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FEMALE SMOKERS AT A HIGHER RISK FOR BRAIN BLEEDS



A new research has found that female smokers are at a higher risk for brain bleeds – strokes that are characterized by bleeding inside the brain's lining, HealthDay News reports. These fatal strokes, called subarachnoid hemorrhages, are **eight times more likely** to occur in women who smoke over a pack a day compared to non-smokers. The hemorrhages are also three times more common among men who smoke the same amount of cigarettes. Even light smoking increases a woman's chances of getting this stroke three times over. **Subarachnoid hemorrhages** make up 3% of all strokes. This kind of stroke often happens in younger people and has a mortality rate of around one in five. These strokes are caused by a bleeding **brain aneurysm**. Lead researcher, Dr. Joni Lindbohm of the University of Helsinki, and his team collected data on close to 66,000 adults listed in Finnish national surveys since 1972 for the study. Participants were monitored for an average of 21 years, until they had their first stroke, died, or up to the end of 2011.

The researchers found that among light smokers – those who consumed one to 10 cigarettes a day – women were three times more susceptible to subarachnoid hemorrhages, and men twice as likely compared to non-smokers. Among those who smoked from 11 to 20 cigarettes a day, women were four times more likely and men twice as vulnerable to suffer from the same kind of stroke. Aside from smoking, high blood pressure is also a main factor in subarachnoid hemorrhages. Lindbohm said that females who smoke heavily and have unruptured aneurysms are a high-risk population, a kin to a ticking time bomb, and should seek medical attention immediately. [Read full article](#)

JNF HOSTS STROKE AWARENESS NIGHT AT FENWAY PARK

On July 26th, The Joe Niekro Foundation teamed up with The Bee Foundation and Penumbra, Inc. to host Stroke Awareness Night at Fenway Park in Boston, MA. These three organizations are dedicated to promoting the awareness of these diseases, funding critical and preventative research, and providing a nationwide support network to guide these patients through their recovery.



Survivors got a standing ovation during the pregame ceremony

A group of 100 survivors, caregivers, Penumbra staff and endovascular physicians from across the country participated in an on-field pregame ceremony followed by a hosted dinner on the Terrace where they enjoyed the game. Guests sported their **SURVIVOR STRONG** baseball T-s and were seen on the jumbotron throughout the game and LIVE on NESN TV.

It was a great evening to pay tribute to those we have lost, as well as honor the survivors fighting everyday to recover.

THANK YOU PENUMBRA FOR MAKING THIS POSSIBLE!

Penumbra



Sporting their Survivor Strong tees, these men Strike Out Stroke everyday!



CEO and President of Penumbra, Adam Elsesser met for the first time, two patients whose lives were saved as a result of the coils he manufactures



JUST LAUGH

by: Donna Poole - JNF Patient Advocate



Donna's Diary,

I was walking home from school, perhaps in first or second grade, when older children behind me said, "Hey! That's the little girl who doesn't know how to laugh." I glanced back and saw they were pointing at me. After they left, I practiced trying to laugh all the way home. I almost cried when I realized they were right. I smiled a lot, but I didn't know how to laugh.

As years passed, not only did I learn to laugh, it became my favorite coping mechanism. I love to laugh; I love people who make me laugh. I suppose everyone has a grease gun or two that oils the wheels of life. My two grease guns are prayer and laughter.

I have laughed more since I had my craniotomy in 2013 than in all my previous years. Because of a stroke, aneurysm surgery, the resulting seizures, and small vessel disease, my brain can give a comedian full time work.

My neurologist says I need to expect the occasional glitch when my brain misfires. Those glitches have included:

- Boiling spaghetti with no water in the pan
- Thinking there was an alligator in the toilet
- Asking a man at a church service if he was going to sing "99 Bottles of Beer on the Wall"
- Taking my husband's medication by accident
- Forgetting who and where I was for 12 hours
- Telling my neurologist the president's name was Marin Luther King
- And the list goes on...

