

## Reviews

Danny's follow-up to God's Work gives you an intimate tour into the world of strokes through education and anecdote. It's quite unique that Danny's research is written in conjunction with his own experience, having lived through a massive stroke in 2006. His firsthand account details his own tribulations but also draws heavily on the vast knowledge he acquired from working with doctors and providers at one of the world's leading stroke recovery centers.

What makes Stroke Hope shine as something beyond that of just a valuable resource and insightful read is Danny's charisma, you can feel at ease while reading. He writes not to the academic community but to where his message is truly needed: the everyday man and woman. Most of us have a vague concept of what a stroke is but how many of us would know the proper way to react if it occurred to a loved one right before our eyes? How about the critical steps taken immediately after and into recovery? Danny addresses it all and more while keeping it interesting and matter of fact.

The first volume of Stroke Hope may primarily deal with raising awareness but it actually goes beyond that as it provides motivational guidance and spiritual assurance for those affected by strokes. Strokes may be damaging but following the notes provided in the book can potentially lead to a recovery once thought impossible just a few decades ago.

Danny details the most efficient methods for recovery from his own experience, and there's much to be said about the value of experience when combined with research. In the end you gain much more than a glimpse into the realm of strokes but rather a comprehensive understanding on how to deal, cope, and recover if the event ever happens to you or someone you know.

By James P. Goatcher

~~~

## Reviews

“Stroke Hope - Book 1 – Guide to Stroke Awareness” is a breakthrough book. It is perhaps the most useful self-help book I have ever read. Danny has been able to convey in a readable, well organized, and insightful way the challenges facing those recovering from a stroke, their caregivers, and family. If only I had access to this information, prior to two of my family suffering strokes, it would have so much easier to understand and help.

It will make a difference in the lives of all those touched by this tragedy.

Randall Jones, Sr. VP, GCT, retired.

~~~

I am privileged and pleased to have read the second book of Danny Jones, “Stoke Hope – Book 1 – Stroke Awareness.” His book combines information with inspiration, fact with feelings, and reality with resources. It has proved to be great follow up to his first book, “God’s Work”, and I am certain that it will be an energetic launching for a Stroke Awareness series.

Danny writes clearly and methodically, inserting personal stories when appropriate, and providing a practical guideline for individuals and families who desire to learn about Stroke Awareness.

It promises to be a beneficial resource for anyone dealing with Stroke issues, whether personal or for a family member.

David A Eastis, MA in Theology, CTEC, business owner, Instructor/Teacher

~~~~~

Having experienced the full spectrum of the devastating effects of a stroke, Danny has done an excellent job of relating his life-changing occurrences with symptoms and preventative measures to aid the reader in making alterations in lifestyle to decrease the incidence of stroke, both personally and globally.

The first chapter of this book includes Danny's presentations to others about stroke awareness. He is doing his part to educate those around him. To prevent even one stroke, he has done his part. To teach and encourage stroke survivors is another positive aspect to this book.

To the many of us who will be involved in some aspect of relationships with those who have experienced a stroke, there are many suggestions and recommendations which may make a significant difference in the outcome of the survivor's progress.

Beverly Worcester, RNP, MSN





## Other books

God's Work



# Stroke Hope Book 1 Stroke Awareness

by  
Daniel Bryan Jones

DragonEye Publishing

Stroke Hope Book 1 – Stroke Awareness  
by Daniel Bryan Jones  
Copyright 2013 Daniel Bryan Jones

All rights reserved. No part of this book may be reproduced by any means or in any form whatsoever without written permission from the Author and Publisher, except for brief quotation embodied in literary articles or reviews.

Note:

The Publisher is not held liable for any errors in this book.

Also the publisher is not held liable by any person doing what this author suggest throughout this book which may bring about any injuries or that may bring forth any life threatening injuries. The author is 100% held accountable for anyone that may become injured from what the author suggest in his writings in this book.

Cover by Alice Sung

First Printing June 2013

ISBN 13: 978-1-61500-043-2 Trade Paperback

Library of Congress Control Number: 2013902984

