



**JOE NIEKRO  
FOUNDATION**

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### **Newsletter at a Glance**

- Sutton's Amazing Journey! Scroll down.
- Knuckle Ball-Hall of Fame coming soon--info and link to sponsorship page.
- New Joe Niekro gear available below--CHECK IT OUT!
- Meet Mina: She is a survivor and our new Board President!--Her bio and story is below! Scroll down.
- Questions for the Doctor: Dr. Klucznik answers readers' questions!
- It is Soup Season, and here is a recipe you don't want to miss!
- New board members! We are excited to introduce Nicola Weems, Brian Bagley, and Susan Wedelich to you!
- The 4 W's and the How of Brain Aneurysms--facts concerning brain aneurysms!
- Don't forget our new support groups have started in Virginia, Texas, and New York.--location, time and place! Look for one near you!
- Another way to give: Amazon Smile--check it out below!
- Trivia: Just for the fun of it!
- Please check out these groups on Facebook:
- Brain Aneurysm/AVM Support Group By The Joe Niekro Foundation
- Brain Aneurysm/AVM Caregiver Support Group By The Joe Niekro Foundation

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### **Sutton's Journey!**



## Sutton's Journey

Jill Trygg - December 23, 2019

February 15, 2019 began as a typical small-town North Dakota Friday night; however, it became a day that my son and I will never forget. Class B boys basketball makes our rural communities' hearts beat and as usual, the stands were full of families and students cheering for our team in Wilton.

Although it was the dead of winter, the gym was hot, the air was heavy, and the smell of teenage boys steamed from the court. It was the 3rd quarter of an intense game where the referees were allowing the players to play with more contact than a normal basketball game. Sutton, my then 16 -year-old son, crossed the lane from right to left to block a shot, exactly the opposite of what his coach had instructed him to do. He jumped to interfere with the opponent's attempt to score, when he was hit at the knees mid jump by a member from the other team. His head bounced off the gym floor first, followed by the rest of his lanky body and there he lay limp. Nearly immediately, the noise of the game silenced while volunteer emergency staff ran to the floor and began assessing him. Time seemed to stand still until I was called to the floor to find his eyes open with an unfocused gaze and confusion written all over his face. He had no sensation in his limbs and quickly was loaded into the ambulance where we rushed 30 miles to the hospital.

In route, Sutton regained full consciousness as well as most of the feeling in his limbs. He experienced pain but carried on a mostly normal conversation and I started to believe that we escaped with only a concussion, chalking it up as another rough and tumble boy moment. The ER staff ordered a CT scan to confirm that brain damage was not a concern and told us that we could expect to be headed home soon. Several of Sutton's friends, teammates and a favorite teacher, floated into the hospital along with his Auntie. I remember feeling thankful to be part of a small community where it's a family, not just people we associate with. Soon the doctor returned to our room and instead of hearing the news we were expecting, the pictures revealed a hidden abnormality that we could have never planned for. An unrelated aneurism was found behind Sutton's left eye, approximately 7 mm in length, which was not diagnosable nor treatable at our hospital in Bismarck.

The rest of the weekend was an emotional whirlwind of phone calls, texts, and emails between neurologists, radiologists, and schedulers. Through technology, the best of the best, in 3 different facilities, were able to view the images, create an initial treatment plan, and help us to get to Abbott NW in Minneapolis Minnesota with Dr. Josser Delgado. I'm not sure I've ever been so grateful for digital communications as during those days and the ones to follow.

We traveled to Minneapolis and were seen at Abbott NW by Dr. Delgado and his team on March 1. Our initial appointment consisted of a contrasted angiogram and a consult to discuss treatment options. Unfortunately, the aneurysm type was determined to be a fusiform, one that would be extremely difficult to correct, however, this type of aneurysm is least likely to rupture, less than 2%. During this time, we decided to return in 6 months for another CT scan looking for change and continue conversation for future. Other than eliminating contact sports, life slowly went back to normal. Over time, every little twinge of pain, caused us to worry. Sutton's immediate family had scans to determine that condition was not genetic and the 6 month follow up trip back to Abbott, brought us good news. The aneurism remained unchanged causing the condition to be relabeled as "stable" and confirming the original idea that Sutton may have been living normally with this, for years. Also, connective tissue disorders were ruled out. We will be traveling back to Abbott for another scan and consult in March after our basketball season concludes.

