



Canadian Stroke Network  
Réseau Canadien contre  
les accidents cérébrovasculaires

# BRAINwaves



Networks of Centres  
of Excellence  
Réseaux de centres  
d'excellence

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**Dr. Vladimir Hachinski, left, a leader in stroke prevention research for the Canadian Stroke Network, enlisted his daughter Larissa, a freelance writer, to help capture this complex topic for a lay audience.**

## Hachinski and daughter Larissa write popular book about stroke

**C**SN Theme 1 co-leader Dr. Vladimir Hachinski, professor of Clinical Neurological Sciences at The University of Western Ontario and international expert on stroke, has collaborated with his daughter Larissa to produce one of the most comprehensive and up-to-date books on stroke for the public.

The new book, entitled *Stroke: A Comprehensive Guide to Brain Attacks*, is available as of January 2003 in book stores throughout Canada and the United States.

The purpose of the book is to increase public awareness of "brain attacks," a term coined by Dr. Hachinski to help drive home the urgency of strokes.

Dr. Hachinski enlisted the help of his daughter, a freelance writer and oral history graduate from the University of Western Ontario, to help capture this complex medical topic for a lay audience.

"It was an enriching experience," says Dr. Hachinski. "A truly equal partnership where our strengths combined to make a better book."

"We both learned a lot from the process," adds Larissa Hachinski. "Including the realization that so much more can be done to creatively approach medical topics."

The book explains in plain, non-medical language, how strokes occur, what the risk factors are, how to recognize signs of stroke and provides references to reliable websites and associations for further information.

It also profiles real patients who have experienced stroke and stroke warning signs.

A special chapter highlights the importance of stroke awareness for women.

The book is part of the Canadian Medical Association's "Your Personal Health Series" developed with Key Porter Books.

### AGM 2003:

### Strengthening Connections, Expanding Knowledge

## Dynamic speakers slated for New Brunswick meeting

**R**andolph Nudo, Director of the Center on Aging at the University of Kansas, has been named the first Ramon J. Hnatyshyn speaker at the CSN Annual General Meeting, to be held at the Algonquin hotel in St. Andrew's, New Brunswick, on the weekend of May 31.

Dr. Nudo is a well-known international expert on brain recovery post-stroke.

Also slated to speak at the AGM is Lisa Fitterman, a 43-year-old journalist from the *Montreal*



*Gazette*, who suffered a stroke at age 26 while covering the B.C. provincial election for the *Vancouver Sun*.

### Nudo

If you would like to learn more about the

AGM, please contact Network Coordinator Robin Millbank at [robin@canadianstrokenetwork.ca](mailto:robin@canadianstrokenetwork.ca)

## Knowledge translation expert Lynn McQueen joins ESRC

**T**he Canadian Stroke Network welcomes Lynn McQueen, Associate Director of Health Services, Research and Development for the Department of Veterans Affairs in Washington, D.C., to its External Scientific Review Committee (ESRC).

Dr. McQueen's expertise is in knowledge translation. She directs the Quality Enhancement Research Initiative (QUERI) for HSR&D.

QUERI was launched in 1998 to establish a national system for the translation of research into practice.

QUERI's mission is to assure that the best available evidence is used to promote ongoing outcome and system-wide improvement. Multidisciplinary teams focus on

several diseases, including ischemic heart disease and spinal cord injury.

Dr. McQueen joins seven other high-profile experts on the External Scientific Review Committee.

- They are:
- Dr. Larry Goldstein, Duke University;
  - Dr. Giora Feuerstein, Medical College of Georgia;
  - Dr. Pamela Duncan, University of Florida;
  - Dr. Donald Stein, Emory University
  - Dr. Ralph Sacco, Columbia University;
  - Dr. Constantino Iadecola, Cornell University; and,
  - Dr. Steven Wolf, Emory University

# Clinical training program progressing well

## Website established, content developed

The National Stroke Fellowship Program is making steady progress, according to its director, Theme I leader Vladimir Hachinski.

