

# SSEEO NEWS

*Our mission is to provide advocacy, support, education & resources for stroke survivors and their families.*

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## May is Stroke Awareness Month

Every 40 seconds someone in the United States has a stroke. Many of these strokes are preventable. The key to prevention is education on risk factors that can be modified and controlled.

- High blood pressure
- Cigarette smoking
- Diabetes
- Atrial fibrillation
- High cholesterol
- Poor diet
- Physical inactivity and obesity



\*American Stroke Association

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### Know the Signs of Stroke...Act F.A.S.T

**F:** Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A:** Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S:** Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand?

**T:** Time to call 9-1-1 - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



## A huge success....Walk/Run for STROKE

SSEEEO held its 4th Annual Walk/Run for Stroke on Saturday, May 14th. Over 300 walkers, runners and volunteers came out to celebrate the lives of stroke survivors and their families.

The participants enjoyed the Air-one and emergency response helicopter, a K-9 dog demonstration hosted by the Winthrop Harbor Police Department and health screenings by Condell Medical Center, Northwestern Lake Forest Hospital and Vista Medical Center.

To see more event photos visit [www.sseeo.org](http://www.sseeo.org)



## Survivor's Corner...

### My Stroke Story

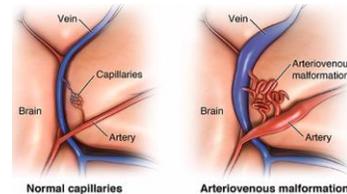
**Brian Herbst**



I was 18 with one month remaining of my freshman year at Western Illinois University when I had my stroke. In the early morning hours of April 12, 2011, I woke up and knew something was wrong. I yelled to my roommate "Jack" but I couldn't get my words out. Jack thought I was having a dream so I wrote "911" on a piece of paper.

I was quickly flown to OSF St. Francis Medical Center in Peoria, IL where I had emergency surgery for a stroke caused by an AVM. AVM is short for arterio

venous malformation which is a tangle of veins in the brain. The AVM bled for at least four hours before I had surgery to try to get the blood out of my brain. I was in a coma for 13 days. I woke from my coma and I couldn't talk or move the right side of my body. I had another surgery to remove the AVM and shortly thereafter I was transported to the Rehabilitation Institute of Chicago where I received care for one month.



When I returned home, I was thrilled to see my friends, family, and pets; eat a real meal and sleep in a real bed. A week or so later, I started going to day rehabilitation. There I got more of my speech back, started walking with a cane and no longer needed my wheel chair. I started driving again in November of 2011. I thought I was finally getting my life back.

Then in March of 2012, I had a seizure due to the remaining blood in my brain. I was angry at the fact that I couldn't drive again but I stuck it out. I have been working with a specialist from Rush University Medical Center and the seizures have gone from one or two per month to one seizure every four or five months.

Today, I can say I have 95% of my speech back, I don't need my cane but I still need to use my leg brace. It has been a little over five year since I had my stroke. I have gone through ups and downs and even though my life is never going to be what I thought it would be, I'm happy I overcame death and lived through the worst days of my life.

I am a SSEEEO volunteer who shares my stroke story at local businesses and to corporate America through SSEEEO's ***Stroke Can Happen at ANY Age***

educational program. A panel of young stroke survivors share their stroke story along with a stroke coordinator and neurologist to answer questions. Stroke really can happen at any age and I'm going to make sure that others know the warning signs, risk factors and the importance of calling 911.



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## **Calendar of Events**

***June 21, 2016***

Lunch & Learn Teleconference - ***Palliative Medicine...What Is It and Do I Need It?***

**For more information:** [\*\*\*Lunch & Learn Flyer\*\*\*](#)

For more details, please visit [www.sseeo.org](http://www.sseeo.org)

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### Stay Connected



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***Together WE Can Make a Difference!***