



May/June 2021 Vol 3

MAY IS STROKE AWARENESS MONTH

A stroke is one of the listed traumatic brain injuries "TBI." According to the State of Hawaii Department of Health Neurotrauma Program stroke is the number one cause of disability and the third cause of death in Hawaii. There are three kinds of strokes. An Ischemic Stroke occurs when a blood vessel is obstructed and accounts for 87% of all stroke cases. A second type is a temporary Transient Ischemic Attack and

is considered a warning stroke. The third type is a Hemorrhagic stroke. It occurs when a weakened blood vessel ruptures and bleeds into the brain and accounts for 13% of all stroke cases. Tips for preventing strokes are managing blood pressure, eating healthy, being active, losing weight, controlling blood sugar, limiting alcohol use and stop smoking. A stroke can be spotted by:

Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body

Sudden **CONFUSION**, trouble speaking or understanding speech

Sudden **TROUBLE SEEING** in one or both eyes

Sudden **TROUBLE WALKING**, dizziness, loss of balance or coordination

Sudden **SEVERE HEADACHE** with no known cause

It is recommended that if you or anyone you know exhibits the above symptoms, you should call 911.

For more information please go to: http://www.strokeassociation.org/STROKEORG/WarningSigns/Learn-More-Stroke-Warning-Signs-and-Symptoms_UCM_451207_Article.jsp#.WiWqovb2aAh

Citation: American Stroke Association (2018).

For more information and details regarding brain injuries make frequent online visits to:

[Brain Injury | Brain Injury Association of America](http://www.biausa.org/brain-injury)

www.biausa.org/brain-injury



Dr. Violet Horvath,

**FINDINGS FROM THE HAWAII
NEUROTRAUMA REGISTRY PROJECT**

PRESENTED BY DR. VIOLET HORVATH

**DIRECTOR OF PACIFIC DISABILITIES CENTER
JOHN A BURNS SCHOOL OF MEDICINE
UNIVERSITY OF HAWAII**

On April 14, the Kailua-Kona Brain Injury Support Group hosted a presentation by Dr Violet Horvath, Director of Pacific Disabilities Center. Dr. Horvath provided an in-depth summary of the seven-year project, titled Findings from the Hawaii Neurotrauma Registry Project. Information was gathered over a seven- year period from 2013-2020. The project identified the post injury needs in Hawaii of those who have suffered a traumatic brain injury. Participants were drawn from Oahu, Hawaii, Kauai Lanai, Maui and Molokai. The demographics of the participants included Caucasians, Japanese, Native Hawaiians, Filipinos, Chinese, Hispanics, Koreans, African Americans, Native Americans, Samoans, Vietnamese, Okinawans, Portuguese, Maoris, Samoans and Tongans.

The study identified 16 post injury needs in Hawaii:

Assistive Technology	Information
Chore Assistance	Meal Assistance
Companionship	Medical Assistance
Day Program	Personal Assistant Services
Employment	Respite Care
Financial Assistance	Social Activities
Home Health Care	Social Networks
Housing Assistance	Transportation

Dr. Horvath reported that the need for physicians was not included on the list. The reason is due to the recognition that there is a shortage of physicians in the State of Hawaii. The shortage is more acute on the neighboring islands.

The primary need across all sectors -- by island, type of injury, age and gender -- was the need for **INFORMATION**. It was closely followed by a need for medical assistance, financial assistance, social activities, social networking and chore assistance.

Participants in the study shared the problems they faced, their needs and wants, issues with medical care and services, issues with other kinds of care or services and overcoming adversity/doing all right.

The takeaway from the presentation was the continued need for groups such as the Kailua-Kona Support Group who faithfully provide monthly presentations for those in Hawaii on all topics concerning TBIs. The second takeaway was the need for community support in the form of financial donations to such organizations as BIAH so they can continue their outreach in providing the social activities and networking for the homebound TBI

sufferers. Finally, it is hoped that if you have not already done so, you will donate to BIAH -- see the attached Membership/Donation Application form.

TELL ME A STORY IN MEMORY OF COLT BRENNAN



In our March issue we asked you to "Tell Me A Story" about your traumatic brain injury. The recent headlines provided us with one of our State's most celebrated athletes. An athlete who suffered a traumatic brain injury in 2010 as a result of an automobile accident. The much loved and honored Californian came to Hawaii in 2005 and brought national attention to the State of Hawaii's football team, the Hawaii Rainbow Warriors. As quarterback for the Warriors, Colt led the team to the 2008 Sugar Bowl, amassed numerous records during his legendary career and was a Heisman Trophy finalist. Colt who passed away on May 11, 2021, will always be remembered as a beloved "adopted son of Hawaii."

