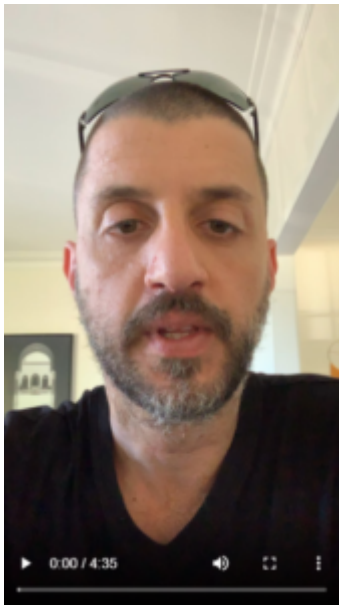


# Ongoing Challenges After Stroke



Transcription:

Bill Gasiamis 0:01

Good day! Bill Gasiamis from [recoveryafterstroke.com](http://recoveryafterstroke.com).

Bill Gasiamis 0:06

I thought I'd get in touch today and ask a question. But before I do, the reason I wanted to ask a question was because a couple of the people who I made an appointment to do a podcast interview with canceled one of the reasons that they canceled one person canceled because they actually had a TIA in the last day in the last night, I think it was, and as a result of that end up finding themselves back in hospital.

Bill Gasiamis 0:36

And, of course, the most important thing is that person's health and not my podcast. So I completely understand and I'm just concerned for that person, and I'm wondering how quickly they'll get back on their feet. Of course, I'm looking forward to interview them, but I know that after the second episode that I experienced, things were a little bit worse and it took a little longer for me to get back on my feet.

Bill Gasiamis 1:01

So I wish that person well and I hope that they do get back on their feet soon. And

that we can get on the podcast and talk about their challenge. Now the other person who cancelled or didn't make it to the podcast was somebody who just forgot that we had the appointment. But not only did that person forget once, they forgot twice, and three times, and they didn't forget because they are being mean or nasty.

Bill Gasiamis 1:28

Or they're being you know, forgetful they got because they're dealing with the recovery from a stroke. And I remember how much I struggled making appointments, especially after the brain surgery where I was trying to get to three appointments a week, it was nearly impossible for me to be certain about the appointment and the booking that I had, what time I needed to be there.

Bill Gasiamis 1:54

So this other person who canceled on me has been trying to read reschedule the appointment for the interview, but also keeps missing the reschedule time. And it's been a bit of a challenge now, again, completely understand so there's no issue so at some point, we'll make it happen when it's supposed to happen. It'll happen when things aligned it'll align.

Bill Gasiamis 2:22

But it did get me thinking about the things that I struggled with after stroke and after brain surgery and I'm wondering about what are the three things that you guys are struggling with at the moment as a result of dealing with your stroke. I would love your feedback about the three things that you are struggling with at the moment after your stroke, so for me, it's always fatigue, but it's fatigue that's changed a little bit.

Bill Gasiamis 2:51

It's related to sleep. If I don't get enough sleep, I struggle with fatigue. One of the things that I didn't get enough of yesterday I was late because believe it or not, I was doing roadworks road construction outside of our house until two in the morning. And by two in the morning I hadn't slept on I had to wake up at six in the morning.

Bill Gasiamis 3:13

So today's a really tough day to get through and it was really difficult getting going. So that's one of the things that I struggle with. Another one is numbness as

a result of feeling fatigued and tired, the numbness in my left side kicks in a lot more. And it's a lot more challenging for me to balance and walk and feel confident about being on my feet.

Bill Gasiamis 3:38

So as a result of that, I do a little less on these days. And that's a challenge because when I do less more things bank up to the next day, so doing less tasks today means that tomorrow I'll have some tasks that are outstanding that I need to get done the following day. So I need I really need to make it certain that I sleep well tonight so that I can be refreshed in the morning and I can get on to the tasks that I missed out doing today.

Bill Gasiamis 4:10

So that's it for me today bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) leave me some dot points. What are the three things that you're struggling with the most? Wish you will heal well heal quickly or speedily. And check out the podcast at [recoveryafterstroke.com](http://recoveryafterstroke.com). Thank you.