When my brain surprises me, I agree with Matt LeBlanc that "laughter is the best emotional Band-Aid in the world. It's like nature's Neosporin."

In many ways, my aneurysm set me free. It gave me wings. If those children from my past were to follow me today, they would probably point and say, "Look! There is that crazy lady who can't stop laughing!"

A CEREBRAL AFFAIR - SEPTEMBER 29, 2016

A Cerebral Affair
Benefiting Brain Aneurysm Research and Awareness

Hosted by
The Lisa Colagrossi Foundation and
The Joe Niekro Foundation™

Gretchen Carlson - Fox News
Co-Host

Join us for an unforgettable evening as we pay tribute
to those we have lost, while honoring the survivors
fighting everyday to recover.

Evening Tributes

Tommie Harris - NFL
Wife passed away from a brain aneurysm

Richie Gilmore - NASCAR
Brain Aneurysm Survivor

Special Performance by the NFL Players Choir

SEPTEMBER 29th, 2016 - 6:00P
The Lighthouse at Chelsea Piers - New York, NY

Join us this September 29th as Gretchen Carlson (Fox News Channel) and Bill Ritter (WABC News 7) bring us an unforgettable evening on the Hudson! Tributes by former NFL Defensive Tackle, Tommie Harris, will discuss the effects of losing his wife to a brain aneurysm in 2012, and former NASCAR driver and brain aneurysm survivor, Richie Gilmore, will share his amazing story of survival. For more information, please contact Jennifer Alpert – jalpert@sbcglobal.net. To download our sponsorship information, please [click here](#).

ONLY A FEW TICKETS REMAIN...GET YOURS TODAY!

Every donation matters and every dollar counts. Help [support our mission](#) and make a difference today!

SHOW YOUR SURVIVOR PRIDE WITH JNF JEWELS

Inspired by the creativity of our community and the desire to have fashionable awareness pieces, we have launched JNF Jewels. Please join us by sharing our message with the world while sporting one of these beautifully hand-crafted bracelets. Choose from nine amazing styles with new designs added regularly. Proceeds from all sales benefit the JNF Patient Advocacy Program and nationwide support community network.



Elegant Side Ribbon Bracelet – Gold



\$25.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Simply Chic Silver Ribbon Bracelet

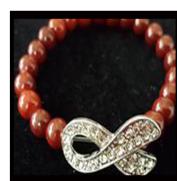


\$25.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Elegant Side Ribbon Bracelet – Large Silver



\$25.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Large Elegant Side Ribbon Bracelet w/Beads



\$26.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Elegant Crystal and Silver Necklace



\$27.95, including shipping
One Size

[Purchase](#)

Simply Stylish Chunky Stone Bracelet



\$35.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Single Ribbon Bracelet



\$35.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Hope 3-piece Bracelet



\$55.95, including shipping
Choose Size

[Regular \(7 inches\)](#)

[Purchase](#)

Brain Keychain



\$15.95, including shipping
One Size

[Purchase](#)

HOUSTON KNUCKLE BALL - OCTOBER 20th

Join us on **October 20th** for our [Houston Knuckle Ball...A Pitch for Life](#) gala.

Veteran Houston Sportscaster, Bob Allen will be our evening emcee, while athletes and celebrities from across the country will join patrons for an evening of fun, laughs, and memories to last a lifetime.

The Joe Niekro [Medical Humanitarian Honoree](#) is Arthur Day, M.D., Professor and Vice Chair of the Vivian L. Smith Department of Neurosurgery at McGovern Medical School at UTHealth. Dr. Day, who also serves as Director of Clinical Education at the Memorial Hermann Mischer Neuroscience Institute, will be recognized for his research and continued advancements and treatment studies of brain aneurysms, AVMs and hemorrhagic strokes.