We have learned so much over the almost year long journey that began in the hot gym on a typical Friday night. We have gained volumes of knowledge about aneurisms, the risk factors, warning signs, treatments and research. We have been put in the paths of amazing people in our community and beyond, including coaches, pastors, teachers, physicians, and friends; resulting in a growing trust and confidence in those whom we've been blessed with. We have learned to trust His plan. Algebra tests, blizzards, common colds and not following the coach's directions; all perfectly aligned to guide us to better know how to protect Sutton from his condition. We've learned that often the biggest lessons are gained when we are fearful and hopeless.

While our faith was firm prior to February 15, 2019, we now can stand on a solid ground, confidently knowing that if God led us to discover the hidden finding, He will certainly provide the professionals and resources to care for Sutton. We have gone from a state of fear and panic to a state of thankfulness and acceptance. A verse that has helped us to remain focused during uncertain times is found in Thessalonians 5:18 – Give thanks in all circumstances, for this is God's will for you in Christ Jesus. We are giving thanks.

We, at The Joe Niekro Foundation, are extremely thankful for Sutton's recovery!

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## Annual Houston Knuckle Ball “Hall of Fame” – 2020

April 18, 2020

Join us for our Annual Houston Knuckle Ball: Hall of Fame, in support of brain aneurysm, AVM and hemorrhagic stroke research and awareness.

We are committed to supporting patients and aiding in the research and treatment of brain aneurysms, AVMs and hemorrhagic strokes. Our goal is to raise awareness about the risk factors, causes, and treatments of these conditions while helping support the advancement of neurological research. We provide public education and advocacy, support for patients and families, and develop awareness programs and educational materials for hospitals, clinics, and other institutions nationwide. We currently have 50 support groups across North America as well as an online community of over 20,000 survivors, caregivers, physicians, and others supporting our efforts.

We believe that support is a vital part of recovery and the JNF Patient Services Program, which includes both in-person and online support forums, provides a variety of benefits, including mutual support, understanding and acceptance, non-judgmental listening, information, validation of feelings, role models, and much more. Our groups offer a safe haven for patients, families, friends, and caregivers to share their fears, challenges, successes, and failures in an atmosphere where they are loved and accepted by all.

During the festivities of the evening, we will be presenting our Patients Choice Award to recipients from the Houston area.

Check this website for more info:

<https://www.joeniekrofoundation.com/events/houston-knuckle-ball-2020/>

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## Joe Niekro Gear Available Here:

Don't miss the chance to buy your Joe Niekro gear at the following link:

<https://www.joeniekrofoundation.com/ways-to-give/apparel/>

Look cool and give to a great cause with one click of your mouse. Thanks for your support!

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## We have a new Board President!



We want to welcome Mina Wheless. She is not new to us because she has been serving on our board of directors for several years now, but she is our new board president, and we are excited for her and for us!

Mina Wheless is a 14-year corporate attorney who has served as counsel at

several global companies in the energy sector, working with leaders to support business objectives in Latin America, the United States and in the Middle East. Mina believes the role of the attorney in corporations has evolved to become one of a trusted business associate and partner who identifies risks and provides ethical and practical legal advice to mitigate those risks.

Mina is a native Houstonian who is trilingual (English, Spanish and Portuguese) and has lived, worked and studied abroad in Guatemala, Mexico, Brazil and Spain. She holds a BA degree in International Relations from Stanford University, with an emphasis on Economics, and a JD degree from the University of Houston Law Center.

