



Presented by



ROARING TWENTIES

15th Annual Heart & Stroke Gala

JUNE 10, 2022 | PARQ VANCOUVER

Join us at the 2022 Heart & Stroke Gala. Together, we can beat heart disease and stroke!

Stroke is a life-threatening medical emergency that requires immediate medical attention.

A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain affected, and the amount of damage done. A stroke can happen at any time, anywhere, to anyone at any age.

This year, the **Heart & Stroke Gala** will shine a spotlight on stroke. With your support, we can continue to raise awareness of the signs of stroke, provide support to people living with the effects of stroke, and drive life-saving stroke research in diagnosis, treatment and rehabilitation. Together, we can beat stroke!

An average of 1.9 million brain cells die every minute after stroke symptoms start:

That's **57 million** brain cells in 30 minutes

Which is about **414 billion** synapses

That's as many neurons as we lose in **1.8 years** of normal aging

When someone experiences a stroke, every second without care can impact the rest of their life. It's so critical to receive timely treatment and medication.

- Over **62,000 strokes** occur in Canada each year (**1 every 9 minutes**) and the numbers continue to rise.
- More than **17,000 hospitalizations** due to stroke in **Western Canada** (BC, AB, SK & MB) occurred in 2017; these numbers are also continuing to rise.
- Stroke is a leading cause of adult disability with over **405,000 people** in Canada living with the effects of stroke. This number is expected to almost double in the next 20 years.

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada, 2021.



With your support, we can beat stroke



On March 24, 2020, Adrienne Martin and her family were at home due to the pandemic, when she collapsed in her garden. Over three months Adrienne had experienced progressively worse symptoms of stroke due to a torn artery in her neck. “The COVID-19 situation was a blessing at that moment, because everyone was home.” Adrienne has since had a good recovery with no apparent aftereffects. Read Adrienne’s story [here](#).

Adrienne Martin, British Columbia



On February 19, 2020, Canadian tennis legend Grant Connell was jogging in Stanley Park, training to participate in an obstacle and endurance race, Tough Mudder. Two minutes into his run, the 52-year-old suddenly lost his grip and dropped his phone. Grant knew he was having a stroke and gave his phone to a passer-by, asking them to call 9-1-1. Read Grant’s story [here](#).

Grant Connell, British Columbia



At 13, Andréa Vawda started to get migraines, and by her early 30s they became more frequent - even daily. She also noticed that her cognitive abilities were starting to decline.

On December 1, 2017, Andréa woke up feeling worse than usual and felt progressively worse through the day. By noon, she decided to go home, but collapsed as she got to her car. She was able to call her mother who called 9-1-1. Over the next week, Andréa underwent a series of tests to figure out what was going on. Read Andréa’s story [here](#).

Andréa worked in the BC Heart & Stroke office building where she regularly saw the FAST signs of stroke posters. That’s why she knew she was having a stroke.

Andréa Vawda, British Columbia



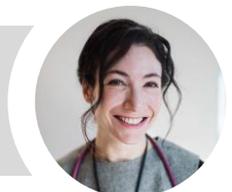
On Sept. 21, 2021, MLA Pam Alexis (Abbotsford-Mission) was getting ready to attend a pre-budget public consultation committee meeting. She felt a bit off — dropped her shampoo in the shower, felt a bit dizzy and her eyes were bothering her. But that didn’t stop her; she headed out for the busy day ahead.

Thankfully, Pam sat beside Harwinder Sandhu, a registered nurse prior to the election. Harwinder noticed Pam wasn’t quite herself, so she kept an eye on her. Harwinder suspected Pam was having a stroke, so she asked hotel staff to call 9-1-1. Read Pam and Harwinder’s story [here](#).

Pam Alexis, British Columbia

Your support drives life-saving stroke research

Dr. Thalia Field, Heart & Stroke Funded Researcher



Dr. Thalia Field and her team at the University of British Columbia are investigating the treatment, prognosis and impact of CVT (cerebral venous thrombosis) on young women. This type of stroke is rare in the general population but is the second most common cause of stroke for women in pregnancy and within the first few weeks after giving birth. [Read more here](#)