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The Kentucky and Southern Indiana Stroke Association (KSISA) educates people throughout Kentucky and southern Indiana each year on various topics surrounding stroke.

We invite you to help support the KSISA mission and dedication to the prevention of stroke through education and awareness. We have experienced wonderful volunteerism and support over the years, and we look forward to touching many

The Annual Extravaganza Tasting Event August 25, 2015

THE OLMSTED at Masonic Homes - Only four corporate tables remain for our Annual Extravaganza Tasting Event to be held on August 25 from 5:30 to 8:30 p.m. at the Olmsted. These tables sell out quickly, so please call [502-499-5757](tel:502-499-5757) to reserve yours now.

This year our emcee is **Jennifer Baileys of WLKY News**, and we will be honoring **Kevin Ratliff**. Many of you attend each year and know how fabulous the food and drink is from our area restaurants. If you are a restaurateur and would like to participate, please give us a call. We also appreciate your donations of silent auction items, gift cards, theme baskets, etc. so call us for more information. Your tax-deductible gift would be greatly appreciated. The wide-array of silent auction items have something for everyone.



2015 Honoree
Kevin Ratliff

If you have not previously attended, you are missing out!! Order your tickets now and become a loyal returning patron. Individual tickets are \$65 and you can order online at [TastingTickets](#) or call to purchase by phone. We are also raffling off a Kate Spade purse and a Kenny Perry golf package. Raffle tickets are \$20 each or 6 for \$100 so make sure you load up (purchase online or day of event). The winner will be drawn August 25!

Education is Key



Did you know that KSISA offers many educational opportunities to the community? We have an in-house stroke resource library with several books available for free check-out. Our office houses educational materials ranging from prevention to recovery issues. Please call the office to request information targeted for you or your event.

Our impressive speaker's bureau covers topics from general prevention and survivor perspectives, to rehabilitation struggles and more. You may request a speaker for your church or group event by calling us at [502.499.5757](tel:502.499.5757). All our presenters are knowledgeable volunteers and involved heavily in the stroke community. They all have a passion to help prevent stroke through education and awareness efforts.

Southern Indiana Resources

We would like to introduce the formation of our new Southern Indiana Committee (SIC). They are working diligently to put together a resource guide of area companies such as home health, assisted living, rehab, hospitals, home care, etc. that will be beneficial to discharge patients in answering questions and pointing them in the right direction for their needs. If you are a Southern Indiana company that provides care or resources for seniors and/or stroke patients, please send us an email with "Southern Indiana Guide" in the subject line to KsiStrokeAssoc@aol.com to be included in this booklet.

more lives.

Contact us
at [502.499.5757](tel:502.499.5757) to learn
how you can help!

**Yvonne Adkins, KSISA
Board President**

Advances in Stroke Prevention



by Alisha Duvall
MSW/MFT, CEO of Alee Solutions

The WATCHMAN: Focusing on Stroke Risk Management -

Ischemic stroke is one of the most serious consequence of atrial fibrillation (AF). With a five-times-higher risk of suffering a stroke for patients with AF, it is important for them to keep up to date on the evolving advances in preventative treatment options. On June 22, 2015 at Mercy Hospital in St. Louis, (less than 300 miles from Louisville) the Heart Health Center Physicians were the first local physicians to implant the newest FDA-approved device that prevents stroke in patients with AF.

The WATCHMAN is a small device no larger than the size of a quarter and can be inserted during a catheter-based, minimally invasive one-time procedure by implanting directly into the heart via a vein in the leg. Just off the left atrial appendage is where blood clots form and can potentially break off and travel in the blood stream to the brain, causing a stroke.

With AF sufferers being at a higher risk of stroke and with a greater chance of having a more serious stroke, it is exciting to know that there are new alternatives to the current daily medications available. In the Journal of the American College of Cardiology, Dr. J. Mauricio Sanchez published the results of medical trials that revealed patients with the WATCHMAN device implanted showed a 54 percent reduction in cardiovascular mortality. Proven to prevent strokes just as well, this new advancement offers an efficient alternative to warfarin. Clark McKenzie, MD, physician at the Heart Health Center in St. Louis claimed, "this advanced technology can be life-changing for patients with atrial fibrillation. It allows them to decrease their stroke risk while avoiding blood thinners and their associated risk."

Dr. Sanchez, the lead physician who completed the procedure at Mercy Hospital said, "Blood-thinning medications like warfarin or Coumadin are quite effective in reducing the risk for stroke in patients with atrial fibrillation. However, many of our patients cannot, or will not, tolerate these medications because of the incidence of bleeding. The WATCHMAN device is a solution for these atrial fibrillation patients, since it similarly reduces their stroke risk, but avoids their need for a lifetime of blood-thinners."

The Kentucky and Southern Indiana Stroke Association does not endorse any treatment option available but feels that keeping the community aware of evolving preventative treatments available to protect members of our community from stroke is our responsibility. As with any new treatment option available, the WATCHMAN may not be the best option for everyone, and we encourage you to consult with your MD about the best fit for you. To learn more about the trials conducted on the WATCHMAN or case studies visit [WATCHMAN TRIAL](#) . The press release -- Newly FDA-Approved Device for Stroke Prevention from the St. Louis Today, is also a beneficial resource to learn more about this ground- breaking procedure performed at Mercy Hospital. You may read more [HERE](#).

Strides for Stroke Walk



MARK YOUR CALENDARS

JULY 18 is the Norton Neuroscience Expo at Ky. International Convention Center from 8 a.m. to 2 p.m. This event focuses on neuro areas such as MS, stroke, epilepsy, parkinson's and ALS. There are many educational sessions available, and the event is free to the public. Stop by the KSISA table and say hello. Please call [\(502\) 629-1234](tel:502.629.1234) to sign up or visit [NNI EXPO](#) to register.

JULY 31 we will be at the Kentucky Transportation Center in Frankfort, educating their employees on stroke.

AUGUST 15 we will be a part of the Park DuValle community health fair. This is a fabulous event, so come on out and see us at 3015 Wilson Avenue between 11 and 3.

AUGUST 25 we hope you have already purchased your tickets to the [Annual Extravaganza Tasting Event!](#)

AUGUST 28 we will be educating the employees at Kindred St. Anthony Place. We enjoy making sure that everyone is up to date on stroke risks and warning signs.

DO YOU LOVE KSISA? Give us a review on Great Non Profits! Go to <http://greatnonprofits.org/reviews/ky-and-si-stroke-association> to get started!

STRIDES FOR STROKE WALK OCTOBER 4, 2015 at EP TOM SAWYER PARK

October 4 will be the annual Strides for Stroke walk at EP Tom Sawyer Park at 1 p.m. Note that we have moved this event from Brown Park. Get your team together or sign up and walk solo, or casually with friends. Everyone is welcome! We will also have a 5K this year for our running enthusiasts.

Sign up today at [StridesforStrokeWalk](#).

Join our facebook page for walkers and runners as well. A fun forum to connect with others! [JOIN HERE](#)

Kentucky and Southern Indiana Stroke Association

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