~~~~~

Other formats  
E-Book

ISBN 13: 978-1-61500-044-9 – Mobi – ebook - Kindle

Visit our website [DragonEyePublishers.com](http://DragonEyePublishers.com)

Published by DragonEye Publishing

Published in Elmira, New York

## TABLE OF CONTENTS

Preface ...1	
Foreword ... 3	
1. Lectures .....	5
2. Survivor or victim you make the choice .....	38
3. Aphasia and stroke .....	48
4. Benefits of pet ownership.....	55
5. Brain injury and stroke .....	73
6. Care givers .....	80
7. Driving after stroke .....	92
8. Eating after stroke .....	101
9. Getting the government involved after stroke ..	109
10. Healing through breath, mediation .....	111
11. My stroke 7/06/06 .....	121
12. Positive visualization .....	136
13. Returning home after stroke .....	144
14. Safe walking and scooter operation .....	161
15. Stroke awareness and prevention .....	165
16. Subluxation, Botox and tone .....	191



## About the Book

The main reason for me writing the book Stroke Hope 1 Stroke Awareness and the following books is to be able to help everyone involved in stroke. I offer my experiences from day one of having a stroke and all of the things that I feel would help someone with a stroke that had not access to good insurance, I truly believe this book can help shave months or even years off of someone's stroke recovery if they have it in the early days following stroke. This book was written through the blood sweat and tears of my Struggle recovering from stroke.



## Preface

I was one of the lucky ones I was able to have access to world-class cutting edge stroke and post stroke care following my massive stroke in 2006. I spent over a year as an inpatient, first in a modern state of the art hospital. Then at a world renowned brain injury facility, I was able to participate in daily therapy that was cutting edge at the time and only available to a select few stroke survivors.

In writing this book I have drawn on my personal experiences in stroke rehab and recovery. I have read and researched everything I could find on the subject of stroke recovery and have spent hundreds of thousands of dollars to try to regain my health. Until you have lived through the highs and lows directly related to stroke and stroke recovery will you ever know what it is like to have suffered a significant stroke. In writing this book I have come full circle; and through adversity have come to realize that my stroke was not a punishment by God but a precious gift I could have never received unless I had the stroke.

I would never wish a stroke on my worst enemy. The life of a stroke survivor is difficult and fraught with disappointment everywhere we turn. But in my despair I found redemption. This book starts at

## Stroke Hope – Book 1 – Stroke Awareness

point 0 and is a step by step guide to stroke awareness as I know it. And in it I try to lay out what works and also what does not work and is a waste of precious time.

I am forever in debt and stand in awe of the many people I met on my journey. From the young Army sergeant I met who was severely brain injured by a roadside bomb in the Middle East. To the courageous folks I shared the workout rooms with who had suffered terrible life changing injuries. Witnessing their bravery and tenacity helped me to be able to fight on for another day. I would like to thank them for inspiring me to do the best I could to overcome this tragedy we know as stroke. Thank you every last one of you wonderful heroes.

It is thought that 80% of all strokes may be prevented; and to me that is not only inconceivable but completely unacceptable. If I can help just one person from having to suffer from a preventable stroke, all my work will have been worth the time. I have dedicated this book and the rest of my life to stroke awareness, prevention and the recovery of stroke.

## Foreword

What an interesting life. We all share the fact that we are mortal; different in that we have differing gifts, and the same in that we live in a world that can sometimes be cruel. But through it all, there is love.

I have known Danny's parents for several decades but have only known Danny through them and mutual friends. From my once removed position, I have been impressed. He seemed to have the drive and intellect to lead a flourishing life.

But as sometimes happens, there was a cataclysmic life altering event. In light of the following, it seems Danny was perfectly equipped to handle and even flourish after surviving a near death experience:

God clearly is using Danny's exceptional drive to overcome adversity.

God has given him excellent care both medically and psychologically.

God has given him a superb wife who loves him and is hanging with him as not only a caregiver but best friend.

## Stroke Hope – Book 1 – Stroke Awareness

God is giving him a clear mind and insight as to his role in light of his new reality.

