

# UTHEALTH INSTITUTE FOR STROKE AND CEREBROVASCULAR DISEASE

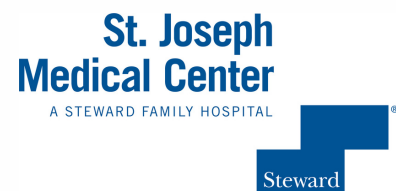
Presents

## STROKE AWARENESS MONTH VIRTUAL PROGRAM

May  
2021

*Special Thanks to our Community Partners*

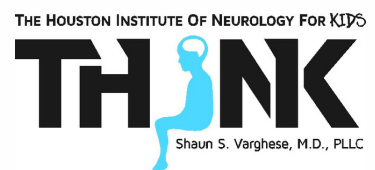
**WORKING TOGETHER TO END STROKE  
FOR ALL HOUSTONIANS**



Mischer  
Neuroscience Institute



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
Michael E. DeBakey VA Medical Center



**UTHEALTH STROKE AWARENESS MONTH**  
**SCHEDULE MAY 2021**

**WEEK 1: May 1, 4, 6**

**Saturday, May 1, 12pm-1:05pm**

**WebEx by UTHHealth Stroke Institute**

- 12:00 pm Welcome & Intro  
Dr. Elizabeth Noser  
UTHealth Stroke Institute
- 12:05 pm Learn About the  
American Heart Association Life's  
Simple 7. Elizabeth Noser, MD  
UTHealth Stroke Institute
- 12:25 pm High Cholesterol and  
Stroke Risk, James Ling, MD,  
Stroke Medical Director, Houston  
Methodist Sugar Land Hospital
- 12:45 pm High Blood Pressure: A  
Silent Killer. Melissa Fadipe, Nurse  
Practitioner, Michael E. DeBakey  
Veterans Affairs Medical Center  
in Houston

**Tuesday, May 4, 1pm-2pm**

**WebEx by UTHHealth Stroke Institute**

- 1:00 pm BMI, Body Fat% & Obesity:  
What You Need to Know. Colleen  
Kehr, MSN, MBA, RN, CNRN, SCRNP,  
NE-BC, AVP Neurological Clinical  
Services, HCA Houston Healthcare
- 1:20 pm Pre-Diabetes & Diabetes  
Self-Management Education.  
Caleb Boutte, BSN, CPT, Diabetes  
Awareness and Wellness Network
- 1:40 pm DASH Diet- Reducing Salt  
Intake. Doris Muinde, Public Health  
Educator, Diabetes Awareness and  
Wellness Network

**Thursday, May 6, 2pm-3:20pm**

**Zoom by CHI St. Luke's Health**

- 2:00 pm Obstructive Sleep  
Apnea and Stroke Risk  
Sudha S. Tallavajhula, MD  
Medical Director, TIRR  
Neurological Sleep Disorders  
Center
- 2:20 pm Don't Let Stress Stroke  
You Out, Brenda J. Yanez, MSN,  
RN, CMSRN, CHI St. Luke's Health
- 2:40 pm Stroke Bingo  
Brenda J. Yanez, MSN, RN,  
CMSRN, CHI St. Luke's Health
- 3:00 pm Meditation Demo.  
Amanda Cambra, LCSW, CYT-200  
Centre For Neuro Skills

**WEEK 2: May 10, 12, 14**

**Monday, May 10, 11am-12:25pm**

**Ring Central by Centre For Neuro Skills**

- 11:00 am Stroke Rehabilitation,  
Jennifer Lemons, Physical  
Therapist, Centre for Neuro Skills
- 11:20 am What is Aphasia?  
Lyn Williams, Speech Language  
Pathologist, Centre for Neuro Skills
- 11:40 am Meet the Houston  
Aphasia Recovery Center (HARC)  
Eleni Christou-Franklin
- 11:45 am Fall Risk and Prevention  
Danie Fallon, Physical Therapist,  
Director of Therapy Operations.  
Encompass Health Rehabilitation  
Hospitals

# UTHEALTH STROKE AWARENESS MONTH

## SCHEDULE MAY 2021

- 12:05 pm Meet the Stroke Warriors. Wanda Adams

### **Wednesday, May 12**

#### **WebEx by UTHHealth Stroke Institute**

- 1:00 pm Could My Headache Be a Stroke?  
St. Joseph Medical Center
- 1:20 pm Acute Stroke Treatment Catherine Bissell, RN,  
Memorial Hermann Cypress
- 1:40 pm Update on Mobile Stroke Units & Tour, James C. Grotta, MD  
Vascular Neurology, Director,  
Mobile Stroke Unit and Stroke Research, Clinical Innovation and Research Institute
- 2:00 pm Stroke: What Women Need to Know!  
Isabella Guzman-Gonzales, RN  
Memorial Hermann-TMC