When not working, Mina tries her best to be outdoors. She hiked the Inca Trail in Peru as a mid-life challenge and has traveled extensively throughout Latin America. Among other sports, she ran track in high school, meeting her hero Jesse Jackson, and played collegiate field hockey and lacrosse, returning to Houston to start and coach a girl's lacrosse program at her high school. She currently is, and always has been, an avid cyclist and scuba diving enthusiast. Mina has one daughter, Anna, who is a Biology student in Houston and who ventured to live in Shanghai, China to study Mandarin and travel the region while on a gap year from college.

In 2016, Mina suffered an aneurysmal subarachnoid hemorrhage (SAH) while at her home in Houston. She was very fortunate to be near the Houston Medical Center at the time and had an endovascular coiling procedure performed the following morning in order to block blood flow into the aneurysm thus preventing further bleeding into the brain. Six months later, a stent was inserted into the artery to permanently treat the aneurysm. Miraculously, she did not ever experience any lasting ill effects from the event and is ever-grateful to all involved, especially to her medical team for their calm and expertise.

Thank you Mina for being willing to serve with us in this capacity!

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## Questions for the doctor!



We felt that this would be great way for you to get information from a leading specialist in the field of aneurysms and strokes. We have secured some time from Dr. Klucznik, and he agreed to answer some readers questions.

### Dr. Klucznik's Biography:

After completing a neuroradiology fellowship at Tufts-New England Medical Center, Dr. Klucznik served as the chief of neuroradiology CT/MRI at the Wilford Hall USAF Medical Center of the Lackland Air Force Base in San Antonio, Texas where he received the Air Force Commendation Medal. He then completed an interventional neuroradiology fellowship at Baylor College of Medicine in Houston, Texas and subsequently was appointed Assistant Professor of Radiology at BCM in 1996. Dr. Klucznik joined the staff at The Methodist Hospital that same year as an interventional neuroradiologist and was appointed Director of Interventional Neuroradiology at TMH in 2005. Since joining Methodist, Dr. Klucznik has served on numerous committees including the Medical Staff Quality Management Committee, Neurology Care Management Performance Improvement Subcommittee and the Quality Assurance Committee for Endovascular, which he chaired in 2006.



Here are the questions from our readers and the answers given by Dr. Klucznik:

**I have a question about what we will see next in terms of treatment of giant aneurysms in precarious locations. When a giant aneurysm is located near important structures in the brain, the growth of the aneurysm as a result of pipeline placement can wreck havoc. Are there any potential treatments in the works that prevent or reduce this from happening?**

*Flow diverters of new types are coming for giant aneurysms. The FRED device has been approved by the FDA. I don't know what you mean by growth of aneurysm after Pipeline. They thrombose and the initial swelling may be a problem handled by steroids.*

**What is a good exercise routine for people with aneurysms?**

*Anyone with untreated aneurysms should not be lifting weights, need to keep stool soft and no exercise that raise blood pressure. Walking, cycling are probably ok.*

**When an angiogram or endovascular brain surgery is performed, does carotid plaque without stenosis increase the risk of stroke during the procedure?**

*Plaque can raise chance of stroke, yes.*

**I suffer from extreme migraines is this related to the aneurysm?**

*Migraines are usually separate from aneurysms headaches.*

**I had surgery to clip an unruptured right anterior communicating artery aneurysm 2/25/13. They said I did not bleed in surgery. Seizures, a diagnosis of epilepsy, and memory problems followed. An MRI done 11/19/2019 said, among other things, "mild superficial siderosis along the right frontal cortex related to remote subarachnoid hemorrhage." I called my brain surgeon at U of M. His office says he doesn't need to see me.**

**Thank you so much for your time and your help!**

My questions:

**1. My family doctor says this could be a factor in seizures and memory problems. Do you agree?**

*You either had been leaking before or the aneurysm did bleed during surgery (most likely). The surgery itself lifting up the frontal lobes causing memory and personality problems. Surgery can lead to seizures. That's why endovascular is so much better.*

**2. I can't understand the SAH because the aneurysm didn't rupture and I didn't bleed in surgery. I researched and found siderosis comes from repeated bleeds not usually one. Could this have happened because of brain surgery or could it be the small vessel disease I also have?**

*The siderosis is caused by surgery. Even if the aneurysm did not bleed there is always some bleeding from the dissection and manipulation.*

**3. Is siderosis rare? Do you have many patients with it? What kind of doctor should I see?**

*If you have a seizure doctor, they would be the best now even with siderosis.*

Dr. Klucznik, we are extremely grateful for your cooperation in this endeavor! It was insightful and educational! Thank you so much!

