

## MAY IS NATIONAL STROKE AWARENESS MONTH

**ANYONE can have a stroke, so EVERYONE should be prepared**

- Every 40 seconds, someone in the US has a stroke.
- 1 out of 6 people will suffer a stroke in his or her lifetime
  - Stroke is the leading cause of disability in the US
- Stroke is the #3 cause of death among women and #5 among men

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

**Each year, almost 800,000 strokes occur in the United States.**

Every minute counts when you're having a stroke! For every minute after a stroke occurs before treatment, 1.9 million neurons are affected. In most cases, this causes some form of permanent damage.

### Recognizing the Signs of Stroke

F.A.S.T is an easy way to remember the sudden signs of stroke. When you spot the signs, you'll know you need to call 911 right away.

- F** **Face Drooping** - Does one side of the face droop or is numb? Ask the person to smile. Is the person's smile uneven?
- A** **Arm Weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech Difficulty** - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence to see if it is repeated correctly?
- T** **Time to call 9-1-1** - If someone shows any of these symptoms, even if they go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

### Lowering Your Risk for Stroke

Demographic factors such as family history, age, sex, and race/ethnicity can all play a role in an individual's stroke risk. Regardless of your background, however, there are several things you can do to lower your chances of having a stroke.

- *Control your Blood Pressure* - More than half of the world's stroke deaths are caused by elevated blood pressure levels.
- *Manage your Cholesterol*
- *Don't smoke* - cigarette smoking contributes to one in every five strokes in the US.
- *Exercise regularly and maintain a healthy weight*
- *Eat a healthy diet that's low in sodium.*
- *Prevent or control diabetes.*
- *Limit your alcohol* - Fewer than two drinks per day for men, or one drink per day for women.

### this issue

#### Page 1

Stroke Awareness

#### Page 2

16 in Sixteen

#### Page 3

Donna's Diary  
A Cerebral Affair

#### Page 4

Beth's Blog  
Types of Strokes

#### Page 5

Houston Knuckle Ball  
Phoenix Knuckle Ball

#### Page 6

Honoring the Taken

#### Page 7

Run for Doris  
Pitch for Life

#### Page 8

Meeting with Mary

#### Page 9

Board of Directors  
Contact Us

## 16 IN SIXTEEN

**WE HAVE ALL FELT ALONE!** The moment where we would give anything to know that someone else has walked our path. To find that person who can give us the strength to make it to the other side.

Our greatest challenges should never be faced alone!

[Brain aneurysms](#), [AVMs](#) and [hemorrhagic strokes](#) are life-threatening disorders that affect millions of Americans. The JNF [support groups](#) create communities to help survivors and family members understand that recovery is possible and this is not a journey they will travel alone. This support network provides emotional support, peer-to-peer contact and valuable resources to people across the globe both locally and online.

The more people we can educate, the more lives we can save. It is our priority to create awareness and deliver guidance, knowledge and support to those facing the challenging road of diagnosis, treatment and recovery.

"It's important that we bring awareness to these silent killers and educate the public on the warning signs and risk factors associated with them. Far too many innocent lives are taken each year as a result of one of these conditions and we are here to help educate others before it's too late. Survivors need a platform to share hope with others and we are so fortunate that we are the outlet for them to do so," says JNF Founder Natalie Niekro.

Together, we can create this vital community where people no longer have to feel alone - they can thrive, not just survive.

## 16 REASONS TO GIVE YOUR 16 IN 16:

1. There are currently 6 million people in the US who have an unruptured [brain aneurysm](#)
2. As many as 1 in 15 people will develop a brain aneurysm or [AVM](#)
3. Every 18 minutes an aneurysm ruptures
4. 50% of ruptured aneurysm patients will die instantly
5. The average age of an AVM rupture is 17 years old
6. There are approximately 120,000 hemorrhagic stroke victims annually
7. The Joe Niekro Foundation™ is committed to supporting patients and families, research, treatment and awareness of [Brain Aneurysms](#), [AVMs](#) and [Hemorrhagic Strokes](#).
8. The Joe Niekro Foundation™ [Support Network](#) creates a community to help these survivors know that recovery is possible and they are not alone.
9. This support network provides life-saving support to patients, survivors, caregivers and families, both online and in person.
10. Social support is essential to the recovery process and social isolation can greatly reduce patient recovery and outcomes after suffering a Brain Aneurysm/AVM/Hemorrhagic Stroke.
11. Many hospitals are not equipped to offer patients and families the ongoing support post discharge needed for their full recovery.
12. Survivors have the opportunity to meet and learn from other survivors who have experienced similar issues and understand.
13. Support group members learn what to expect during their healing process and develop new coping strategies through shared personal experiences.
14. Members have access to healthcare professionals as well as other survivors.
15. Our education booklet *Roadmap to Recovery* provides information on topics such as depression, social reintegration, coping with disabilities, nutritional brainpower, exercising your brain and much more.
16. Members feel empowered when they receive access to educational information and emotional support that directly helps lead them to improved health and quality of life.



