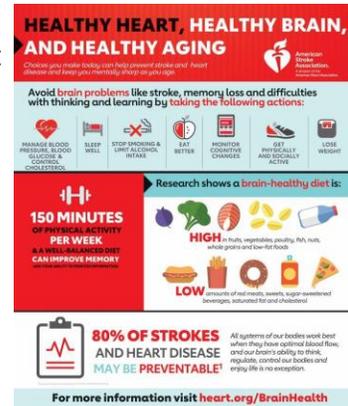


## May is Stroke Awareness Month

Stroke is a life-altering event that doesn't discriminate against age, gender or race. Let's look at a few stroke facts from the [CDC](http://www.cdc.gov):

- Stroke kills about 140,000 Americans each year- that's 1 out of every 20 deaths.
- Someone in the United States has a stroke every 40 seconds. Every 4 minutes, someone dies of stroke.
- Every year, more than 795,000 people in the United States have a stroke. About 610,000 of these are first or new strokes.
- About 185,000 strokes-nearly 1 of 4-are in people who have had a previous stroke.



**HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING**  
Choose your lifestyle to help prevent stroke and heart disease and keep your memory sharp as you age.

Avoid brain problems like stroke, memory loss and difficulties with thinking and learning by taking the following actions:

- MANAGE BLOOD PRESSURE TO GOOD LEVELS & CONTROL CHOLESTEROL
- SLEEP WELL
- STOP SMOKING & LIMIT ALCOHOL INTAKE
- EAT BETTER
- PROMOTE CHOLESTEROL CONTROL
- GET PHYSICALLY ACTIVE
- LOSE WEIGHT

Research shows a brain-healthy diet is:

- HIGH** in fruits, vegetables, poultry, fish, nuts, whole grains and low-fat dairy
- LOW** in red meat, sweets, sugar-sweetened beverages, saturated fat and alcohol

**80% OF STROKES AND HEART DISEASE MAY BE PREVENTABLE!**  
All systems of our bodies work best when they have optimal blood flow, and our brain's ability to think, regulate, control our bodies and enjoy life is no exception.

For more information visit [heart.org/BrainHealth](http://heart.org/BrainHealth)

The good news is you can take steps to keeping your brain healthy and prevent stroke. Manage your blood pressure, avoid smoking, eat a healthy balanced diet, lose weight, and get moving.



SSEEO Board  
Members  
Randy Crabtree &  
Phyllis Weiss

## SSEEO Lake Forest Event

Stroke survivors, caregivers and Northwestern Medicine Lake Forest employees stepped away from their daily work and activities on Monday, May 13th to take part in a stroke awareness and survivor celebration. The audience learned more about stroke, SSEEO and Northwestern Medicine Lake Forest Hospital's Primary Stroke Center.

A special thank-you to Northwestern Medicine Lake Forest Hospital for hosting the event and for their continued support of SSEEO and our mission.

## MSAA Stroke Boot Camp SSEEO Stroke Survivor Panel



Stroke survivors, Randy Crabtree, Jim Geminer, Erin Gianaras and Brian Herbst shared their stroke stories at the Midwest Stroke Action Alliance (MSAA) Stroke Boot Camp on Friday, April 5th.

Registered Nurses, Stroke Coordinators and Quality Leaders were able to hear stroke stories, challenges and ways that the medical community could better serve the stroke survivors needs within stroke programs. The testimonials were heartfelt, emotional and sometimes painful to hear. The audience expressed gratitude for their openness and honesty and hope to take these stories and suggestions back to their hospital's stroke programs.

## Thank you Dr. Nagar



Phyllis Weiss, SSEEO  
President &  
Dr. Charu Nagar

Phyllis Weiss, SSEEO President and stroke survivor awarded Charu Nagar MD with the SSEEO Professional Volunteer award. As a SSEEO Board member for over four years, Dr. Nagar has played an important role in the strategic direction of the organization.

This year alone she coordinated efforts with Michelle Jordan, SSEEO Secretary to create a stroke needs assessment and surveyed SSEEO members. The results were evaluated and ***The Stroke Survivor Needs, Wellness and Warning Signs*** poster was displayed at the Neurological Disorder Summit in Los Angeles, CA. She then had an abstract of these results published in the Journal of Neurology and Experimental Neuroscience. Dr. Nagar continues to be a champion for SSEEO and the stroke survivor.

## Teleconference Testimonial

*"I am an Speech Language Pathologist. I listened and enjoyed the lunch and learn series on the **Psychological Effects of Stroke**. I think this contained helpful information. The survivor story was a plus to hear. Thanks for all you do.....therapists appreciate it!"*

Stephanie Cunnane, M.A., CCC-SLP  
Speech Language Pathologist  
Supervisor, Speech Pathology and Audiology



To listen to this recorded teleconference and many others visit [sseeo.org](http://sseeo.org).

# SSEEO

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make a difference.