This year's Joe Niekro [Humanitarian Honoree](#), Deborah Duncan is no stranger to the Houston community. Joining the KHOU 11 airwaves in 2002, Deborah has made a dramatic footprint in the Lone Star State. A ruptured brain aneurysm survivor Deborah has made a commitment to help spread awareness of this devastating condition and educate others on the importance of early detection.

[Click here](#) to download sponsorship packages

MARK YOUR CALENDARS
THE JOE NIEKRO FOUNDATION® INVITES YOU TO ATTEND
THE 8TH ANNUAL
Knuckle Ball
A Pitch for Life
Emceed by Veteran Sportscaster Bob Allen

JOIN US FOR AN UNFORGETTABLE EVENING AS WE PAY TRIBUTE TO
THOSE WE HAVE LOST WHILE HONORING THOSE FIGHTING
EVERY DAY TO RECOVER.

PROCEEDS BENEFIT BRAIN ANEURYSM, AVM AND HEMORRHAGIC STROKE RESEARCH AND AWARENESS AT MISCHER NEUROSCIENCE INSTITUTE.

Honoring

Joe Niekro Medical Humanitarian	Arthur Day, MD Memorial Hermann Mischer Neuroscience Institute McGovern Medical School at UTHealth	Deborah Duncan Brain Aneurysm Survivor TV Personality KHOU 11
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OCTOBER 20, 2016
Hotel ZaZa - 5701 Main St, Houston, TX

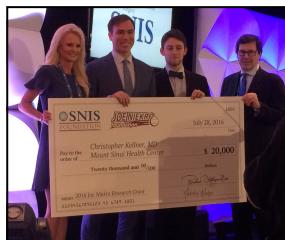
Event Chairs - Matthew Burrus, Natalie Niekro, Michael Pearce

JNF AWARDS THREE SEED GRANTS AT 2016 SNIS ANNUAL MEETING

The Joe Niekro Foundation was pleased to award \$60,000 in research seed grants at the 2016 SNIS Annual Meeting in Boston this July. Among a pool of thirteen amazing applications, the Grants Review Board selected three to each receive a \$20,000 seed grant that advances the study of brain aneurysms or brain arteriovenous malformations. The grants enable investigators to conduct research projects that address a specific hypotheses and generate preliminary data in preparation for major grant applications to corporations, foundations and governmental agencies. Founder of the Joe Niekro Foundation, Natalie Niekro and Treasurer of the SNIS Foundation, Richard Klucznik, MD presented each recipient with their checks.

We applaud all those that applied and look forward to granting additional dollars at the 2017 Annual Meeting in Colorado Springs in July.

This year's recipients were:



Christopher Kellner, MD (left) - Fellow, Mount Sinai Hospital - "The Intra-Arterial Delivery of Modified Human Endothelial Progenitor Cells to Treat Cerebral Vasospasm Through the L-Arginine/NO Pathway in the Human Placenta Flow Model"

Cameron McDougall, MD (right) - Fellow, University of Texas Southwestern - "Next Generation Bran Arteriovenous Malformation Model"

Alim Mitha, MD - University of Calgary - "Intravenous Mesenchymal Stem Cell Therapy for Aneurysm Formation"

(Dr. Mitha was unable to attend the meeting and therefore is not pictured)



SAVE THE DATE
THE JOE NIEKRO FOUNDATION™ INVITES YOU
TO ATTEND

Knuckle Ball

A PITCH FOR LIFE

NOVEMBER 12, 2016 - 6:00PM
ARIZONA BILTMORE - PHOENIX

Join us for an unforgettable evening as we pay tribute to those we have lost, while honoring the survivors fighting everyday to recover. Proceeds benefit brain aneurysm, AVM, and hemorrhagic stroke research at Barrow Neurological Institute.

Honoring

Robert Spetzler, MD - *Medical Humanitarian of the Year*
Nancy Hanley - *Humanitarian of the Year*

Event Chairs: Natalie Niekro and Jennifer Moser
Cocktail Attire

JNF TO HONOR DR. ROBERT SPETZLER AT PHOENIX KNUCKLE BALL

Get ready Phoenix, your Knuckle Ball...A Pitch for Life will take place on November 12th.