**DONATE  
NOW**

## JUST KEEP DANCING

by: Donna Poole - JNF Patient Advocate



### Donna's Diary,

We enjoyed watching our granddaughter perform in Joseph and the Amazing Technicolor Dreamcoat. Megan is tiny, graceful and gorgeous, and she had practiced her dance steps to perfection. Her performance was flawless, until the boy who flipped her almost dropped her. Her years of sports served her well. She landed gracefully on her feet and kept her smile, but her blue eyes flashed him a look that made this grandma chuckle. Stay tuned for the rest of the story.

We aneurysm and AVM survivors often compare our recovery to a dance, two steps forward, one step back, cha cha cha. Some of us really don't care for the dance, but it seems mandatory. We look for an exit sign, but there is no escape. So we stubbornly learn our steps, because we have no intention of sprawling on the floor.

Out of the corner of our eye we see that guy stride toward us, the one we know is going to flip us. We wince. What will the flip be this time? Will it be another MRI, an angiogram, a seizure, another aneurysm? We're really tired of this two-step. We've already kicked off our heels and now this. Just as we expected, he grabs us and flips us.

Some of us are not nearly as tiny or athletic as Megan. Sometimes we land on our feet; sometimes we don't, but the music keeps playing.

Even if we sprawl on the floor for a minute, we realize something. All this dancing has made us stronger. We flash the guy who dropped us a look, but our smile returns. We get up. Maybe we even put back on our heels. The music has an upbeat tempo, and we just keep dancing.

Oh, and the rest of the story? The boy who almost dropped Megan invited her to the prom. She went, and she just kept dancing.

## A CEREBRAL AFFAIR - SEPTEMBER 29, 2016

It is with great pleasure that we cordially invite you to experience an unforgettable evening of "firsts" as The Lisa Colagrossi Foundation and The Joe Niekro Foundation™ join forces on Thursday, September 29th at The Lighthouse at Chelsea Piers for the 1st Annual "A Cerebral Affair" a fundraising gala, benefitting brain aneurysm awareness and research.

Athletes, celebrities and media personalities from around the world will converge on the majestic Hudson River in New York City to pay tribute to those who have lost their lives, while honoring the survivors who are fighting every day to recover from this devastating condition.

This one-of-a-kind event, co-hosted by Gretchen Carlson (Fox News Channel) and Bill Ritter (ABC News), will feature a festive reception, silent and live auction, formal dinner and special entertainment performed by the NFL Players Choir.

Throughout the evening we will feature moving tributes from many who have been personally affected by a brain aneurysm including Tommie Harris (NFL), Richie Gilmore (NASCAR, President Earnhardt Childress Racing Engines, and Jose Canseco (MLB).

The Lisa Colagrossi Foundation & The Joe Niekro Foundation™ would be honored to have you join our efforts by taking part in this special evening.

For more information, please contact Jennifer Alpert – [jalpert@sbcglobal.net](mailto:jalpert@sbcglobal.net). To download our sponsorship information, please [click here](#).



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



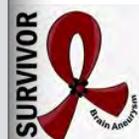
By: Beth Barnes - BA Survivor and JNF Advocate

Time is a funny thing...and so relevant to a brain aneurysm survivor. My [aneurysm](#) finding was simply by accident. I was told it was a "ticking time bomb" but then the day of my surgery, I was told it would be an estimated 6 hours, when it actually turned out to be closer to 15. My family was informed that it would be a lengthy recovery. And when I was discharged 5 days later, I was told that there really wasn't a given amount of time to heal since so much is unknown about the brain and its abilities.

