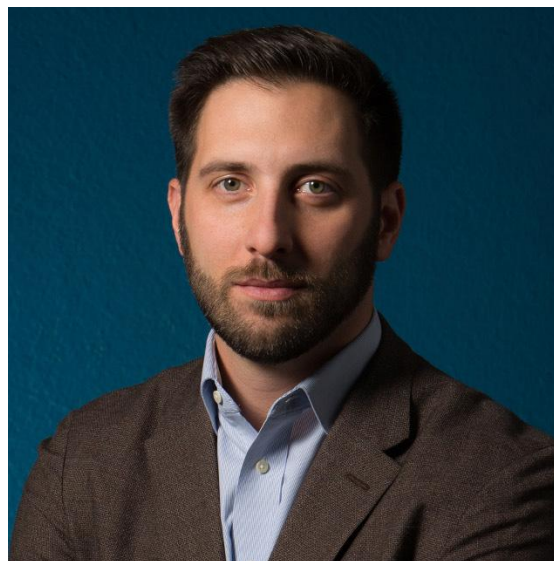


A Warm Welcome to David Bowman - New SSEEO President

David Bowman is a Tax and Financial Advisor at The Bowman Financial Group in Chicago, IL.

David and his family encountered stroke in January of 2016 when his mother suffered a very severe stroke. Since then, he and his family have navigated the many complexities of life after stroke and have become passionate about stroke advocacy. David's vision for the organization is to expand SSEEO's footprint and access to resources in the Chicagoland area and beyond by further developing and implementing our innovative programs such as SS2S and student-led therapy.



Stroke & Minority Risk Factors

Minorities in the United States have higher stroke risks, stroke occurrences at an earlier age and for some groups, more severe strokes than non-Hispanic whites. For African Americans, it is 50 percent more likely to have a stroke (cerebrovascular disease), as compared to their white adult counterparts.

There are several risk factors related to stroke, some include:

- High blood pressure – Over half of black adults have high blood pressure which develops earlier in black Americans and is often more severe.
- Overweight and obesity – Almost 70% of black men and over 80% of black women are overweight or obese.
- Diabetes – African Americans are more likely to have diabetes than non-Hispanic whites.
- High cholesterol – Nearly 30% of black Americans have high levels of “bad” LDL cholesterol.

- Sickle cell anemia – This common genetic disorder in African Americans is a risk factor for stroke.
- Smoking – Over 15% of black adults smoke, doubling their risk of stroke.
- Eating too much salt (sodium) – Research shows African Americans may have a gene that significantly increases sensitivity to salt and its effects.
- Stress – African American adults face daily stressors, increasing their risk for stroke.

Higher prevalence of these risk factors, overall lower socioeconomic status and health care system challenges for minority patients may contribute to stroke disparities.



*Coming in September
New podcast 'Stroke in Racial/Ethnic Minorities'*

World Stroke Day

Are you one of the millions of **stroke survivors** who has been living with **hand and arm impairment**?

Join SSEEEO
Wednesday, October 26th

for a presentation on

***Paired Vagus
Nerve Stimulation***

The World Stroke Organization established a global day of awareness, providing a platform for the stroke community to increase awareness and

Therapy Research Survey

SSEEEO has created a new program to focus on establishing rehabilitation programs and provide free or low-cost Physical Therapy (PT) and Occupational Therapy (OT) support to stroke survivors in need. This way, SSEEEO will tackle health disparities to underserved, underinsured and uninsured stroke survivors by providing therapeutic support to stroke survivors with different backgrounds.

Sarosh Nagar, Harvard undergraduate student and SSEEEO volunteer, received the UN Millennium Fellowship award to support the development of the new program.

Your willingness to participate in this

drive action on stroke around the world.

More details coming soon on how to join this presentation.



research survey is appreciated. All responses are anonymous and confidential.

Please click [here](#) or the QR code to access the survey.



Occupational Therapy Opportunity

January - April 2023

SSEEO and North Central College are once again coming together to offer occupational therapy to stroke survivors.

Are you a stroke survivor who could benefit from additional occupational therapy but no longer qualify for therapy services?

Click [here](#) for information and how to register.

Tell Us How We Can Help!

Subscribe to our Newsletter

Receive an SS2S Telephone Peer Support Call

Suggest a Podcast Topic

Click [here](#) to send requests and suggestions!

SSEEO

P.O. Box 855 Lombard, IL 60148
(888) 988-8047

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WE CAN MAKE
A DIFFERENCE**

Stroke Survivors Empowering Each Other | P. O. Box 855, Lombard, IL 60148-0855

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