





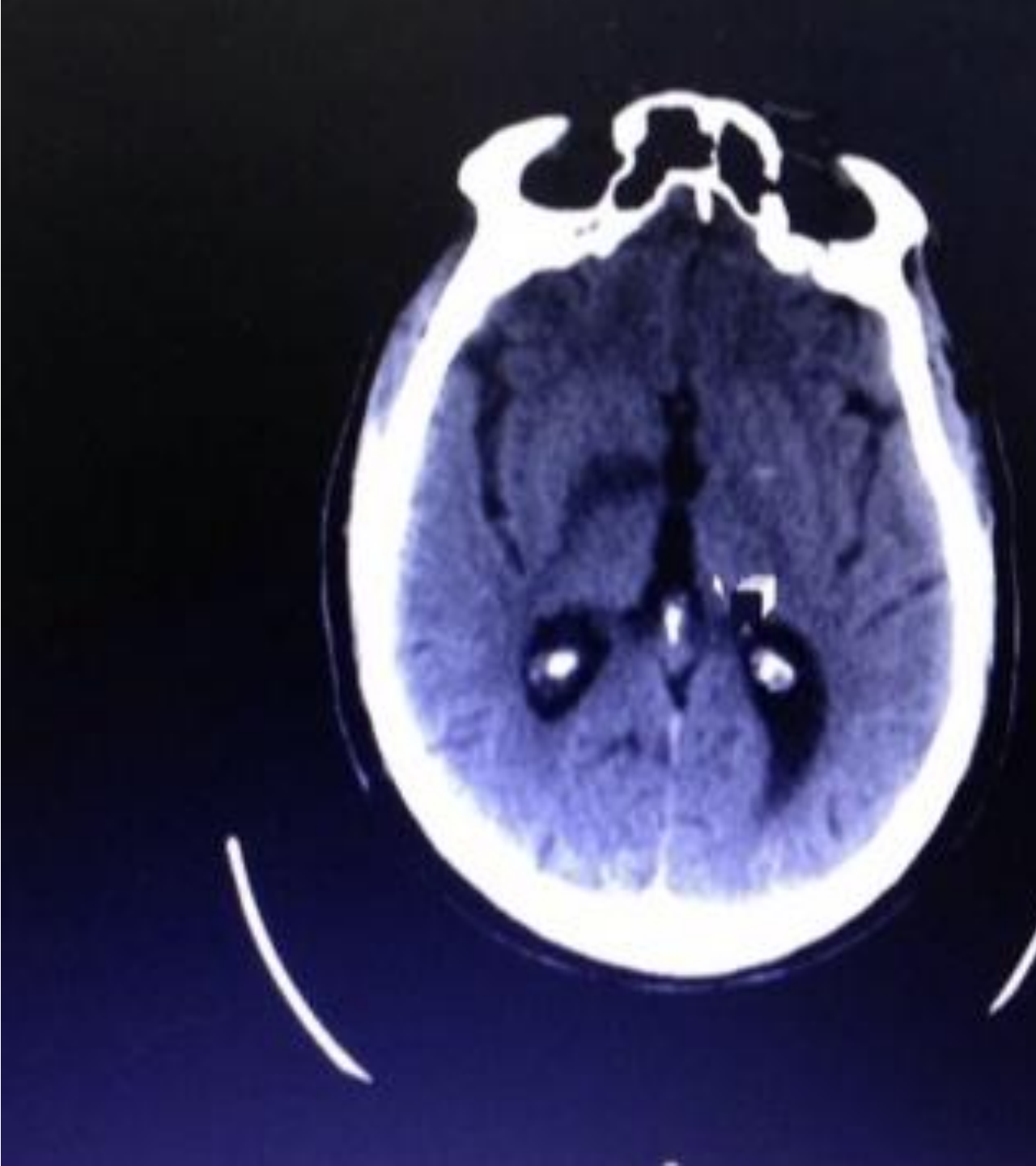
My Stroke of Inspiration

How a Stroke Gave Me Opportunity to Reassess My Life...