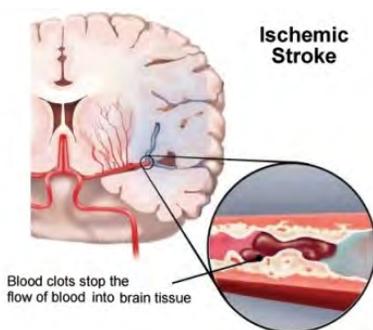
Fast forward 6 months, I had hair, I was back to work and hadn't experienced much of what I had expected like depression, struggles and the unexpected. Five years later my meaning of time became corrupted. I was sad, exhausted, my balance was off, and my vision was fuzzy. I thought, "this couldn't be happening, I should have passed the hurdles by now." This must be those time issues I had heard so much about. I realized that I should have learned to listen to my head by now.

Many of us are reluctant to do that because it feels like we are going backwards. No one wants their brain to be overtaxed and send messages to their body that it's tired and needs more sleep. We don't want to have to put down a book because our brain is sending a message to our eye that it's reached the limit. But, through it all I have learned to listen to my brain, to pay attention to what my head is directing. The nuances that I used to ignore all become clues. Time is relevant once again. But to those of us who have beat the odds, we learn to appreciate each second. And if we need a nap, we nap. If we need quiet, we become a bit of an introvert until we can emerge. Don't take it personally. Our brains are rather like traffic lights. And we are just trying to follow the path.

So time isn't all that funny - but rather, it is real and we can't ignore that.

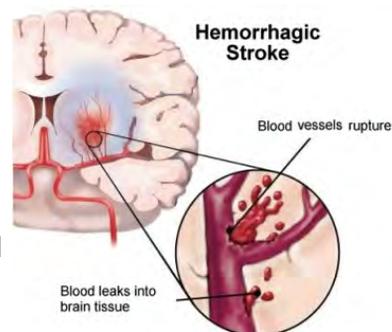


## WHAT ARE THE DIFFERENT TYPES OF STROKES?

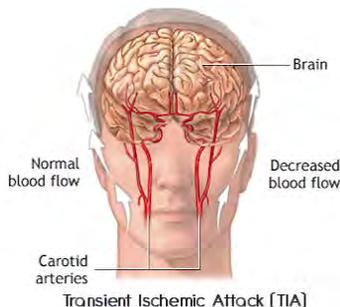


- **Ischemic:** Ischemic strokes occur when an artery to the brain is blocked. The brain depends on its arteries to bring fresh blood from the heart and lungs. The blood carries oxygen and nutrients to the brain, and takes away carbon dioxide and cellular waste. If an artery is blocked, the brain cells (neurons) cannot make enough energy and will eventually stop working. If the artery remains blocked for more than a few minutes, the brain cells may die. Ischemic strokes account for nearly 87 percent of all strokes.

skull. This can result from dangerously high blood pressures that overwhelm the blood vessel walls, chronic high blood pressures that cause wear and tear over time, and/or weakened blood vessels. Hemorrhagic strokes account for about 20% of all strokes, and are divided into categories depending on the site and cause of the bleeding: Intracerebral Hemorrhage and Subarachnoid Hemorrhage



- **Mini-stroke:** A temporary blockage caused by a clot. This is also referred to as a transient ischemic attack (TIA). Unlike a stroke, the symptoms resolve and there is no permanent injury to the brain. A TIA is a warning sign for a future stroke and must be taken seriously: more than 30% of people who have a TIA end up having a major stroke within 1 year if they do not receive treatment. Recognizing and treating TIAs can reduce the risk of a major stroke. If you have a TIA, your health care team can find the cause and take steps to prevent a major stroke.



## KNUCKLE BALL MAKES ITS WAY TO HOUSTON...

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



## AND PHOENIX!

Get ready Phoenix, your [Knuckle Ball...A Pitch for Life](#) will take place on **November 12th**.

