



## The Sundaytimes Sri Lanka

### NSASL elects new president at AGM

View(s):

Dr. Udaya Ranawaka, honorary Consultant Neurologist to the Colombo North Teaching Hospital, Ragama and Senior Lecturer at the Faculty of Medicine, University of Kelaniya, has been elected as the President of the National Stroke Association of Sri Lanka (NSASL) at its annual general meeting held recently at the Hatton National Bank Towers, Colombo.

Highlighting the magnitude of stroke as a health care problem, Dr. Ranawaka in his Presidential address pointed out that stroke is one of the main causes of death and disability. It is estimated that one in six people will suffer a stroke during their lifetime.

Sri Lanka has one of the highest prevalence rates of stroke in the world and with the ageing population and the steep increase in vascular risk factors, the numbers are likely to reach epidemic proportions, he said, stressing the need to improve facilities for early diagnosis and advanced treatment, dedicating more stroke beds, and setting up of at least one stroke unit in each province. Early recognition and control of risk factors, such as high blood pressure, diabetes, cholesterol and smoking, are the most cost effective and efficient ways of minimising the burden of stroke.

Paying tribute to the past presidents and councils of the NSASL for their contributions, Dr. Ranawaka said it is an organisation which brings together both medical and non-medical persons interested in improving stroke care in Sri Lanka. Since its inception in 2001, the NSASL has conducted numerous workshops and training programmes for patients and caregivers and public education and awareness programmes regarding stroke.

He thanked outgoing President Dr. Padma Gunaratne for the achievements during her tenure which had brought international recognition to the NSASL. In 2009, the NSASL was awarded the gold medal by the World Stroke Organisation for World Stroke Day activities organised here in Sri Lanka. In 2010, the NSASL hosted the Asia Pacific Stroke Conference in Colombo and in 2012 a book on 'Stroke Care' was published in Sinhala, English and Tamil, providing useful information to both patients and doctors.

The National Stroke Association of Sri Lanka can be reached at No. 6, Wijerama Mawatha, Colombo 7; Tel: 011-2682630; Email: [nationalstroke@gmail.com](mailto:nationalstroke@gmail.com); website: <http://www.nsasl.com>



Dr. Udaya Ranawaka addressing the AGM, with NSASL Patron Dr. J. B. Peiris on his right