VIRTUALLY SPEAKING

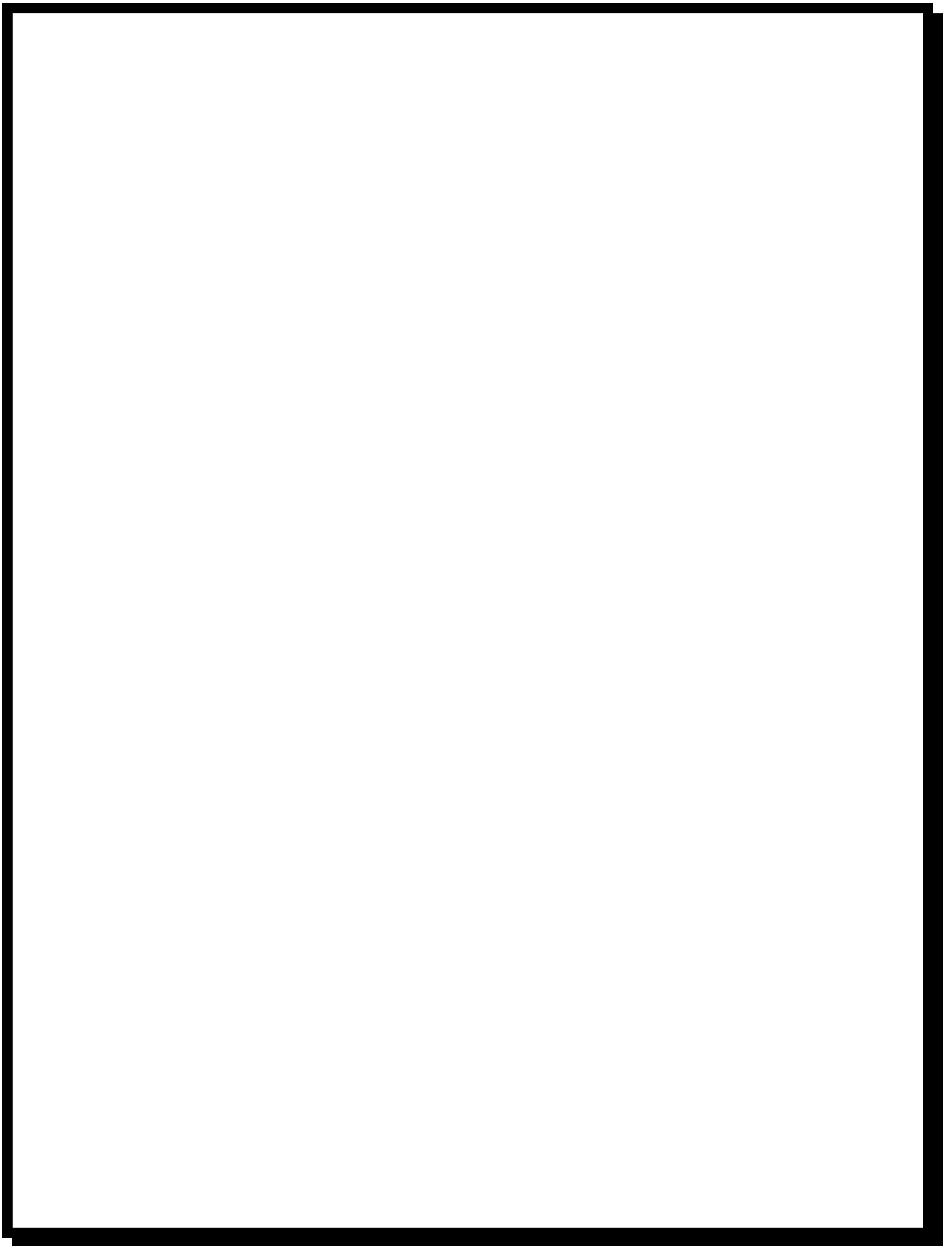
The Kailua-Kona Brain Injury Support Group meets monthly online with speakers presenting on topics relevant to those with a TBI, their family, friends and caretakers. If you have not already done so, please sign up and become a member by contacting Mich Higashi at teamnokaoi@yahoo.com for further information regarding presentations. Upcoming presentations are:

June 9, 2021 6:00 pm Hawaii Time

Brian "Keoki" Howser from the Aloha Independent Living Center will give a presentation on Mentoring Opportunities

July 14, 2021 6:00 pm Hawaii Time

BIAH Vice-President Dr. Kent Yamamoto, Jessalyn Lau, and Catherine Mitchell will give more details on the Traumatic Brain Injury Research Study.



BIAH BRAIN INJURY



ORGANIZATION AFFILIATES OF BIAH