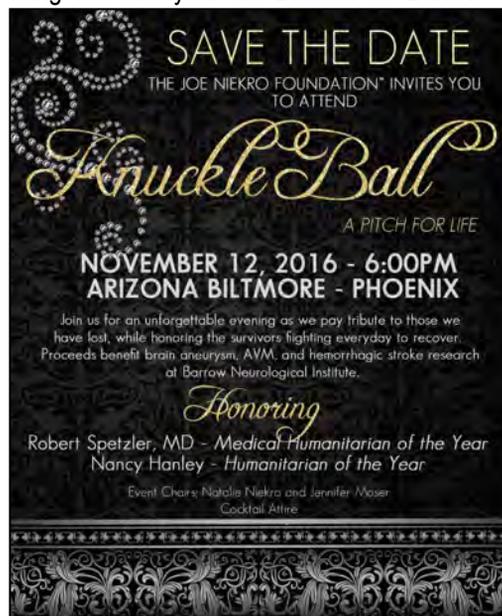


We are proud to announce our [Joe Niekro Medical Humanitarian](#) of the Year is world famous neurosurgeon Dr. Robert Spetzler, who will be entering his last year as Director of Barrow Neurological Institute before he retires in 2017. Dr. Spetzler was the youngest recipient chosen as the Honored Guest of Congress of Neurological Surgeons and has been with Barrow since 1983.



The [Joe Niekro Humanitarian](#) recipient, Nancy Hanley, has not only been a generous supporter of many causes in the Valley, but has also established the Marguerite Clark Hobbs Ruptured Aneurysm Trial, which began at Barrow in 2003. The study is named in honor of her mother who died after suffering a ruptured aneurysm.

[Click here](#) to download sponsorship packages



*We look forward to hosting you for our fantastic Knuckle Ball events this Winter.*

## HONORING THE TAKEN

Not all of our [AVM](#) or [aneurysm](#) warriors live to celebrate. Many of our warriors are taken too soon like fallen soldiers on a battlefield. This month we honor fallen warrior, Madelaine Grace Moore.

In June 2013, eight year old Madelaine was diagnosed with an [AVM](#) of the right posterior cerebellum, found incidentally from a CT done due to concerns about a fall at the local zoo. Her parents learned then that she had also had a brain hemorrhage earlier that same month. No parent would ever imagine that their perfectly healthy 8 year old daughter had symptoms indicating something this serious. Just weeks before, Madelaine was at the beach and experienced a sudden, severe headache and feelings of weakness. After a few days of vomiting and lethargy she was taken to a walk-in clinic and there it was suggested that she had a virus. Her mother later took her to the family doctor who could not identify anything in particular.

Soon thereafter Madelaine was hospitalized for several days while to perform more tests, including an angiogram where the neurosurgeon explained that it was likely she would require a craniotomy, but first needed to heal from the original hemorrhage.

Madelaine was discharged and scheduled for a CT on July 1st, which recommended a second surgery at the beginning of August. The doctor warned that a second event could be catastrophic, but wanted to wait for the swelling to reduce before the next surgery. August began and her procedures were rescheduled from the 5th to the 15th with no explanation by the hospital.

On August 12th, Madelaine began the school year. That next morning when her mother was waking the other siblings, she noticed that Madelaine's door was shut, which was unusual. She opened the door to a parent's worst nightmare; Madelaine had passed away overnight; she had suffered a fatal [hemorrhagic stroke](#) secondary to the AVM.

"Madelaine was a flame that burned out too early," says her mother, Jessica. She never got to meet her baby sister, go to Disney World, fly in a plane, fall in love, graduate from school, have a family; and that is a tragedy. If there is any good that could come from our loss, I would hope that Madelaine's story would inspire awareness and research."

Jessica is now a member of our [Parents Support Group](#) which has connected her with several other parents across the globe who are in similar situations.



*If you know a bereaved parent, show them you care. It doesn't have to be much.  
Just something that will let them know they aren't the lone bearer of the candle.*

## STROKES AMONG YOUNG ADULTS RISE 44% OVER 10 YEARS

According to records provided by the Nationwide Inpatient Sample, a public database on hospital stays in the US, there was an increase of stroke hospitalizations, from 16 to 23 per 100,000 people, for Americans ages 25-44 and 149 to 156 per 100,000 for the 45-64 age bracket. These figures represent a 44% increase over a 10 year period.

Those age 85 and older saw decreases in their rate of stroke hospitalizations from 2,077 per 100,000 to 1,618, while the 65-84 population also decreased from 846 to 605 per 100,000.

The study, titled "*Trends in Acute Ischemic Stroke Hospitalizations in the United States*," was released this week in the Journal of the American Heart Association.

The research results found that black Americans "*had the highest age-adjusted yearly hospitalization rates, followed by Hispanics and whites (358, 170, and 155 per 100 000 in 2010)*," and that black Americans saw an overall increase in hospitalizations for acute ischemic stroke. Hospitalization rates for Hispanics and whites dropped from 2000 to 2010.

