

# Annual NCSA Luncheon HONORS VOLUNTEERS and Recognizes the IMPACT of STROKE

By Leigh Ann McDonald Woodruff

*“Stroke kills twice as many women as breast cancer does.”*

*Regina Hartung, North Carolina Stroke Association Board Member*

*Featured speaker and NCSA board member Regina Hartung. Hartung is senior director of service lines for Presbyterian Healthcare, including Neurosciences and Pulmonary/Critical Care, and oversees strategic direction of the Presbyterian Stroke Center.*

The annual Women Honoring Women Luncheon hosted by the N.C. Stroke Association (NCSA) was held on April 14 at Old Town Club and honored two dedicated community volunteers, Marian Douglas and Ann Hanes.

Douglas and Hanes have provided long-standing support to NCSA, which is critical in assisting the organization with its mission of promoting stroke prevention and education across North Carolina, according to Beth Parks, NCSA Executive Director. “They are true community volunteers with smiles on their faces and an enthusiasm that is contagious,” she said.

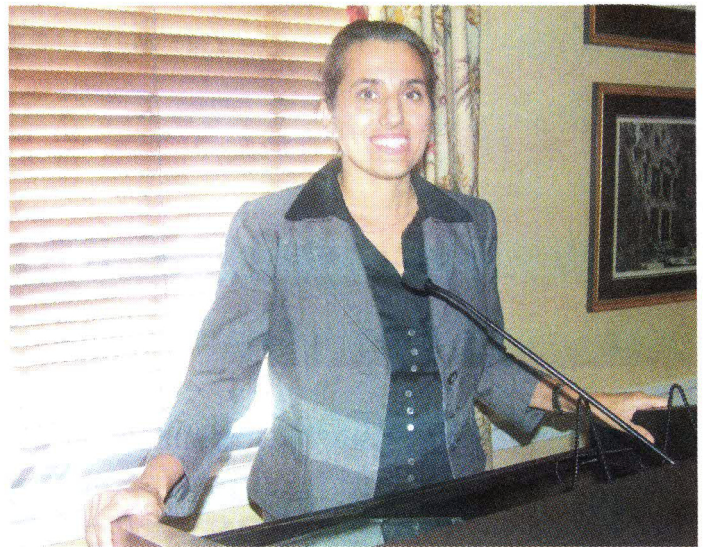
The Women Honoring Women Luncheon recognizes the devastating impact stroke can have on the lives of women throughout North Carolina, part of the nation’s Stroke Belt. In addition, the event introduces May’s National Stroke Awareness Month.

Senator James Broyhill, former chair of the N.C. Board of Economic Development, acted as Master of Ceremonies for the luncheon. About Douglas and Hanes, he said, “These are outstanding women who have made a significant difference in this community.”

The luncheon’s guest speaker was NCSA board member Regina Hartung, senior director of service lines at Presbyterian Healthcare in Charlotte. “The one thing I want you to take away today is how quickly you need to recognize the signs and symptoms of stroke and act F.A.S.T.,” she said.

Hartung reminded the room of more than 200 women that stroke might affect them differently than it affects men. Women have additional risk factors, such as birth control pills, hormone replacement therapy, pregnancy and migraines. And, they may have different symptoms, including such things as a sudden onset of hiccups, nausea, shortness of breath, generalized weakness, and chest pain or palpitations.

“Stroke kills twice as many women as breast cancer does,” Hartung said. “We need to get the message out about what those signs and symptoms are.”



Stroke awareness is critically important in North Carolina, which has one of the highest stroke death rates in the United States. Although strokes can be devastatingly debilitating and fatal, they are also highly preventable and treatable with a healthy lifestyle, awareness of key risk factors and knowledge of stroke symptoms.

NCSA works with partner hospitals across North Carolina to promote stroke prevention and education, including community-based screening tools to identify stroke risk factors. The screening process includes an educational component regarding the signs and symptoms of stroke, as well as the critical importance of seeking immediate help. The faster stroke victims seek treatment, the more treatment options they have and the greater likelihood that the stroke can be treated successfully. **FW**

For more information about NCSA and the Women Honoring Women luncheon series, visit [www.ncstroke.org](http://www.ncstroke.org).

If you suspect someone is having a Stroke, act F.A.S.T.

**Face:** Ask him or her to smile. (Does one side of the face droop?)

**Arms:** Ask him or her to raise both arms. (Does one arm drift downward?)

**Speech:** Ask him or her to repeat a simple sentence. (Are the words slurred? Can he or she repeat the sentence correctly?)

**Time:** If the person has difficulty with any of these tasks, call 911 immediately! Time is important because brain cells are dying.



From left to right: NCSA board members Ann Spencer and Louise Broyhill, Senator James Broyhill, Ann Hanes, NCSA executive director Beth Parks and Marian Douglas.