

Foreword

In this time of transition from the classical methods for treating stroke patients to the new ones emphasizing prevention and emergency management to restore function, we are fortunate to have people such as Valerie Greene who, tragically, suffered a devastating stroke that could have ruined her life. With excellent treatment and “true grit” on her part, she overcame most of her horrible disability and now, all of us, both professionals and public alike, are learning what a stroke is like and what one can do to prevent and to recover from stroke. This is essential because those of us who have not suffered one can only imagine how it ruins one’s life!

Valerie has done it, and yes, she tells us her story as well as describing the cutting edge of prevention and therapy, using not only traditional but also alternative methods to put herself back in the mainstream of society and to restore her as a civic leader. She has written a gripping autobiography full of thought-provoking information and ideas for all of us to embrace.

I am proud to know her.

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