What a great example Danny's life is to others who experience the insecurity and fear resulting from great trauma. "Perfect love drives out fear" and clearly God is using Danny's experience to calm and redirect many who are enduring extreme difficulties.

William G. Billard

Elder, La Habra Hills Presbyterian Church  
Past Board Chairman, Biola University  
President, retired, W.T. Billard, Inc.

## Chapter 1

### Lectures

#### POWERPOINT PRESENTATION

There are close to one million strokes every year in the U.S, one every forty five seconds.

Out of that number for those people over the age of sixty five half will die.

Five million people live with stroke in this country at any given time. With baby boomers getting older the numbers will be sure to rise accordingly.

Stroke is the third cause of death for adults surpassed only by heart attack and cancer.

Studies show that 80 % of all strokes may be prevented with proper education and awareness.

#### **Some modifiable risk factors including:**

- Reducing swelling in the arms, hands, and legs
- Reducing hypertension and blood pressure
- If you smoke quit
- Excess alcohol use
- Illicit Drug use
- Inactivity and obesity
- Heart disease

## Stroke Hope – Book 1 – Stroke Awareness

I was born with a heart murmur which developed over the years into “Mitro prolapse. Six months after a Spinal fusion surgery I suffered a massive stroke due to Endocarditis a blood disease, a piece of my heart valve immobilized in the right side of my brain resulting in paralyses to the left side of my body.

If you have or think you might have a weakness in your heart valves tell your dentist or doctor and take antibiotics before any evasive medical procedure, something as routine as a dentist appointment or even an infected bug bite could result in a stroke.

My dentist told me that it minute he starts to clean my teeth the infection goes straight to the heart valves.

If you only modify one or more of your stroke risk factors, you can greatly reduce your chances of having a stroke.

I want to stress that Studies show the benefit of exercise and strength training both before and after a stroke. My doctor told me that my physical condition and my age were the reasons I lived through my stroke.

If you have suffered a stroke and have been diagnosed with a stroke condition; you must do everything in your power to not have a second stroke often called the killer stroke”. One out of three people who have a second stroke in the year following their first stroke will die.

Of the million strokes that occur in the U.S. each year 20-30% of those people will die out right. Stroke remains the leading cause for long term disability in the U.S.

## Stroke Hope – Book 1 – Stroke Awareness

Many stroke survivors are forced into inactivity and will become dependent on the care of family, friends or professional caregivers after having a stroke.

This forced lifestyle will also limit many activities of daily living we once took for granted before stroke happened to us.

Survivors are also at increased risk of being injured by trip and falls; and death by the dreaded killer second stroke". We are twice as likely to become depressed after stroke as a non-stroke person.

Getting active will help survivors in reducing depression and anxiety. The Stroke hope" team will soon offer a book for post stroke survivors, designed and written with their special needs in mind.

Granted not all stroke survivors will be able to do physical exercise. But you can get involved in activities like crossword puzzles, scrapbooking and invite people from church or friends to come and play board games or cards with you.

## **STROKE AWARENESS**

Identifying the symptoms of Stroke in yourself or others around you and acting quickly may be the difference between life and death.

## **IMPORTANT STROKE SYMPTONS TO WATCH FOR**

- Sudden weakness in the face, arms and legs, especially on one side or the other.
- Sudden confusion, trouble speaking or understanding.
- Sudden loss of vision in one or both eyes.
- Sudden dizziness, confusion trouble walking or loss of balance.
- Sudden headache with no apparent cause.

Use the acronym FAST to help determine for signs of stroke.

- Face. ask the person to smile, look for any drooping on one side of the other
- ARMS. Ask the person to raise both arms. Does one arm drift downward?
- SPEECH. Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- TIME. If you observed any of these warning signs call 911 immediately.

As mentioned before it is thought that up to five million stroke survivors live in this country at any given time, this number does not take in account the wives, husbands and other family members that are devastated by stroke.

Stroke can greatly disrupt the lives of those who live with and care for a loved one who has suffered through stroke.

