FOR IMMEDIATE RELEASE

BURKE REHABILITATION HOSPITAL PROMOTES EDUCATION AND PREVENTION DURING STROKE AWARENESS MONTH

WHITE PLAINS, NY- April 30, 2013 -- Every 40 seconds, someone in the United States has a stroke. Stroke takes a life every 4 minutes and is a leading cause of adult disability. Almost 800,000 strokes will occur this year in the U.S. In recognition of National Stroke Awareness month, Burke Rehabilitation Hospital is hosting a series of educational events in May to promote awareness about stroke.

“Research shows that most people cannot identify stroke warning signs and stroke risk factors,” says Lisa Edelstein, OT, Burke’s Stroke Program director. “With more than 7 million estimated stroke survivors nationwide, we encourage our community to learn how to identify stroke symptoms, know that stroke is a medical emergency, and learn the steps to take to prevent stroke.”

Burke also wants to ensure caregivers of stroke patients receive the support they need. “Focus on the Caregiver: An Evening for You” is the first of Burke’s Stroke Awareness events and will be tailored for caregivers. It will be held from 5:30 to 7:30 p.m. on May 15 in the Rosedale Conference Room in the Billings Building, building 4, of the hospital’s main campus at 785 Mamaroneck Ave. in White Plains. The evening’s program includes a presentation by Mark Herceg, Ph.D., Director of Neuropsychology at Burke, titled “My Loved One's Stroke: How to Cope,” a relaxation exercise led by Alexandra Oudheusden, Director of Therapeutic Recreation at Burke, and a panel discussion and Q&A session with stroke experts to share information on care-giving topics.

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Burke’s annual Stroke Awareness Day is the second awareness event and will be held from 10 a.m. to 2:30 p.m. on May 22. This educational open house will focus on stroke recognition, response and prevention, and will be held in the hospital’s Wood Pavilion, building 7. Short presentations about stroke and stroke treatment options, plus how to reduce risk factors will be repeated throughout the day. It also includes a Stroke Information Expo where there will be free blood pressure and blood sugar screenings, risk assessments, and resources for a healthy lifestyle.

Both events are free and open to the public, with refreshments available. Pre-registration is requested. Please call Lisa Edelstein, OT at (914) 597-2256 to register or for information on Focus on the Caregiver and/or Stroke Awareness Day. Additional information can be found at www.burke.org.

Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. Burke is both an acute rehabilitation hospital and medical research center. Burke's world renowned doctors and therapists provide state-of-the-art treatment, while research scientists explore the frontiers of neurological and pulmonary medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay.

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