

## Mike Brown- : “My Hemorrhagic Stroke”

At 40 years old, on December 23, 2010 I suffered a hemorrhagic stroke in the right hemisphere of my brain. More than likely, a genetic spot in my brain was aggravated by my smoking over about 25 years of my life. Smoking causes many bad things but it also caused these spots in weakened blood vessels to begin to bleed over time.

I was taken to Baptist East Hospital by the EMS and arrived quickly or at least within 15 minutes. My partner, Freddie was able to recognize the symptoms- he called 911 quickly.

I was lucky or blessed or both. Statistically, hemorrhagic strokes can be difficult to overcome if not fatal. They say that these types of strokes worsen as they develop normally between the first 30-60 minutes.

I recovered and was able to walk out of the hospital in about 6 weeks- of course, rehab continued and continued for many months. Rehab was very challenging. Specifically, my cognitive recovery was challenging. I had to re-learn how to eat, shower, walk- all the things I knew how to do- just needed a little refresher course.

I tell people today to make these simple changes in their life to reduce your risks of having a stroke:

- Exercise regularly
- Stop Smoking
- Eat a healthy diet
- Get 8 hours of sleep
- Keep your blood pressure low