I would recommend that family members face these new and difficult problems with love, patience

## Stroke Hope – Book 1 – Stroke Awareness

and understanding, you may need to seek assistance from a professional trained in post stroke issues. A social worker at your local hospital may be able to help you make decisions for the survivor's post stroke care.

There is so little presently known about the workings of the brain after a stroke. Some researches feel that some brain cells may only be damaged after a stroke and they may resume normal function at some unknown future point of time.

It is important to note that some survivors may experience remarkable and unanticipated recoveries that cannot be explained, although this is not the rule, and should not be expected; but for a very small percent of stroke survivors.

In my case I waited for five years for my functions to return to normal. I will tell you this, that for the most part that what improvements you do get back will occur in the first days, weeks and months following stroke, I call this period THE GOLDEN HOURS". And brain injury is for keeps. Unlike bone and muscle it never heals.

### **HERE ARE SOME NUMBERS FROM THE NATIONAL STROKE ASSN.**

- 10% of all stroke survivors will recover almost completely.
- 25% will recover with only minor impairments.

## Stroke Hope – Book 1 – Stroke Awareness

- 40% will be left with sever impairments that will require long term care either in the home or other care facility.

I suffered a massive stroke to my left side in 2006 and given three days to live at that time. I spent the first year and a half in a hospital bed following my stroke and had to relearn most of the things healthy people take for granted.

Survivors that fall in the SEVERLY IMPAIRED category will need to relearn the following;

- Learn to talk again.
- To eat and swallow safely.
- Perform personal care, shave shower and dress themselves.
- Learn to walk without falling and becoming injured.
- To return to work if possible.
- To drive a car if possible.
- Reunite with family and friends.

Most survivors will awake after a sever stroke much like a newborn baby.

The road to recovery is a long and mostly uphill battle. It is fraught with many disappointments and false starts that can lead to depression and despair.

Stroke rehabilitation should be commenced as soon as possible, in the hospital and continued well after release from the hospital and returning to wherever the stroke survivor plans to reside. Patients that had been stabilized may be able to start in-room rehab in just a few days following their stroke.

Reliable studies show that early and intense rehab after stroke to be highly beneficial to stroke survivors.

## Stroke Hope – Book 1 – Stroke Awareness

I was transferred to Casa Colina, a world class stroke and brain injury hospital after three months at St. Jude hospital.

I highly recommend this course of stroke recovery If possible.

Studies show that early on and intense therapy is the best chance for significant recovery after stroke, especially in the condition of aphasia. This early, daily and intense therapy is imperative to being able to recover to your fullest potential after suffering a severe stroke.

This form of intense daily therapy is important for the survivor or brain injured person to ever being able to be independent again and to retrain them so they can become self-reliant after stroke. This course of treatment has done wonders for those survivors who get the training.

It must be kept in mind when designing these retraining programs that the survivor's dignity be preserved and all is done to motivate the survivor to relearn life-skills needed for daily independent living.

Things that will help the survivor to regain his/her self-esteem are activities like: eating, walking and personal care. These regained life-skills will go a long way in building self-worth and self-esteem, as well as help to curb the effects of depression and anxiety disorders.

Without this rehab and therapy many stroke survivors would never be able to return home to their loved ones.

## STROKE PREVENTION

These Guidelines may help you to avoid a Stroke.

- Know your blood pressure and your safe numbers.
- High blood pressure and hypertension will put you at undue risk for a stroke or heart attack. You should have your blood pressure checked regularly by your doctor, health fair or at the local grocery store.
- Identify heart murmurs, atria fibrillation (AFIB) or any other abnormality in your heart. An abnormal heart beat can increase your chances of a stroke by 500%. (Afib) can cause blood to pool in the heart and this condition may cause blood clotting which can lead to stroke. A doctor must diagnose and treat (Afib).

My stroke was directly linked to “Mitro Prolapse I had developed from a murmur I was borne with.

If you have not been checked out by a cardiologist and you have a family history of heart attack or stroke, do not wait you could have a ticking time bomb inside you. Something as routine as teeth cleaning could put you at risk of stroke.

