE DAY 2023 - FOSTERING AWARENESS AND COMMUNITY SOLIDARITY

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Raising Stroke Awareness

To bolster stroke awareness and education from grassroots levels, the Department of Rehabilitation Medicine hosted a community program on November 2, 2023, coinciding with World Stroke Day, observed annually on October 29. The event unfolded at Dewan Komuniti Fasa 3, Bandar Puncak Alam, from 8.00 AM to 1.00 PM.

Stroke remains a predominant health concern in Malaysia, ranking as the third highest cause of mortality. Despite its prevalence, public awareness is disconcertingly minimal. The Neuromedical Rehabilitation Clinic under the Department of Rehabilitation Medicine has seen a surge in stroke rehabilitation referrals, recording the highest case frequency per clinic visit among all rehabilitation subspecialties.





Collaborative Endeavour

This initiative was a collective endeavor involving departments such as Primary Care Medicine and Special Needs Dentistry from the Faculty of Dentistry and the Faculty of Health Sciences. The event saw over 25 stroke survivors and numerous community members who sought to enrich their understanding of stroke while availing of complimentary health and dental assessments.



Event Highlights

The day commenced with prayers, followed by an inaugural speech by Dr. Nor Faridah Ahmad Roslan, the Head of the Department. Subsequently, Dr. Mimi Nashra Mohd Noh captivated the audience with a discourse on preventing recurrent strokes, sparking a cascade of questions. Dr. Nur A'thirah Zulkifly then

addressed the oft-neglected subject of oral care post-stroke.

Two-stroke survivors shared their poignant narratives of resilience and recovery, resonating deeply with attendees. The audience, seldom given opportunities to narrate their experiences, responded with emotive agreement.

Interactive and Inclusive Activities

The event segued into lively interactive stroke games, including "Ping Pong Cup Toss," "Beanbag Cup Chaos," "Balloon Breakout Bonanza," and "Double Cup Ringmaster." The competitive spirit and exuberance were infectious, culminating in an eagerly anticipated prize-giving ceremony and a commemorative photography session.



Positive Reverberations

Heartening feedback underscored the program's impact, with attendees advocating for its continuity in subsequent years. The program, backed by stakeholders, NGOs, and sponsors, was deemed indispensable.



Concluding Thoughts

We aspire that this event transcends mere celebration, fostering enhanced stroke awareness among the community. We aim to nurture an informed populace, empowering them to combat stroke pre-emptively.

Happy World Stroke Day 2023.
Together, we are #GreaterThanStroke!

