

**DATE: 3 September 2019**

## Media Opportunity

### One-handed cooking now the focus for stroke survivor

Colin Silk will share his stroke journey at a Fairfield Hospital event for National Stroke Week.

The Greystanes man had a stroke nine years ago at the age of 49. He had no risk factors leading up to it but said he realised what was happening and received treatment within the hour.

He underwent a decompressive craniectomy to reduce pressure on the brain, which resulted in part of his skull being put on ice at the NSW Bone Bank, due to swelling. The bone was put back in months later, but he had to wear a helmet to protect his brain.

Today, Mr Silk's vision is impacted and he is unable to use his left arm, resulting in him no longer practising as an optometrist. But he has learned to adapt.

He now likes to teach other stroke survivors how to cook one-handed using a combination of adaptive and readily available tools and equipment.

Representatives from NSW Ambulance, Stroke Recovery Association NSW and Stroke Life will join Mr Silk at Fairfield Hospital's event on Thursday 5 September from 10am.

Allied health, occupational therapy, physiotherapy, speech therapy, dietitian and social work staff will also be available to talk about stroke-specific care.

South Western Sydney Local Health District Academic Head of Stroke Research, Dr Dennis Cordato, said they were working on a range of trials to improve stroke patient outcomes at Liverpool Hospital, Bankstown-Lidcombe Hospital and Campbelltown Hospital.

The research group is looking for people who are at least six months post-stroke and are experiencing fatigue.

"Fatigue is very common after stroke. The drug being trialled is used for other causes of fatigue and, there is another trial where we are comparing two different clot-busting drugs," Dr Cordato said.

"The trials we're involved in can help improve the quality of life for stroke survivors.

#### **SPOKESPERSON:**

- Stroke survivor Colin Silk, as well as other guest speakers will be available on the day for interview.
- South Western Sydney Local Health District Academic Head of Stroke Research and Liverpool Hospital Staff Specialist Neurologist, Dr Dennis Cordato.

**Please contact the media team on 8738 6848 if you would like to attend.**