- If you smoke, quit. One in five smokers will have a stroke in their lifetime. Smoking doubles your chances of you having a stroke. Smoking damages blood vessels and clogs arteries needed to carry oxygen rich blood to the brain. Smoking also raises the blood

pressure which puts strain on the heart and makes it work harder.

- Control alcohol use. Most doctors recommend no more than two drinks a day and some studies link alcohol use to heart attack and stroke.
- Know your cholesterol levels. Cholesterol is made in the body and also found in fatty foods.
- High levels of cholesterol in the body can clog arteries and cause you to be at risk of a stroke or heart attack. See your doctor if your cholesterol level exceeds 200.
- Control diabetes. Many ailments caused by diabetes may cause you to be at risk of stroke. If you now have or are at risk of getting diabetes; see your doctor to help you safely manage your diabetes.
- Manage your exercise and diet. Exercise five times a week and manage your diet to avoid, excess salt, Trans fat and high cholesterol foods. Try to eat fresh fruit, vegetables and some fish daily.
- Treat any circulation problems. Clogged arteries can disrupt blood from reaching the brain and cause you to have a stroke. Severe anemia and Sickle cell disease can also put you at risk of stroke.
- TIA or mini stroke:  
Tia and stroke have the same symptoms; 40% of people who have a tia will go on to

have a more sever stroke if they do not change their life style. Seek meditate medical care if you experience any of the warning signs for stroke.

**Sudden numbness or weakness of the face, arm or leg, especially on one side of the body**



Sudden confusion, trouble speaking or understanding



Sudden trouble seeing in one or both eyes



Sudden trouble walking, dizziness, loss of balance or coordination



Sudden, severe headache with no known cause

Presentation for Darla Hagge, and Candace Vickers Cal State Fullerton, Chapman University  
10/18/12

## Stroke Hope – Book 1 – Stroke Awareness

At the time of my stroke I was in the best condition of my life. I was strength training three hours a day six days a week. I was big, capable and very powerful in both mind and body.

I was working as a high end real estate salesman, making over a half million dollars a year over the previous ten years. I was working fifteen hours a day seven days a week. I would work for months at a time, without taking any time off from my work.

I had been a workaholic for as long as I can remember. My work was all- consuming and left little time for down time or leisure. One of my passions was big, fast and very expensive Mercedes Benz sports cars. I bought one every year for seven years, the last one was an E55 AMG, a five hundred horse power road monster. She could do 200 miles an hour and was mine for a mere \$150,000. She was a German engineering masterpiece.

As far as the work went I was a machine. I was made for that space in time. I had become a modern day pirate, taking whatever I wanted from life and taking no prisoners along the way. I was brutal in business and was closing \$60,000 in net income each month.

As I mentioned, at the time of my stroke i was healthy but had contracted the blood disease Endocarditis. I did not know it, but I got the deadly disease from a spinal fusion I had to have due to a car wreck I was involved in.

The very first things I remember after my stroke was a doctor coming into my room every few hours and asking me how many fingers he was holding up.

## Stroke Hope – Book 1 – Stroke Awareness

I also remember the weird clock above my bed. I asked my duty nurse if it was a special stroke clock just for me. It had numbers only on the right side of the clock face, or at least it looked that way to me. Remembering back now it seems that people would appear and disappear into thin air. At that time I did not understand the condition I suffered from known as “Left Neglect”.

Explain Left Neglect to the class.

I am blind in the lower left half of both eyes, you are not only out of my sight on the left, and the brain does not recognize anything over there beyond the vision cut. You could have a parrot on your right shoulder and I could not see it. My optic nerves are completely healthy but the brain injury in that part of my brain limits my sight.

I also remember in room therapies and thickener in everything. I quit the twenty cups of coffee I was accustomed to drinking daily because of the thickener and have not touched apple sauce once since my hospital stay, till this very day.

I spent the first three months following my stroke at ST. Jude Hospital. I was transferred one rainy night around 10:00 p.m., to the famous brain injury hospital and transitional care unit (TLC) at Casa Colina in Pomona. CA. I was smart enough to know even then, that I was in the fight of my life. When I arrived at Casa Colina I was still confined to a hospital bed and had only been well enough to spend a few hours a day in a wheel chair.