Acute ischemic stroke hospitalization rates decreased more for women (272 to 212 per 100,000) than men (298 to 245 per 100,000), the study found.

"*Although overall stroke hospitalizations declined in the United States, the reduction was more pronounced among older individuals, women, Hispanics, and whites*," researchers concluded.

**1.9**  
MILLION  
BRAIN CELLS  
DIE EVERY  
MINUTE AFTER  
STROKE

# 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

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](mailto:RunForDoris@yahoo.com).

**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

**REGISTRATION:**  
 \$25 - EARLY BIRD REGISTRATION (THRU 9/4)  
 \$30 - PRE-REGISTRATION (9/5-9/6)  
 \$30 - REGISTRATION (AFTER 9/5)  
 \$10 - KIDS 1/2 MILE FUN RUN

**ACTIVITIES:**  
 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](mailto:RUNFORDORIS@YAHOO.COM) | 315.699.8717

[RUNFORDORIS.COM](http://RUNFORDORIS.COM)



Check out this picture of one of our Jacksonville survivors, Dee, her husband (left) and Dr. Hanel (right)! The Jacksonville crew enjoyed an evening at the park as they watched a Jacksonville Suns baseball game. What a great way for survivors to help promote awareness!

Thank you to our support group facilitator, Charu, our doctors, and the Jacksonville survivors for your support and enthusiasm! The Jacksonville group meets the third Tuesday of every month from 6-7:30P at Baptist Medical Center. Contact [charu@joeniekrofoundation.org](mailto:charu@joeniekrofoundation.org) for info or [click here](#) for a complete list of all JNF Support Group Locations.



## PITCH FOR LIFE

The first annual Pitch for Life Fundraiser was a great time for all and no one seemed to let the 40 degree temps keep them from coming out to play. Each participant received 10 baseballs and were awarded for every STRIKE thrown. Pitches were thrown to a board containing five areas representing THE STRIKE ZONE, with each holding a different point value.



AGE GROUP	PLACE	WINNER
Ages 4-5	1st Place	Alex Vivaqua
Ages 6-7	1st Place	Domenic Maxfield
Ages 8-9	1st Place	Alyssa Bonneau
Ages 10-11	1st Place	Braden Rowe
	2nd Place	Tyler Vivaqua
Ages 12-13	3rd Place	Nathan Engle
	1st Place	Caleb Ricketts
	2nd Place	Kyle Robotham
Ages 14-15	1st Place	Ashton Morris
	2nd Place	Jason Schemerhorn
	3rd Place	Jacob Mack
Ages 18+	1st Place	Gerry Bonneau
	2nd Place	Brett Olden
	3rd Place	Chris Nihoff

A very special thank you to Debra Alibrandi for your support and coordination of this great event.

*Thank you to all those that came out to enjoy this inaugural event and we look forward to seeing you back in 2017!*

# Meeting with Mary - JNF Volunteer



**What is your name?** Mary King Bratt  
**Where do you live?** Marion, Ohio  
**Are you a survivor?** Yes, I am an AVM survivor  
**What year was your AVM diagnosed?** 2009  
**Was there a rupture?** Yes  
**How were you treated?** Craniectomy (resection with clipping)  
**Where were you treated and by who?** University of New Mexico Hospital, Dr. Martina Stippler

**What deficits did your AVM cause?** Double vision (corrected with eye-muscle surgery, Balance, Taste Issues (improved), Short-term Memory Loss, Aphasia

**How did you hear about the Joe Niekro Foundation?** By doing an online search for support groups

**If you had the power which one of the following would you say is the MOST import aspect that should be the main focus?**

- Research
- Awareness
- Patient/Caregiver Advocacy
- Fundraising



**Why?** Because more RESEARCH will lead to finding ways to easily and accurately diagnose brain aneurysms and AVMs. With earlier diagnoses, it is hoped that most ruptures will be prevented.

**How have the support rooms helped you with your personal journey?** By providing information and sharing similar stories/circumstances.

**What was the deciding factor that made you want to become a Facebook administrator?** I wanted to be able to provide support for others in similar situations, help to provide a safe environment for sharing/offering support, and to generally help the JNF Facebook support rooms flourish.

**What is the hidden the gem you found in all this strife?** My depression pretty much disappeared after the rupture and surgery! I'm one of the fortunate ones in that respect!!

