

”Bringing Stroke Awareness Out Of The Shadows”

Stroke is a devastating disease. It is sudden, unlike cancer and diabetes, and it can happen to anyone, anytime, at any age. And it is common, affecting 4 out of 5 American families, according to the American Stroke Association. Yet stroke remains mostly hidden, out of the mainstream, neglected by the major fundraising events and ignored by the media.

Consider these statistics from the American Heart Association: Stroke is the leading cause of adult disability and the third-leading cause of death. About 6.4 million Americans are living with stroke. The estimated cost of stroke this year in U.S.: \$73 billion.

Yet where are the stroke celebrities? Where are the telethons and the day-long concerts? We have highly publicized treatments for heart disease; we all know someone who's had a stent or a bypass. But despite stroke's prevalence, only 38 percent of Americans know stroke warnings signs well enough to dial 911, and we often don't learn about stroke until it's too late.

We need more role models. We need stroke survivors to come out of their homes and talk to us. And we need to listen. We need to be patient. We need to understand this disease and find ways to bring it into the light. Most important of all, we need to change our attitude about stroke, so that we can begin to do a better job of preventing it.

Stroke survivors tend to have little organized representation. The effort to raise awareness, to educate, to prevent, and to treat will be a massive undertaking. But until we become comfortable with the idea of stroke and are willing to talk about it, to acknowledge its toll on this country, it will remain in the dark..... Please help us to “Bring Stroke Awareness Out Of The Shadows”.