

## Gender Differences in Stroke Symptoms Are Significant Evidence Grows

A University of Michigan study confirms researchers' prior findings: women's stroke symptoms can be markedly different from the "traditional" symptoms presented by men. The possible clinical consequences for women are slower response times outside the hospital, as well as greater time lapses in the emergency room before stroke is diagnosed. In fact, women with stroke had 30% lower odds of receiving t-PA, the only clot-busting drug approved by the FDA, according to another recent study.

**Dr. Lewis B. Morgenstern**, Director of the Stroke Program, University of Michigan Health System, and a member of The Goddess Fund's Medical Advisory Board, presented these findings at our 2009 Washington D.C. Symposium "Women and Stroke: The X Factor" (see below). Dr. Morgenstern, the Principle Investigator, was Senior Author on a team that prepared "*Acute Stroke Symptoms: Comparing Women and Men*," which was published in the American Heart Association journal *Stroke*. The Michigan group interviewed patients presenting with ischemic stroke or TIA during the period January 2005 through December 2007, and concluded that women were 1.42 times more likely to present "non-traditional" symptoms than men were. ***"Non-traditional" symptoms can include pain, lightheadedness, and headaches. Mental status changes — disorientation, confusion, or loss of consciousness — were particularly more likely to be presented by women.***



Lewis B.  
Morgenstern

Educating physicians about all stroke symptoms, "non-traditional" and "traditional," is critical to providing lifesaving diagnoses and treatment. And, Dr. Morgenstern stresses, "It's important for everyone to know that stroke usually presents with abrupt onset of weakness or numbness in a face, arm and/or leg, sudden speech problems and/or clumsiness and falling. In addition, women may sometimes have accompanying changes in mentation or pain."

## Capitol Hill Symposium Yields Cutting-Edge Science; Promising Support for Research on Stroke in Women

Women and Stroke: The X Factor," a Symposium on the latest information and research, was held in The Russell Senate Caucus Room, Washington, D.C., on February 25, 2009. Jointly sponsored by The Goddess Fund and the Society for Women's Health Research, the event attracted several hundred doctors, researchers, reporters, health care professionals, and specially invited dignitaries and congressional staffers.

On the evening before the Symposium, **Hon. Mary V. Mochary**, Goddess Fund Trustee, generously hosted Symposium speakers and invited guests at a dinner at the Cosmos Club, where attendees were invited to meet and converse in an elegant and relaxed setting.

## New Evidence that Progesterone May Protect Against Traumatic Brain Injury



Donald G. Stein, PhD

**Donald G. Stein PhD**, a member of The Goddess Fund's Medical Advisory Board, reports to the *Atlanta Business Chronicle* that his 27 years of research into the effects of progesterone on traumatic brain injuries has yielded evidence that the hormone may cut traumatic brain injury related deaths by about 50 percent. Further, early-stage trials showed that progesterone-treated patients had greater cognitive, sensory and motor improvement within one month of injury.

While further studies are needed, progesterone therapy "could end up being the standard of care for traumatic brain injuries," stated Dr. Darryl Kaelin, Medical Director of the Acquired Brain Injury program at Shepherd Center.

Dr. Stein, Director of the Emergency Medicine Brain Research Laboratory at Emory University School of Medicine, is the recipient of many NIH grants to further his work. According to a colleague, Dr. Stein is "probably the lead investigator in the use of progesterone for its treatment in central nervous system injury in the country, if not the world." Modestly, Dr. Stein stated, "When I first started this work, I wasn't looking for (progesterone) as a treatment. Sometimes it's good luck."

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### What's Inside:

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- New Advisory Board Members
- Startling News About Medicare and t-PA
- Chicago Symposium
- Physician of the Year

## Message from the Chair

It has been a busy, productive, and fascinating year for The Goddess Fund. Our Washington, D. C. Symposium was by all measures a great success, highlighting some of the most important new findings about women and stroke. The event also allowed us to spotlight attention on the need for future funding of more NIH research on the topic. Very special thanks are due Senator Arlen Specter, whose unflinching support of our cause has been remarkable. With his assistance, we have been able to submit language to the Senate Appropriations Committee for 10 years. The language is used in the Bills that fund Health and Human Services including allocations for stroke research in women. We are most appreciative of the work done by Dr. Clay Johnston in chairing the task force that wrote the most recent language.



