Thank you!

... From the American Heart Association: “Thanks to amazing supporters like you, we have raised nearly $300,000 in the battle against stroke and heart disease! The University of Utah is a tremendous partner with the Heart & Stroke Walk. Without that support, we would not be able to fund the important programs of our mission. Thanks to all of you, we funded more than $2.8 million in heart and stroke research in Utah! We are so grateful for your efforts.”

Links & Resources

University of Utah Health Care Stroke Center

American Heart/Stroke Association

Wasatch Adaptive Sports

Splore

Salt Lake County Recreation

Doctor’s Corner:

The National Institute of Neurological Disorders and Stroke (NINDS) has designed and funded the innovative National Institute of Health (NIH) Stroke Trials Network (StrokeNet) which is a network of 25 regional coordinating centers (RCC) that conduct multicenter clinical trials. The University of Utah Stroke Center was chosen as an RCC, the only RCC in the Intermountain West.

Purpose: StrokeNet allows for collaboration between multiple centers across the country and focuses on advances in acute stroke treatment, prevention, and recovery/rehabilitation. The University of Utah’s involvement in StrokeNet allows us to be on the cutting edge, improving stroke care and outcomes for our patients.

Trials: CREST-2 (Carotid Revascularization and Medical Management for Asymptomatic Carotid Stenosis Trial) is one exciting study ongoing at the University of Utah through StrokeNet. This trial is evaluating the best way to prevent strokes in individuals who have asymptomatic narrowing of the carotid artery. If you have such a narrowing, you might be eligible for the trial which would give you state-of-the-art treatment, including active risk factor management through personalized coaching. For more information, contact Kinga Aitken at Kinga.Aitken@hsc.utah.edu.

DEFUSE-3 is another upcoming StrokeNet NIH trial. It is for patients with stroke in the past 16 hours. It will evaluate endovascular treatment of stroke versus medical management in the hopes that opening the blocked artery with a retrievable stent will improve patient outcomes. Current guidelines only offer this treatment for patients with stroke in the past 6 hours, so this trial opens up the possibility of innovative treatment to a wider range of patients. We are excited to offer this trial to all eligible patients presenting to the University of Utah Hospital or TeleStroke sites.

Alicia Bennett, DO (StrokeNet Fellow) & Jennifer Majersik, MD (StrokeNet Principal Investigator)
I am coming up on the 5 year anniversary of my stroke. I feel that I have made great progress, and while I am still not back to 100%, I feel independent again and also that I can accomplish anything.

I had my stroke when I was 26 years old and consequently had to withdraw from my classes at the University of Utah. Soon, I was able to reassert some of my independence regaining the ability to drive. I graduated only one year after the date I had initially anticipated finishing.

It is difficult for supporters to know just how much to support and how much to help. It’s a fine line between support and help. Support falls more under the category of encouragement and providing opportunity to grow while helping is acting for the survivor to make their lives easier. One must also be weary of their limitations especially when it comes to potentially dangerous activities like driving; make sure you can walk before you run. In day to day living, it is important to encourage the survivor to get back to doing things that they used to enjoy. Even if they are not able to do them as well, embolden them, help them think of other ways to participate.

My family did a great job of supporting me. They helped me manage day-to-day living and motivated me to get back to doing the intellectual and physical activities I love.

-----Stephen Chatwin, MPP-----

**Upcoming**

**Stroke Support Group**

October 20th @ 5:30 – Shelley Lunsford, SLP
November 18th @ 4:30 – All Star Bowling
December 15th - TBA

(Please email angeliqua.olsen@hsc.utah.edu or call 801-587-9935 for more details.)

**Saturday Night Dances - from 6 to 9 pm**

October 24th - (Halloween)
November 7th & 21st
December 5th (Holiday)

(For more details, please visit Salt Lake County Recreation or call Ashley at 385-468-1515)

**Ongoing**

**Adaptive Cycling**

10 am every Friday @ Liberty Park, SLC (will move indoors on Dec. 6th)

(Contact Jake at 801-574-0659 for information and availability.)

**Adaptive Fitness Class**

5 to 7 pm M, W, F @ 1661 E. Murray-Holladay Rd.

(For more details, visit Salt Lake County Recreation)

**Yoga & Meditation**

@ the Utah Pride Center (255 E 400 S #200, SLC)

Donation classes. Everyone is welcome. Especially beginners!

(Contact Tyler at 801-953-4685 for class schedules and details.)