

## Cycle for Life...Spokes Against Stroke *By Beth Parks*

The North Carolina Stroke Association hosted its second annual "Cycle for Life...Spokes Against Stroke" bike tour on Saturday, October 15, 2005 at the Hanover Park Vineyard, Yadkinville, North Carolina.

The bike tour had three different venues for cyclists: 65 miles, 40 miles and 25 miles. A total of 235 cyclists participated in the tour through the rolling farm land, countryside, and the foothills of four counties: Yadkin, Davie, Iredell and Wilkes. The weather was cool, the air was crisp and the sky was clear. The vineyard mapped a one-mile route around the vineyard for walkers and children on bikes.

Many cyclists enjoyed the fresh produce, pro-

vided by Vernon's Produce and the homemade cookies and baked goods that were at Registration as well as the tour's three Rest Stops.

An additional 62 people attended the post-tour wine tasting and a Provence lunch, bringing the total tour attendance to 297, which is approximately twice the attendance of last year's event.

Of note were four stroke survivors who cycled: Miss Catey Cox- one mile; Dr. Gregory Garth-25 miles; Mr. Bill Smith-25 miles; and, Mr. Chris Sheehan-65 miles. Miss Cox's father, Chuck, cycled 65 miles, on his daughter's behalf. Catey's mother and two of her brothers cycled 25 miles, and another brother cycled one mile.



**Miss Catey Cox**



**Dr. Gregory Garth & Mr. Bill Smith**

### Grace – The Mother of Hope

*By E. Ted Chandler, M.D.  
Emeritus Medical Faculty  
Wake Forest University  
Baptist Medical Center*

A stroke is one of those times when you get something you don't want, something that you didn't wish for, something you hadn't counted on. The critical loss of the use of an arm or leg or an eye is the loss of something you counted on to provide a sense of meaning, a sense of order, a sense of identity. And a stroke can change your nature. A day of joy becomes despair as a curtain of pain drops on your wishes to go and do and be.

It's human nature to hope for the best outcome possible when a catastrophic

*continued on page 7 – sidebar*

#### **The Stroke Association thanks the following volunteers:**

##### **REGISTRATION VOLUNTEERS**

**Trinia Hall:** Wake Forest University Baptist Medical Center Neurosciences

**B. L. Lewis:** Wake Forest University Baptist Medical Center Neurosciences

**Lilana Hines:** North Carolina Stroke Association Staff

**Angie Rhyne:** Community

**Karen Easter:** Forsyth Medical Center

**Gay Gallins:** North Carolina Stroke Association board member

**Janice Spainhour:** Community volunteer who provided all of the breakfast cakes

##### **REST STOP VOLUNTEERS:**

**Lynn Stevens:** Forsyth Medical Center

**Mike Stevens:** Community

**Mary Caponera:** Community

**Zachary Caponera:** Community

**Ken Craven:** Piedmont Flyers

**Angela Craven:** Piedmont Flyers

**Mark Berry:** Community

**Sharon Berry:** Community

**Dana Hiatt:** Community

##### **COURSE MARKING**

**Dr. Hugh Wallace:** Piedmont Flyers

##### **LOGISTICS**

**Dr. John Parks:** Community

**Neil Spainhour:** Community

#### **The Stroke Association is thankful to the following supporters:**

##### **PRESENTING SUPPORTERS:**

Wake Forest University Baptist Medical Center Neurosciences

Broyhill Family Foundation

##### **GOLD LEVEL SUPPORTERS**

DeFeet International

Alphagraphics

Attractions Book

##### **SILVER LEVEL SUPPORTERS**

BB&T

Paceline Bicycles

Pitt County Memorial Hospital

Wachovia

Forsyth Medical Center

Pine Hall Brick

TriStone Bank

Mock Orange Bikes

Carlton Deaton

Blue Rhino

Resident Inn by Marriott-Pinehurst

Piedmont Flyers

### **Stanley Memorial Hospital** *continued from page 4*

icate the resources necessary and to educate this community as to how to better recognize and prevent a stroke," explained SMH President Roy M. Hinson.

Close to 200,000 people in the region tuned into a 30-minute "Health Digest" program on stroke and the stroke vignette which aired on the region's top-rated television channel. Over 370 people attended stroke screenings coordinated by Rudisill and her staff. Of those, 89 percent had stroke risk factors and 90 percent of those individuals followed up with their physician.

Over 300 people attended a stroke forum that included a panel of physicians and stroke survivors.

As a result of the campaign, the SMH emergency department saw an increase in the number of patients presenting with the warning signs of stroke. Eventually, the stroke death rate dropped to 80 deaths per 100,000 people.

"We knew that the campaign had been effective because patients were getting here faster," says Rudisill. Because of its success, the stroke team was later asked to present at a national stroke conference to discuss the successful public awareness campaign.

The successful campaign earned SMH a Premier Award for Quality, one of only three given to hospitals in 2002.

"The award recognized hospitals like Stanly Memorial that took the leaps to improve the care they deliver overall. We were very pleased to recognize the high caliber of their improvement efforts," a Premier spokesperson said. "The dedicated, coordinated effort from SMH's administration down through the care process ranks certainly contributed to their success. They set out as an entire organization to improve their image and their management of stroke, so that they had all the stakeholders involved."

Along with the award, SMH received a \$30,000 grant to use for future health education efforts, including more stroke screenings. Some of the funds also aided in the development of a smoking cessation program which has been successful and utilized often, especially with the hospital's recent implementation of a tobacco-free campus policy.

"The most frustrating thing for a neurologist coming into a stroke situation is to find out that this patient actually started having symptoms several days ago and just did not seek medical care," explains Dr. Schmidt. "By educating the community, we've been able to bring them in much faster so that we can actually do something for them. If they're here in a timely fashion, we can really make a difference."