Warm welcomes to new Board members, Renee Werbin and Susan Falk, whose wisdom and expertise will be invaluable additions to The Goddess Fund's Board of Trustees. Our new Medical Advisory Board members, Drs. Steven Cramer, Karen Furie, and S. Claiborne Johnston, bring even more depth of knowledge to an already outstanding group of researchers.

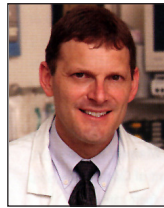
And thanks, once again, for all the many gifts from our contributing country-wide supporters. Your generosity has made it possible for us to continue to *Strike Back Against Stroke*.

Warmly,

Lynn B. Goddess  
Chair and Founder

## Stroke Experts Join Goddess' Medical Advisory Board

Steven Cramer, M.D., Karen L. Furie, M.D., M.P.H., and S. Claiborne Johnston, M.D., Ph.D. have been elected to The Goddess Fund's renowned medical team.



Steven Cramer

**Dr. Steven Cramer**, Associate Professor of Neurology and Anatomy & Neurobiology at the University of California, Irvine, graduated with Highest Honors from the University of California, Berkeley. His medical degree is from the University of Southern California, and he completed his residency in Internal Medicine at UCLA, followed by residency and a cerebrovascular fellowship at Massachusetts General Hospital. He is currently an associate Clinical Director, Stem Cell Research Center at U.C., Irvine., Dr. Cramer's research focuses on recovery of function after CNS injury.



Karen L. Furie

**Dr. Karen L. Furie** is Director of the Massachusetts General Hospital Stroke Service, and Associate Professor of Neurology at Harvard Medical School. Her B.A. and M.D. degrees are from Brown University, and her Masters in Public Health from Harvard. Dr. Furie was resident and fellow in stroke/neurology at Rhode Island Hospital. Her research has focused on stroke biomarkers, including neuroimaging and genetic determinants of stroke.



S. Claiborne Johnston

**Dr. S. Clayton Johnston** is the Director of Stroke Service at the University of California, San Francisco, where he was Professor of Neurology and Epidemiology. His undergraduate education was at Amherst College. He completed medical school at Harvard University and received a Ph.D. in epidemiology from the University of California, Berkeley. Perhaps best known for his studies describing the short-term risk of stroke in patients with transient ischemic attack, as well as how to identify those at greatest risk, Dr. Johnston has also worked extensively in measuring

the impact of research.

## Former Goddess Scholar Authors Startling Medicare Study

Most U.S. hospitals did not administer t-PA, a clot-busting agent and the only drug approved by the Food and Drug Administration for urgent treatment of ischemic stroke, to any Medicare patients between 2005 and 2007. Those were the findings presented at the American Stroke Association's International Conference 2009 by Dawn Kleindorfer, M.D., Principal Investigator of the study and a Goddess Scholar.



Dawn Kleindorfer

Significant reversals of the effects of stroke, as well as reduction in permanent disability, are proven to occur when t-PA is administered intravenously in the first three hours after the onset of stroke symptoms. Researchers also found that a large portion of the general population does not have ready access to a hospital that provides the treatment to Medicare patients.

Lee Schwamm, M.D., associated professor of Neurology at Harvard and a spokesperson for the American Stroke Association praised the study as shedding "important light on a major disparity in acute stroke care delivery."

## Chicago Friends of The Goddess Fund Host Stroke Symposium

On April 18, 2009, The Goddess Fund held a second UIC/RIC Symposium on Stroke in Women in Chicago at Northwestern University's Lurie Center. Funded by a \$30,000 grant from The Chicago Friends of The Goddess Fund, the Symposium served as a Continuing Medical Education Course for doctors and other medical professionals. On the night prior to the event, The Chicago Friends hosted a dinner for Symposium Speakers at The Drake Hotel.

## Goddess Medical Advisory Board Member Named Physician of the Year

**James C. Grotta, M.D.**, Professor of Neurology and Director of the Stroke Program at the University of Texas Medical School at Houston, was named the American Heart Association's Physician of the Year at the group's annual Volunteer Leadership Conference in Washington, D.C.



James C. Grotta

Dr. Grotta is renowned for his research on the development of new therapies for acute stroke patients, including studies on the biology of brain injury and recovery after stroke. He was the first to support the use of t-PA, now a widely accepted treatment that can reduce disability from stroke. "His dedication to patients is deeply known and felt by all who work alongside him," said Midge Epstein of the AHA. "It is precisely why we have honored him."

