

CONTACT: Joy Kurtz  
407-298-3033  
s3jkurtz@yahoo.com



FOR IMMEDIATE RELEASE

**STROKE SURVIVOR WARNS WOMEN... KNOW THE SIGNS!**

*May is American Stroke Month and Everyone Needs to Know  
The Risks of Strokes*

ORLANDO, FL –**Valerie Greene** is on a mission bringing stroke awareness to the forefront. At 31, she survived two strokes that paralyzed her entire left side and robbed her of her voice. Unable to walk or talk, Greene spent years undergoing rigorous therapies to fully regain and refine her abilities.

Today, she is a national spokesperson and author warning the public about the signs of stroke. Greene’s experience sends a strong message that a stroke can happen to anyone at any age, and especially to women. “We need to do all we can as a nation to educate the public on the warning signs and symptoms of stroke.” Greene says, “Stroke is a medical emergency!”

Stroke, is the 3<sup>rd</sup> leading cause of death in the United States. On average, someone suffers a stroke every 45 seconds; and every 3 minutes, someone dies. About 700,000 Americans suffer a new or recurrent stroke, half are women.

As a volunteer and spokesperson for the American Stroke Association, Greene recently traveled to Washington D. C. on behalf of stroke survivors nationwide and participated in Congressional Heart and Stroke Lobby Day to urge congress to sign the **STOP Stroke Act**.

The **STOP Stroke Act** provides resources to ensure the public has greater awareness of stroke, which emergency medical personnel and health care professionals are trained to recognize its signs and symptoms, and that hospitals are equipped to provide the most effective care.

Greene was also instrumental in helping to ensure the passing of the **Florida Stroke Act**, that Governor Bush signed into law effective July 1, 2005. The **Florida Stroke Act** ensures that Emergency Medical Systems (EMS) will transport stroke victims to a primary or comprehensive stroke center.

For more information on Valerie Greene and her appearances throughout the country please visit [www.thefirewithin.net](http://www.thefirewithin.net). A VNR is also available to television stations if interested.

**WARNING SIGNS OF STROKE**

- Sudden numbness or weakness on one side of the body
- Sudden severe headache with no known cause
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination

Source: American Stroke Association