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## This is Soup Season!

### So warmup with this tasty delight!

Looking for some healthy eating choices? Here's one posted on the Mayo Clinic's website:

Dietitian's tip:

This stew uses cannellini, a type of white bean often used in soups and stews in Tuscany. Serve it as a main course with a simple salad of mixed greens.

Number of servings

Serves 6

High Fiber

Healthy carb

Ingredients

For the croutons:

1 tablespoon extra-virgin olive oil

2 cloves garlic, quartered

1 slice whole-grain bread, cut into 1/2-inch cubes

For the soup:

2 cups (about 1 pound) dried cannellini or other white beans, picked over and rinsed, soaked overnight, and drained

6 cups water

1/2 teaspoon salt, divided

1 bay leaf

2 tablespoons olive oil

1 cup coarsely chopped yellow onion

3 carrots, peeled and coarsely chopped

6 cloves garlic, chopped

1/4 teaspoon freshly ground black pepper

1 tablespoon chopped fresh rosemary, plus 6 sprigs

1 1/2 cups vegetable stock or broth

Directions:

To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and saute for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil. Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and saute, stirring frequently, until lightly browned, 3 to 5 minutes. Transfer to a small bowl and set aside.

To make the soup, combine in a soup pot the white beans, water, 1/4 teaspoon of the salt and the bay leaf. Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving 1/2 cup of the cooking liquid. Discard the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use.

In a small bowl, combine the reserved cooking liquid and 1/2 cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans.

Return the cooking pot to the stovetop and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and saute until the carrots are tender-crisp, 6 to 7 minutes. Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining 1/4 teaspoon salt, the pepper, chopped rosemary, bean mixture and stock. Bring to a boil then reduce the heat to low and simmer until the stew is heated through, about 5 minutes.



Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.

Nutritional analysis per serving

Serving size: About 1 1/4 cups stew and 1/6 of the croutons

- Total carbohydrate 45 g
- Dietary fiber 11 g
- Sodium 334 mg
- Saturated fat 1 g
- Total fat 7 g
- Trans fat Trace
- Cholesterol 10 mg
- Protein 16 g
- Monounsaturated fat 5 g
- Calories 307
- Total sugars 3 g
- Added sugars 0 g

This recipe is one of 150 recipes collected in "The New Mayo Clinic Cookbook," published by Mayo Clinic Health Information and Oxmoor House, and winner of a James Beard award.



## New Board Members!

We always have mixed emotions when any of our board members step down: we are happy to have had them in our presence to help us promote Joe Niekro Foundation and the treatment, research, and diagnosis of brain aneurysms and stroke, but we are also sad to see them leave. To our former board members, we want to thank you for your time and efforts! BUT, it is always exciting to bring on new board members and the anticipation of what they will bring to the table! So without further ado!

### Welcome aboard Nicola Weems!

Though originally from England, having lived in the Houston area since 1979, Nicola Weems considers herself a proud Texan. She's an honors graduate from the University of Houston receiving her BS in Consumer Science, Merchandising and Marketing.

Read more about Nicola here:

<https://www.joeniekrofoundation.com/about-us/board-of-directors/>

**Nicola, we want to thank you for your commitment and dedication to our cause!**

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### Welcome aboard Brian Bagley!

Brian is a trial lawyer and partner at Akerman (a top 100 U.S. law firm) practicing out of the firm's Houston office. Brian brings more than 15 years of experience representing companies and individuals in complex commercial litigation matters.