We are proud to announce our Joe Niekro Medical Humanitarian of the Year is world famous neurosurgeon Dr. Robert Spetzler, who will be entering his last year as Director of Barrow Neurological Institute before he retires in 2017.

Dr. Spetzler was the youngest recipient chosen as the Honored Guest of Congress of Neurological Surgeons and has been with Barrow since 1983.

Please join us as we pay tribute to those we have lost, while honoring the survivors fighting everyday to recover.

Proceeds benefit Barrow Neurological Institute.

[Click here](#) to download sponsorship packages

NEW ONLINE SUPPORT GROUP TO HONOR THE TAKEN

Our newest online support group, [Honoring the Taken](#), is for families who have lost a loved one from an [aneurysm](#) or [AVM](#). It is a place of support for you to come and connect with other families who have experienced this devastating and life changing loss.

Moving forward with our loved one is very different from "getting over" the loss of them in our life. The empty place is unable to be filled, and many people who have not lost someone; do not seem to understand this. Right after we experience our loss; many of us may experience feelings of shock, deep pain, disbelief, and intense sadness. Those initial days are hard to remember for some because of our emotional state, but slowly, we can begin to piece our life together. It is not the same as before our loved one passed, but we can choose to live our lives again. There is hope that those painful early days of grief will not always be the norm.

If you or someone you love needs support, please visit any one of our online forums or [in-person locations](#)!



"A support group can be life saving for a patient and family during their critical recovery period. I have been amazed by the commitment, the diligence and camaraderie of their members. I have been deeply impressed by the benefit my patients and their families have received by interacting with others who have survived the same ordeal. I salute the organizers of The Joe Niekro Foundation™ for all the good that they do, and am deeply grateful for the benefit my patients have received because of their efforts."

Dr. Robert F. Spetzler

Director, Barrow Neurological Institute

Chairman and President, Barrow Neurosurgical Associates

Professor of Surgery, Section of Neurosurgery, University of Arizona College of Medicine, Tucson, AZ

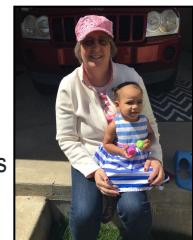


Chat with Carol - JNF Volunteer

What is your name & where do you live? Carol Stout - Murrieta, CA

Are you a survivor? I am a 2012 Ruptured Brain Aneurysm Survivor (Incidental find after having a CT Scan of my thyroid to check on some nodules)

How, where and by who were you treated? I was clipped and wrapped at Scripps Green Hospital in La Jolla, CA by Dr. Rene Sanchez-Mejia



What deficits did your BA cause? Slower processing, trouble understanding instruction, headaches, horrible spelling, slurred speech, loss of thought mid-conversation, become overwhelmed easily (flooding), over sensitive hearing, diminished sense of smell, balance, aphasia, should I go on?

How did you hear about the Joe Niekro Foundation? Another survivor friend

How have the support rooms helped you with your personal journey? It has been incredible to belong to such a loving, caring and supportive family. I know that any time of day or night someone will be there to cheer me up. I have truly learned to laugh at myself (or with myself). The rooms are full of very positive and sometimes funny posts and comments. I know sometimes people think of a support group as a place that everyone complains, but it is really the opposite and people talk about the good things that came out of such a traumatic experience.

What was the deciding factor that made you want to become a Facebook administrator? I love people so much and do not want anyone to feel alone and unheard. I would love to be able to heal everyone and take their pain away. But, one thing I know I can do is show compassion and offer a listening ear, a shoulder to cry on and encouraging words. Our spirit needs healing just as much as our physical bodies. I also facilitate the [San Diego Joe Niekro Foundation™ in-person Support Group](#).