Michael McIntyre

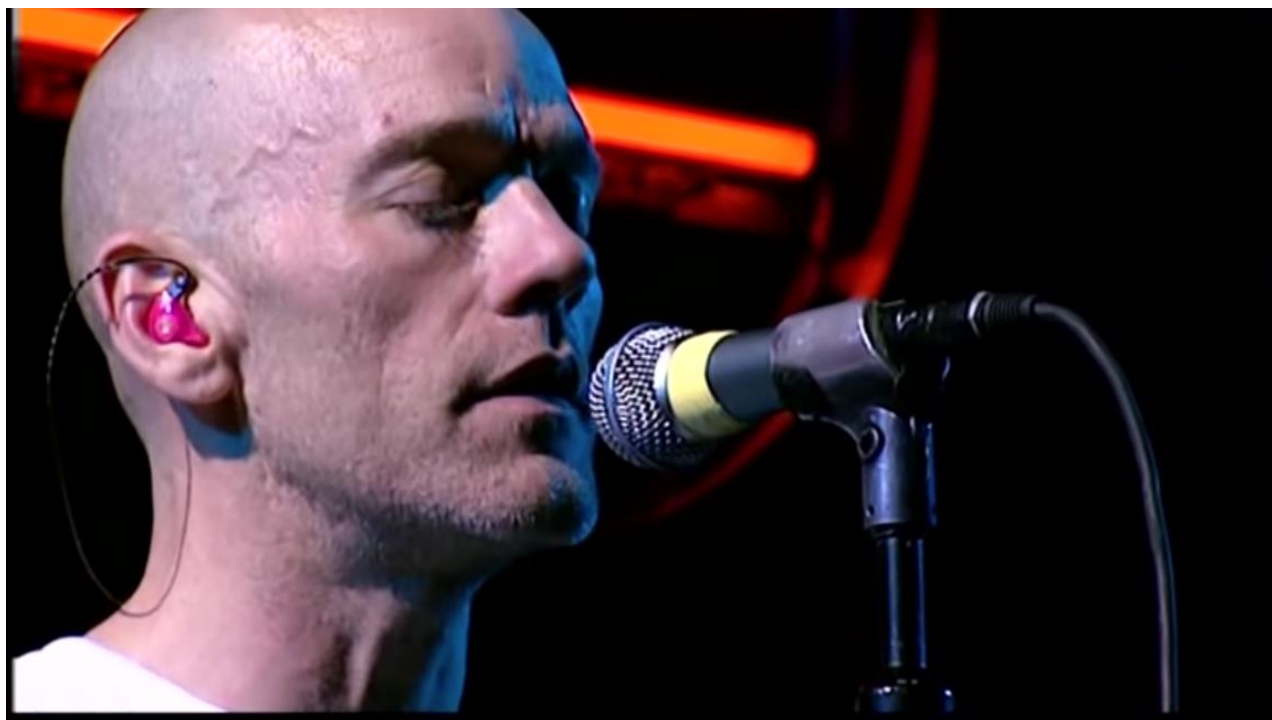
What happened?

Saturday 3 February,
2018 sudden blood
clot affected right
side of brain - see
scan from JR
Hospital...



R.E.M Everybody hurts!