Read more about Brian here:

**Brian, we want to thank you for your dedication and commitment to our cause!**

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## **Welcome aboard Susan Wedelich!**

Susan is Vice President & Private Wealth Advisor at Westwood Holdings Group, Inc. in Houston, TX.

Read more about Susan here:

<https://www.joeniekrofoundation.com/about-us/board-of-directors/>

**Susan, we want to thank you for your dedication and commitment to our cause!**

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## **The Who, What, When, Where, and How of Brain Aneurysms!**

It is estimated that 6 million people in the US have a brain aneurysm

As many as 1 in 50 people will develop a brain aneurysm

Every 18 minutes an aneurysm ruptures

50% of ruptured aneurysm patients will die within minutes. Of the remaining half, 50% will suffer a delayed death and those remaining will usually suffer severe brain deficits.

10-15% of patients diagnosed with a brain aneurysm will harbor more than one aneurysm

4 out of 7 people who recover from a ruptured brain aneurysm will have disabilities

Brain aneurysms are most prevalent in people ages 35-60, but can occur in children as well

Women, more than men, suffer from brain aneurysms at a ratio of 3:2

Help us help those affected by this condition. Contact the Joe Niekro Foundation now!

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## **New Support Groups Have Begun**

Support Groups are very important to us, and we want to share all the locations for these groups but especially the new ones just starting.

**One is located in the great State of Virginia!**

UVA Medical Center

Education Resource Center Conference Rooms A and B  
1240 Lee St.  
Charlottesville, Virginia 229089

Second Wednesday of every month

5:00-7:00 PM

For more info: Email [ZCR4Z@hscmail.mcc.virginia.edu](mailto:ZCR4Z@hscmail.mcc.virginia.edu)

### **Another group is in El Paso, TX**

This group is meeting at the University Medical Center of El Paso  
4815 Alameda Ave, El Paso, TX 79905  
Phone: (915) 544-1200

### **A third new group has started in New York.**

Caregiver Support Center Montefiore Moses Campus (Located on the 2nd floor  
in the Silver Zone)  
111 East 210th Street  
Bronx, NY 10467

Meetings take place the 2nd Tuesday of the month. For more information,  
contact [rkaplan@montefiore.org](mailto:rkaplan@montefiore.org).  
5:15P-6:15P

Please take advantage of these groups!

**Check out our webpage for the locations of the other 47 groups and  
hopefully there is one near you!**

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## Another Way to Give: **amazon**smile

Signing up is easy!

Here's how to shop AmazonSmile and give to Joe Niekro:

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Sign in with your Amazon.com credentials
3. Choose Joe Niekro Foundation as your charitable organization to receive donations,
4. Start shopping!
5. Add a bookmark for [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile

**Shop and give at the same time!**

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## Trivia:

**Without further ado vs without further adieu**

The website Grammarist.com informs us that "Without further ado" and "without further adieu" are two phrases that are often seen but only one is correct.

Without further ado means immediately, without any more delay. It is a phrase that is often used by people speaking before a crowd. It is a signal that the point of the gathering is now beginning or someone else is about to be introduced. The word adowas once a contraction of at do, which was a Middle English term meaning trouble, fighting or conflict. In time the word ado came to mean a fuss, hubbub, or trivial chaos. Much Ado About Nothing is a play written by Shakespeare in 1599, and is a comedy.

Without further adieu is an eggcorn, which is a misheard phrase, saying, lyric or slogan that retains the original meaning. Adieu is a French word that means goodbye. Presumably, someone using the phrase without further adieu is stating he would like to end a presentation or conversation without excessive goodbyes. In any case, the phrase without further adieu is incorrect.

I am glad I looked it up before posting the wrong form! That would have been embarrassing! :-)

Joe Niekro Foundation  
26780 N. 77th St.  
Scottsdale, AZ 85266



**Please check out these groups on Facebook:**

Join these groups and make much needed contacts to help you through!

Brain Aneurysm/AVM Support Group By The Joe Niekro Foundation

Brain Aneurysm/AVM Caregiver Support Group By The Joe Niekro Foundation

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