What is the hidden the gem you found in all this strife? I have a lot more understanding of invisible illness. And I never question why someone has disability plates or are using the scooters at the grocery stores. We really do not know their stories. I have learned to smile and make the most of my day and pass that smile on to the next person (they really are contagious).

What advice would you give for anyone freshly new to this condition? Keep a journal of your emotional thoughts and physical things. It will really help with your recovery to see how things have changed.

Try to continually think of something that has been a blessing. Focus on the positives and not the negatives (I know it is very hard to do). It will help to give you a better outlook on life.

Last but certainly not least, join the [FB Support Group](#) and if we have an in-person one that meets near you, please attend. I have made some life long friends through these two outlets. There is nothing like talking with other survivors and caregivers.

RUN FOR DORIS

Sunday, September 18th, 2016

Doris Connor was a healthy, active, Registered Nurse who passed away after suffering from a ruptured brain aneurysm at the young age of 59. Please join us as we RUN FOR DORIS, celebrate brain aneurysm survivors, and honor everyone in our community who has lost someone to this devastating condition.

\$25 – Pre-Registration (valid thru 9/4)

\$30 – Registration (after 9/5)

\$10 – Kids 1/2 Mile Fun Run (kids participating in 5K must pay the Adult registration fee)

Registration includes a t-shirt (must be registered by 9/5)

This is an event for the whole family! We will have fantastic raffle prizes, activities for the kids, snacks, and awards for the top runners!

Join now

8:00AM – Check-in/late registration
9:00AM – 1 Mile Walk
9:30AM – Kids Fun Run
9:45AM – 5K Race

SAVE THE DATE
SUNDAY, SEPTEMBER 18, 2016

5TH ANNUAL DORIS A. CONNOR MEMORIAL 5K RUN • WALK
Benefiting BRAIN ANEURYSM AWARENESS



DATE:
SUNDAY, SEPTEMBER 18, 2016

LOCATION:
ONEIDA SHORES PARK
9400 BARTEL RD., BREWERTON, NY 13029

\$20 - EARLY BIRD REGISTRATION (THRU 5/8)
\$25 - PRE-REGISTRATION (5/9-9/4)
\$30 - REGISTRATION (AFTER 9/5)
\$10 - KIDS 1/2 MILE FUN RUN

BOUNCE HOUSE, GAMES, FACE PAINTING
AGE GROUP AWARDS, RAFFLE PRIZES, KIDS FUN RACE
PROCEEDS BENEFIT THE LOCAL COMMUNITY THROUGH THE JOE NIEKRO FOUNDATION™

FOR SPONSORSHIP OPPORTUNITIES, PLEASE CONTACT HOPE BEDNARSKI
RUNFORDORIS@YAHOO.COM 315.699.8717

RUNFORDORIS.COM

Proceeds benefit [The Joe Niekro Foundation™](#), committed to supporting patients and families, research, treatment and awareness for [brain aneurysms](#), [AVMs](#) and [hemorrhagic strokes](#).

For questions or more information, please contact Hope at 315-699-8717 or RunForDoris@yahoo.com.

MICROVENTION VISITS SYRACUSE SUPPORT GROUP

On Monday, June 20th at the request of Dr. Eric Deshaires and Joe Niekro Foundation Facilitator, Mary Cook MicroVention participated in a patient support group event in Syracuse, NY. The program included presentations on the history of the space, development of products, getting a product to market, hands on demonstrations and multiple interactions with thirty five survivors, nurses, families and their caretakers. The event was supported by Ryan Chakra, Ivan Septka and Kathleen McNeill of Microvention.