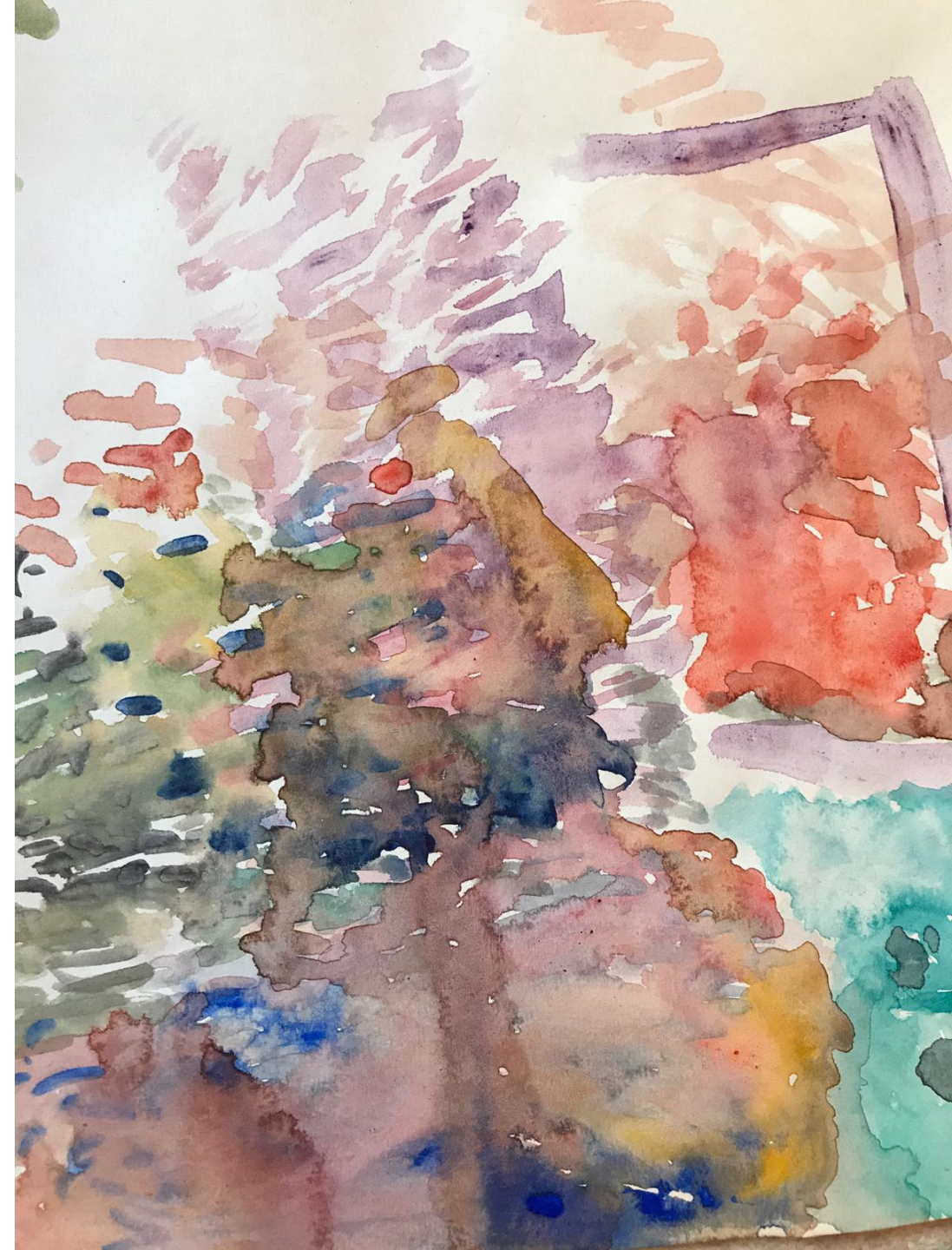
When your day is long
And the night
The night is yours
alone
When you're sure
you've had enough
Of this life
Well hang on
Don't let yourself go
'Cause everybody
cries
And everybody hurts
sometimes



STROKE OF GOOD FORTUNE?

Deficits experienced:

- Physical– loss of sensation and functionality of left side of the body
- Mental affects – impulsivity, shortened attention span
- Neglect – ignoring the left side of my body and environment – not looking to my left side or recognising the left side of my body
- Return to childhood: losing independence, and washing ,all control over daily activity – all the things you take for granted e.g. CT scan John Radcliffe hospital showed.
- Walking
- Change to metabolism, control of senses and appetite - while in ambulance intense craving for chocolate – research shows a drop of about a 60% drop in glucose metabolism in the damaged hemisphere – contributes to loss of function. I lost memories from the first three weeks after stroke. After three weeks transferred stroke rehab unit in Abingdon.



Stroke of Inspiration - So Much to Be Grateful For....

The Raphael Hospital

- Enjoying Holistic approach to rehab – art & music therapy, massage, acupuncture, massage, hydrotherapy, physiological assessments & socialising with other patients.
- Impact – gained friends, gained strength in left leg, learnt coping mechanism for adapting to disability.

Reassessing your life – more fun, less work, bonding with friends and family.....



Stroke in Context

- More than 100,000 strokes happen in the UK each year. That is around one stroke every five minutes.
- The first recorded use of the TERM 'stroke' in English literature is in 1599 when "an excellent Cinnamon water for the stroke of Gods hand' was recommended.
- Stroke is the third biggest killer in the in the UK after heart disease and cancer.
- Almost two thirds of stroke survivors leave hospital with a disability.



Profound Realisation

- Reality bites!
- I had a headache and high blood pressure, but didn't pay proper attention to these symptoms.
- 'Stupidity' a presenting feature of Michael McIntyre.
- I am not invulnerable.
- A practice for dealing with aging and dying.
- Life is a sexually transmitted condition with an invariably fatal outcome (Anonymous Graffito).
- No one is immune!
- We need to develop special skills for old age.

My personal resolve is...

MAD, BAD AND DANGEROUS TO KNOW!

This is a version of the epicurean motto Viz “ Eat a drink and be merry
for tomorrow we die!” (*Epicurus 341*)



Mad, bad and dangerous to know!

