



## Know-Stroke.org Stroke Awareness Update for Feb. 2010

I hope this update finds you and your family well. I wanted to update everyone on the progress I have made in my goal to gain better awareness for PFO and stroke risk.

“Time is brain,” as you may know doctors like to say when it comes to treating stroke victims. *Yet even with a better understanding of strokes, studies show the average diagnosis in pediatric stroke cases does not take place until more than 24 hours after the onset of symptoms.* My stroke awareness efforts continue to be important for families and young stroke survivors that have already been through this delay as well as for adults who have been suffering with missed diagnosed PFO symptoms and may be unknowingly at increased stroke risk. I experienced these delays firsthand, as a previously undiagnosed PFO caused my stroke in 2006 and this is why I have become an advocate for better education and research.

My 14 year old stroke hero from my home town Jamie Coyle (pictured with me here after the 2009 Boston Marathon-top right) almost died from a stroke. Jamie’s stroke occurred while on the ice playing hockey and a referee did not recognize the stroke warning signs. This delay almost cost Jamie her life. Luckily, an EMT happened to be on the bench that day and responded. While Jamie continues rehabilitating, I ran in her honor last year with Tedy’s Team.



Here’s a few quick highlights of what I have been able to accomplish:

Appeared in *The New York Times* for a feature story on PFO/stroke / I educate thousands of visitors monthly on my blog, [www.know-stroke.org](http://www.know-stroke.org) (now the top ranked stroke/PFO blog on the web!)/Appeared in a cover story for *PT Insider* magazine on PFO/stroke / Have spoken to over 4,000 elementary school students in RI and Massachusetts about knowing stroke risk factors /contribute to the mobility column for *Stroke Smart* magazine, a publication of the National Stroke Association / Completed the Boston Marathon in 2009 with Tedy’s Team and the American Stroke Association

My goals for 2010 include writing a Community Impact Grant Proposal (through the American Stroke Assoc.) for a stroke education video to train coaches, teachers, students and parents to recognize stroke symptoms. Although I was recently sidelined with a knee injury that is keeping me out of the 2010 Boston Marathon, I am pleased and proud to announce my sister Lori will be running with Tedy’s Team this year in my place (pictured top left in photo with me after the Boston Marathon).

I am writing to ask for your continued support in my fundraising effort to assist with my grant proposal and my continued stroke advocacy mission. I am directing my fundraising this year on behalf of my sister. Through your good thoughts and through your generous contribution to the American Stroke Association, I hope to continue to run this race with Lori in spirit. We are also working hard for awareness and research on behalf of many who can’t even walk due to a stroke. Please join me in reaching the finish line of my fundraising goal and helping improve awareness and end stroke. Your tax-deductible contribution is greatly appreciated!

*P.S. For ongoing updates or to donate online, please visit my blog [www.know-stroke.org](http://www.know-stroke.org)*

Thank You,

David Dansereau  
Stroke Survivor