### Attention

#### The Goddess Fund Has Relocated Its Executive Offices to West Palm Beach, Florida

The Goddess Fund has moved its office headquarters from New York to West Palm Beach, Florida. The new offices are located at 1217 South Flagler Drive, Suite 302, West Palm Beach, FL 33401.

The office will coordinate the activities of The Goddess Fund. Planning is currently underway for an exceptional 2010-11 season. Volunteers are needed to help with several projects. For further information, please contact: [anne@thegoddessfund.org](mailto:anne@thegoddessfund.org), Tel: 561.623.0504, Fax: 561.623.0502.

### Welcome

We are fortunate to announce that **Princess Anne Obolensky** has joined our staff as Development Consultant. Anne was born and raised in Palm Beach. She has extensive experience and expertise in Public Relations, Marketing and Fund Raising both here and abroad. Her knowledge of corporate structured giving combined with her education and social connections (a direct descendant of the first Russian ruling dynasty of Rurik) have provided her with an extraordinary background. She has chosen to use her talents to assist non-profit organizations, particularly in the medical field. We look forward to a rewarding relationship with her in our new location.

In 2009, Susannah Winters Simpson wrote this poem in memory of her mother, Betsy Simpson, who died from complications of stroke, after many years of valiant attempts to recover while aided lovingly by her husband, Dr. Robert Bruce Simpson.

### Oh, They Loved To Dance

*In the evenings,  
they would roll back the living  
room rugs  
and he would hold out his hand  
saying,  
"Come on, Momma."  
Then they would step into a foxtrot,  
roll into a Lindy or slide into the  
Swing.  
He loved to tell the story  
that given a chance she would  
Charleston on any table top.  
They were a well-matched pair,  
he stepping left to her right  
hip length to hip,  
moving on every beat,  
cha-cha promenade side by side,  
hands catching each other  
after every turn-eyes locked,  
knowing what came next.  
Then at a party in '84,  
a stroke erased her speech,  
turned her right hand  
into a feral claw  
and imprisoned her right leg  
into a flesh-colored brace.  
Her Pappagallos, Etienne Aigers  
spikes, kitten heels, strappy  
sandals, and spectator pumps,  
gathered in mourning at the back of  
her closet.  
Still, on any given evening,  
with Ol' Blue Eyes or Nat on the  
stereo,  
Dad would stand,  
hold out his hand and say  
"Come on Momma."  
But stubborn and vain,  
she would decline,  
shamed by the brace, hideous and  
clumping against the dance floor.*



## Prominent Publisher, Famed Retailer Join Goddess Fund Board

**Renee Werbin**, publisher of Atlanta-based Travelgirl magazine, expert travel entrepreneur, and frequent guest on national media, has joined The Goddess Fund's Board of Trustees. Prior to founding the magazine, Renee was CEO and President of SRI Travel and Werbin LTI Tours, LTD. Her clients included Fortune 500 companies and Hollywood stars, as well as CEOs and political dignitaries from around the world.



Renee Werbin

CNN, FOX and CBS have regularly consulted Renee, especially since 9/11 created an urgent need for savvy travel logistics. She has toured with celebrities, television crews, publishers and editors, and is much in demand as a keynote speaker at women's events, journalism schools, news organizations, and company events.



Susan Falk

**Susan Falk**, former CEO of Henri Bendel and President of The Body Shop International based in London is also now contributing her expertise to our Board.

She has worked with The Limited and grew Express to a \$1 billion business and just 5 years.

She developed two new divisions, Bath and Body Works and Express Man. Currently, Susan lives in New York and works to develop merchandise, marketing, and branding opportunities as a retail marketing consultant.

We welcome the wealth of talent and experience that Renee and Susan bring to our Board.

### ***In Memoriam: Senator Paula Hawkins***

Goddess Fund Trustee and former U.S. Senator **Paula Hawkins** died in her home State of Florida this past winter, Paula died from post-stroke complications after a long period of illness. She was the first woman elected to a full Senate term on her own merit-without being preceded in politics by a husband or father-and the first woman ever elected to the Senate from the State of Florida. She worked for tough laws against drugs, the protection of children, and blazed a trail for women in politics.

She will be missed, both as a friend and an asset to the The Goddess Fund's Board of Trustees.

PLEASE NOTE: The Goddess Fund's newly revised Stroke Cards are ready for distribution. The old cards contain valid information — please continue to use them — and the new ones feature an addition that reflects the very latest in stroke research. Please order by visiting our website, [www.thegoddessfund.org](http://www.thegoddessfund.org).

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