I was under 24 hr. care for the first few days and spent another 4 months confined to a hospital bed. One day I decided it was time to walk again and only through sheer will did I ever walk again. I say to this day if it were not for my will my wife June and Casa Colina I would still be in a hospital bed somewhere.

I was 50 years old at the time of my stroke. I suffered a massive stroke to the right hemisphere of my brain leaving me Left Neglected and a Hemi Pelagic. I am now 57 years old, I walk with a cane and continue to be blind in the left lower sides of both eyes and remain paralyzed in my left arm and hand. I found out that brain injury trumps sheer will every time. I think most people believe that a stroke is like a bad cold and if you wait long enough it just goes away.

The Endocarditis damaged my Mitro valve the (left) valve in my heart; a piece of the leaflets on the valve emboli zed in the right side of my brain causing me to stroke.

The Mitro valve looks similar to a sea anomie with tentacles; it is responsible for pumping the oxygen depleted blood out of the heart. The nature of the blood disease we know as Endocarditis is that it attacks and eats the tentacles or leaflets on the valve, this damage to the leaflets creates a condition known as a “vegetative state”.

My stroke happened around 10:00 p.m. on July 21<sup>st</sup> 2006, seven years ago. My wife came home from my daughter's birthday party and found me, it was too late for me to get the clot buster shot, and you have to get it within three hours of having a stroke. I

## Stroke Hope – Book 1 – Stroke Awareness

sometimes wonder if it would have made any difference. The doctor told my family that if I lived the next three days it would be a miracle and if I did live I would not ever be able to care of myself.

The program and rehab at Casa Colina is designed to help retrain the stroke survivor to be able to return home if possible, to as close to a normal life as they are able. At Casa Colina we started our days at 7:00 a.m. With the dreaded daily shower, breakfast at 8-9:00 then six one hour sessions like ot, pt, speech therapies and other classes like understanding brain injury and relationship classes. We had six hours of therapy five days a week and half day on Saturday with Sundays off.

My wife was told by my doctor following my stroke that my age and my physical conditioning was the only reason I survived at all.

I want to add here that healthy persons live in a reality that is fifty percent greater than a person with left neglect, EXPLAIN

I also remember biting the left inside of my cheek and tongue every day for the first year after my stroke every time I tried to eat, it was terrible.

I was very lucky in one major regard in that my wife's insurance was amazing and without it I would have been doomed. Casa Colina was \$18.00 a day with lots of extras for needed medical procedures. The co pays alone were staggering.

Over the last two years I had reinvented myself as an author. I have completed the first of six books I

## Stroke Hope – Book 1 – Stroke Awareness

plan to write, GOD'S WORK is the first, it is about the experiences I had while involved in mission work from 1989-2000. I have started writing a three book series on the awareness, prevention and recovery of stroke. My "Stroke hope" team has begun producing five instructional DVDs. I am also writing an exercise manual for post stroke survivors and a "guide for care givers. You can visit our website at stroke awareness and recovery.com" and please "like us" at the foundation for stroke awareness and recovery on face book and leave us a message on our forum.

I have returned to work on a part time basis and have taken on a partner to help me in the day to day operations in selling real estate. I am still weak in my left side and still eat way too fast and cannot swallow as completely as before my stroke. As far as my memory, I have an excellent memory I sometimes think the brain injury sharpened it in some way. It is better both in short term and long term memory.

I spend most of the day writing the many book projects I have going and volunteer most Mondays as the host of the St. Jude CRG group for survivors who struggle with aphasia, it is run by Dr. Candace Vickers, its founder and professor Darla Hagge.

To this day my personality remains altered, I suffer with depression and some anxiety. Half of all stroke survivors will suffer from these disorders.

My non-profit foundation will help to spread the disturbing fact, that up to 80% of the one million strokes every year in this country may have been prevented. To me this is unacceptable and I have declared war on "STROKE".

## Stroke Hope – Book 1 – Stroke Awareness