**What is your favorite quote or saying?** "You don't know how strong you are until being strong is the only option you have." And "Bloom where you are planted."

**Tell us something about yourself that you rarely share with other people?** I won a local festival Queen contest where I was crowned Miss Chain-O'-Lakes in 1970. I was also a member of the first mounted rescue unit in Indiana formed after the Palm Sunday tornadoes in 1965. It was hoped that horses could get into areas to help with disasters where vehicles couldn't-fortunately our services were never needed after that.

**What are your hobbies?** Sewing, quilting, reading (although I can't comprehend as well as I used to!), spending time with family.

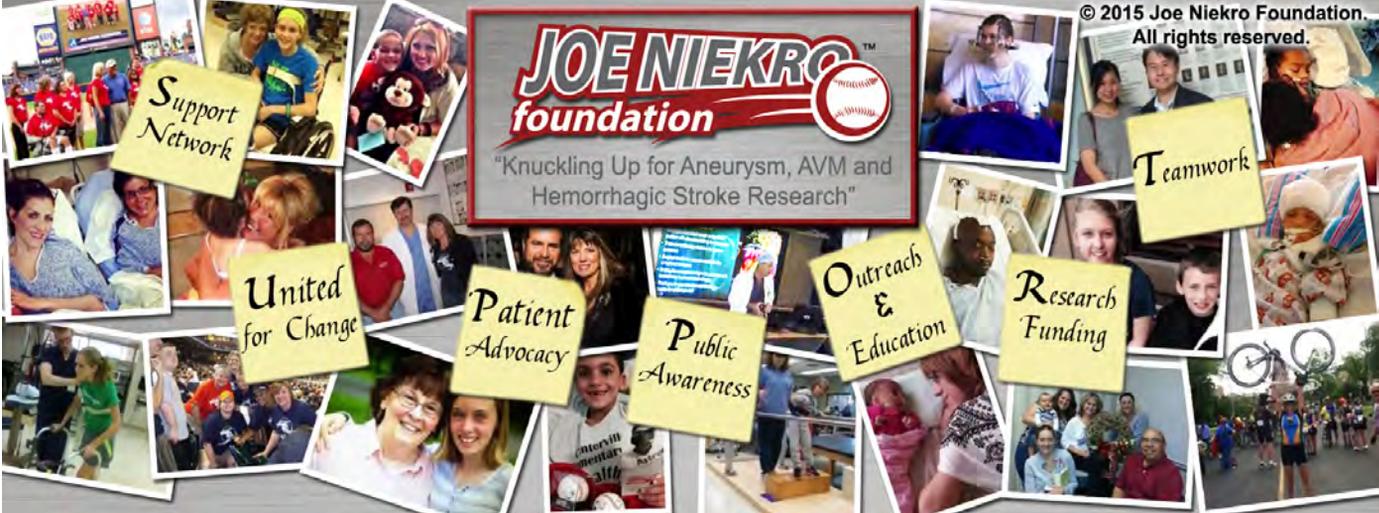
**What is your favorite food?** That's a hard one, I love most foods, but I especially love anything Mexican or Italian.

**Tell us about your family** My husband and I will be married 43 years on May 19. We have 4 children, 3 sons (ages 41, 39, 35), 1 daughter (30), 2 daughters-in-law, 1 son-in-law, 4 grandsons (ages 10, 8, 5, 2) and 1 granddaughter (age 8).

**Do you work and if so what is your position?** I have been retired since 2008. I was a stay-at-home mom most of my married life, but was a teacher and school librarian for a few years.

**What advice would you give for anyone freshly new to this condition?** Take it slow and be good to yourself. Rest and accept help when it's offered. Try to be patient-things will improve.

**Honesty** Learner **KNOWLEDGE** Reliable **respect**  
**ROLE MODEL** Giving *issues* **respectful** **mindset**  
**FACILITATOR** Flexible **coach** Approachable  
 Realistic Logical **notions**  
**Enlightenment** Belief **Support Group Leader**  
 Awareness *mindset* **Care** Integrity **Trusting** Inspired  
**ENVIRONMENT** feelings **RISK-TAKING** RESOLUTION  
 Spontaneously Listen **Actions** Change **Solutions** SAFE **mindset** Decisions



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**JNF** 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 endorsement or recommendation of any kind."*



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