Ivan Sepetka demonstrating MicroVention coils to the spouse of a coil implant survivor



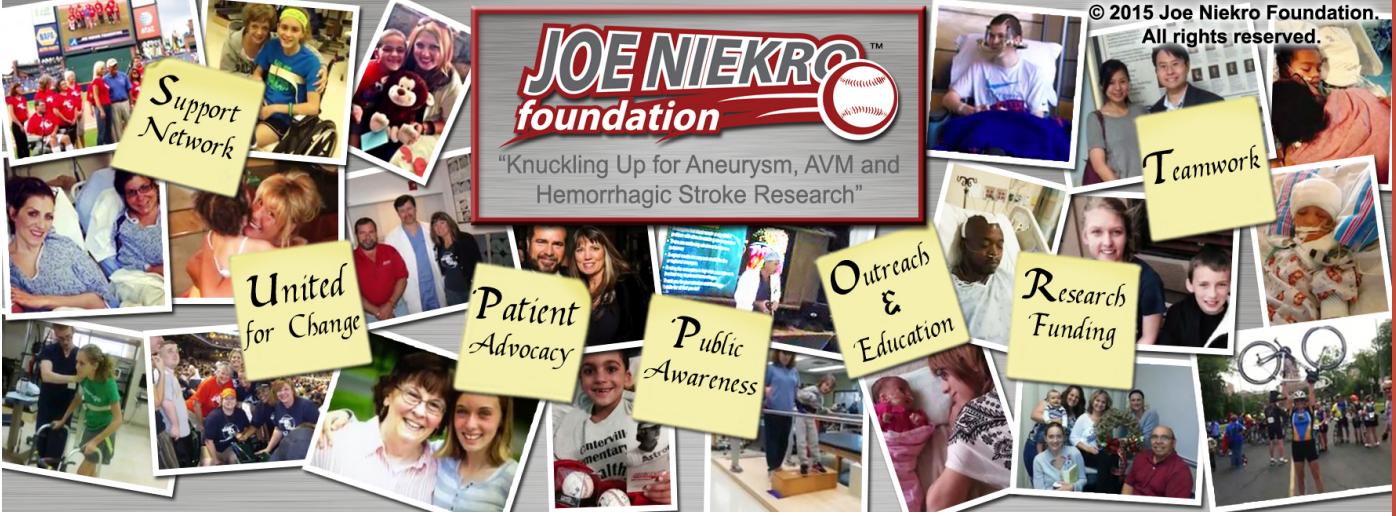
Kathleen McNeill, Program Manager shows future neurosurgeon Porter images of an AVM surgical resection.



Director of Medical Affairs Dr. Ryan Chakra discusses the history of the endovascular neurosurgery, development of products and the impact of clinical studies

"Thank you Kathleen, Ryan and Ivan for the great presentation! Ivan - we can't thank you enough for what you and the staff at Microvention has done to promote your invention, helping to save many lives including many of the attendees at the meeting! We thank you from the bottom of our hearts! It will be amazing what the future research will bring into the hands of our next generation of neurosurgeons, including our grandson Porter. He talked about it the entire way home. The hands on experience was great. A Big Thank you again to you all!"
Mike & Shar ~ Members of the Joe Niekro Foundation -Syracuse NY support group





JOE NIEKRO foundation

"Knuckling Up for Aneurysm, AVM and Hemorrhagic Stroke Research"

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Thank you for your support!

The Joe Niekro Foundation™ was established in 2008 in honor of the founder's father, Joe Niekro, who lost his life from a sudden ruptured brain aneurysm on October 27, 2006. The astonishing lack of public awareness and under-support of research of such a widespread and often fatal condition led to the launch of a crusade to educate and encourage awareness about cerebral disorders. The Joe Niekro Foundation™ is committed to supporting patients and families, research, treatment and awareness of brain aneurysms, AVMs and hemorrhagic strokes. We provide education on the risk factors, causes and treatments of these conditions while funding the advancement of neurological research.

Every donation matters - every dollar counts. The Joe Niekro Foundation™ is a registered 501 (c)3 which means your donations are 100% tax deductible.

*"The Joe Niekro Foundation™ isn't a clinically trained organization and all therapy regiments brought before the support group are informational in purpose only and do not represent an
represent an endorsement or recommendation of any kind."*

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NOW**



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