### **Friday, May 14 (En Espanol)**

#### **WebEx by UTHHealth Stroke Institute**

- 2:00 pm Stroke in Spanish Speaking Communities,  
Dr. Maria Diaz, Vascular Neurology Fellow, UTHHealth Stroke Institute
- 2:20 pm Stroke Prevention: AHA Life's Simple 7.  
Lenis Sosa, MSN, RN, CCRC,  
Nurse Manager, Rehabilitation Center and Post Acute Facility  
Houston Methodist Hospital
- 2:40 pm Mario Carrasco, OT Exercise To Lower Stroke Risk. Encompass Health Rehabilitation Hospitals

- 3:00 pm Nutrition and Stroke Risk  
Cindy Kinsler, BSN, RN, SCR.N. Stroke Program Coordinator, Mischer Neuroscience Institute  
Memorial Hermann Hospital- TMC
- 3:20 pm Latin Fitness Demo.  
with Ariana Montelongo

### **WEEK 3: May 17, 18, 21**

#### **Monday, May 17, 1pm-2pm**

#### **WebEx by UTHHealth Stroke Institute**

- 1:00 pm Stroke in Kids: What Parents Need to Know,  
THINK Neurology
- 1:20 pm Stroke and Depression  
Jennifer B. Hughes, PhD  
Dept. of Psychiatry and Behavioral Sciences, McGovern Medical School at UTHHealth
- 1:40 pm American Heart Association presents Cooking Healthy with Chef Shonah Jefferson

#### **Tuesday, May 18, 2pm-3:20pm**

#### **WebEx by UTHHealth Stroke Institute**

- 2:00 pm Vascular Dementia  
Stella Kim, PsyD, Department of Neurology, McGovern Medical School at UTHHealth
- 2:20 pm Stroke and Migraines  
Juliana B. Gomez, MD,  
Vascular Neurology Fellow,  
UTHHealth Stroke Institute

# UTHEALTH STROKE AWARENESS MONTH

## SCHEDULE MAY 2021

- 2:40 pm Signs and Symptoms of Stroke. Andrea L. Ancer  
UTHealth School of Nursing
- 3:00 pm Yoga Fitness  
Demonstration, Debra Fowler  
UTHealth School of Nursing

- 3:20 pm Stroke in the Black Community. Anjail Z. Sharrief, MD, MPH, FAHA, UTHealth Stroke Institute
- 3:40 pm Carotid Dopplers & Transcranial Dopplers: Review and Live Demo. Andrew Barreto, MD, UTHealth Stroke institute

### **Friday, May 21, 11am-12pm**

#### **WebEx by UTHealth Stroke Institute**

- 11:00 am Nutrition: How to Eat Brain and Heart Healthy  
Tina Wynn, RD, LD, CDE  
Clinical Dietitian, Renal Transplant Center, Memorial Hermann Hospital – TMC
- 11:20 am Portion Control & Reading Nutrition Facts Labels  
Tina Wynn, RD, LD, CDE  
Clinical Dietitian, Renal Transplant Center, Memorial Hermann Hospital – TMC
- 11:40 am Healthy Brain Aging  
Renee Flores, MD, Geriatrics, Dept of Internal Medicine.  
McGovern Medical School at UTHealth

### **Thursday, May 27, 1pm-2:10pm**

#### **WebEx by UTHealth Stroke Institute**

- 1:00 pm Atrial Fibrillation: A Stroke Risk Factor.  
Post Acute Medical
- 1:20 pm Brain Imaging: What You Need to know.  
Roy Riascos, MD  
Professor and Chief of Neuroradiology, McGovern Medical School at UTHealth.
- 1:40 pm Endovascular Therapies for Acute Stroke  
Sunil A. Sheth, MD, Co-Director, Vascular Neurology Fellowship, Dept. of Neurology, McGovern Medical School at UTHealth
- 2:00 pm Wrap- Up  
Eizabeth Noser, M.D.  
UTHealth Stroke Institute

### **WEEK 4: May 25, 27**

#### **Tuesday, May 25, 3pm-4pm**

#### **Zoom by St. Joseph Medical Center**

- 3:00 pm Understanding Intracerebral Hemorrhages  
Hyeyoung Seol, M.D.,  
Vascular Neurology Fellow  
UTHealth Stroke Institute