The following has been accomplished:

- A website for the national stroke fellowship program has been established. It can be accessed at <http://www.stroketeam.ca>
- The on-line course content and navigation for Acute Management of Ischemic Stroke, written by Dr. Edward Wong (former stroke fellow), has been developed.
- Dr. Robert Teasell has been working on the rehabilitation component.
- Dr. Brian Silver has provided material to support a course related to the reading of CT scans for the purpose of giving tPA in acute stroke.
- Technology for viewing and



The clinical training programme aims to strengthen the stroke workforce.

interacting with CT scans is being developed.

The clinical training program working group plans to meet in Phoenix, Arizona, during the American Stroke Association annual general meeting Feb. 13-15. The group will discuss these and further developments.

## Registries meet to compare notes

The CSN is hosting about 20 people at a special meeting on stroke registries, held in conjunction with the American Stroke Association meeting in Phoenix on Feb. 14.

Registry manager **Frank Silver**

and a representative of the U.S. Centers of Disease Control, which administers the American registries, will speak to the group.

Representatives of the stroke registries are discussing their shared challenges and experiences.

## Contact us

The Canadian Stroke Network welcomes your comments, questions and suggestions for future issues of *Brainwaves*.

Email: [cathy@canadianstrokenetwork.ca](mailto:cathy@canadianstrokenetwork.ca)

Phone: 613-562-5696

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## Board chair David Scott wins prestigious award

David Scott was honoured by the County of Carleton Law Association at a dinner on Feb. 6.

He was awarded the Carleton Medal, an honour which recognizes great diligence, high ideals and outstanding leadership in the practice of law.

Congratulations from the CSN!



Scott

## Research proposals under review

Members of the CSN's External Scientific Review Committee (ESRC) received the full research proposals in early February.

Committee members meet with CSN management in Ottawa on February 27 and 28 to evaluate the 40 proposals and make recommendations.

On March 6, CSN management meet with the Planning and Priorities Committee to review the



ESRC decisions.

A full recommendation on the Network's research

portfolio will be made to the Board of Directors on March 19.

The Network will inform investigators and their institutions by the end of March. Final reviews will be available on-line.

## Coming events:

· **External Scientific Review Committee** meeting in Ottawa: Feb. 27 and 28

· **Human Resources Committee** conference call: March 10

**CSN Board of Directors:** March 19 in Ottawa

· **55th Annual Meeting of the American Academy of Neurology.** March 29-April 5, 2003. Honolulu, Hawaii.

· **CSN AGM,** St. Andrews, NB, May 31 weekend

## In the News

ScienceDaily, Feb. 3 – A new study suggests that occasional **anger expression is associated with decreased risk of stroke** and coronary heart disease. Men with moderate levels of anger expression had a significant reduction in the risk of stroke compared to men with low levels of anger expression. The study was conducted by the Harvard School of Public Health.

Globe and Mail, Feb. 5 – The Heart and Stroke Foundation's annual **Report Card on Canadians' Health** found 60 per cent of Canadians are seriously misinformed when it comes to their heart and stroke health. HSFC said that the lack of awareness about risk factors, especially in the case of high blood pressure, is "alarming."

The January taping of a special episode of **Health on the Line**, which was to focus on stroke research, was cancelled due to the sudden death of the host's father. The show, which is to air on Discovery Health and Life networks, is slated to be taped in Fall 2003.

CSN Theme III leader **Sam Weiss** was issued a U.S. patent on December 24 that covers a method of transplantation of multipotent neural stem cells. The patent has implications for stroke research. Do you have a recent patent approval? Please let us know at [csn@uottawa.ca](mailto:csn@uottawa.ca).

## A higher profile for the CSN in 2002

According to a January search by Bowden's Media Monitoring Service, the Canadian Stroke Network was mentioned 67 times in the mainstream media between January 2002 and January 2003. This does not include articles in trade publications or specialty publications.

Thanks to our researchers for helping to raise the profile of the Network during media interviews.

Our newsletter also proved to be quite successful in 2002.

Stories were picked up on 28 separate occasions from the *Canadian Stroke Network* newsletter. These stories ran in newspapers across Canada.