

## Stroke: Prevention, Signs, Symptoms and Treatment

**May is Stroke Awareness Month** and a great time to raise awareness about stroke prevention, signs and symptoms, and treatment options. Strokes can happen to **anyone** at any age; so, knowing the signs and risk factors is crucial for early detection and effective intervention. Watch BIAIA's Allison Andrews and Geoff Lauer in an interview with [Iowa News Now](#) on the topic!

BIAIA partners with the American Heart Association and we are excited about our engagement with Mission: Lifeline Iowa. BIAIA continues to build partnerships with hospitals, rehabilitation programs, and community providers across our state. Through these partnerships, we are working to connect Iowans to our Neuro Resource Facilitation sooner after their stroke, with the goal to reduce secondary stroke by providing education, guidance, and connection to community resources. BIAIA has engaged with the American Heart Association to build additional knowledge around the repercussions of stroke and stroke prevention and interventions.

Did you know that the Brain Injury Alliance of Iowa provides support via our Neuro Resource Facilitation program to you or a loved one after a stroke? Our facilitators are ready to support you as you navigate life post-stroke, contact us [HERE](#). In addition, the Brain Injury Alliance of Iowa launched a Virtual Stroke Support Group in January 2024. This group meets every third Monday of the month from 1:00 pm-2:30 pm via Zoom. Register [HERE](#) or view other BIAIA support group opportunities [HERE](#) and [HERE](#).

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## Google and Harvard unveil most detailed ever map of the human brain

Ten years ago, Dr. Jeff Lichtman — a professor of molecular and cellular biology at Harvard University — received a small [brain](#) sample in his lab. Although tiny, the 1 cubic millimeter of tissue was big enough to [contain](#) 57,000 cells, 230 millimeters of blood vessels and 150 million synapses. Read more [HERE](#).

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## Head Injury - Podcast by Kids Considered

In this episode we talk to pediatric emergency medicine physician, [Dr. Julia Magana](#) about pediatric head injury. Head bonks and falls are common in toddlers. As kids age, sports and other risky behaviors can also put them at risk for head injury. Listen to the podcast [HERE](#).

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## Upcoming Webinars and Events



**Brain Injury Alliance**  
I O W A

### WEBINAR

Register at [www.biaia.org](http://www.biaia.org)  
and go to Events.



SCAN ME



## THE BASICS OF MOTIVATIONAL INTERVIEWING

Olivia Ayers  
*Clinical Director of Elevate*

**NEW SCHEDULE**  
Wednesday, June 12th  
12:00-1:00 PM CST

 [info@biaia.org](mailto:info@biaia.org)  1-855-444-6443



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## SHATTERED MINDS: A CLOSER LOOK AT PTSD AND TRAUMATIC BRAIN INJURY

LYNETTE ANDERSON  
NEURO RESOURCE FACILITATOR, BIAIA

Webinar, Thursday, **June 13, 2024** @ 12:00-1:00 PM CST  
Register at [www.biaia.org](http://www.biaia.org) and click Events.



 [info@biaia.org](mailto:info@biaia.org)  1-855-444-6443





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## We Don't Move On. We Adapt: Mapping the Future After Loss

Haylee Bergeland, MS, C-AAIS  
*Owner/Director, GLADYS, LLC*

**Webinar**  
Tuesday, July 9, 2024  
12:00-1:00 PM CST

Scan QR code to register at  
[www.biaia.org](http://www.biaia.org) and go to Events.



 [info@biaia.org](mailto:info@biaia.org)  1-855-444-6443





WEBINAR

## IT'S A HARD KNOCK LIFE:

Preventing Summertime Childhood Head Injuries

**Dr. Charles Jennissen, MD**

*Pediatric Emergency Medicine Physician and Clinical Professor  
Department of Emergency Medicine and Stead Family Department of Pediatrics  
University of Iowa Roy J. and Lucille A. Carver College of Medicine*

Thursday, July 11, 2024  
12:00-1:00 PM CST



### Educational Topics Survey

What topics related to brain injury would you like to see in upcoming webinars hosted by the Brain Injury Alliance of Iowa? Your feedback is valued and appreciated! Thank you.

[CLICK HERE FOR ANY OF THESE EVENTS HERE](#)

Scan **QR code** to participate in the survey or click [HERE](#).



### Call for Webinar Proposals

The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations can target professionals or survivors and their loved ones. Scan QR code to submit proposal or click [HERE](#).



### NeuroResource Facilitation



Neuro Resource Facilitators are available to serve Iowans; to answer questions and connect those with a brain injury to resources and information. Learn more about this program [HERE](#). BIAIA is one call away.

[BIAIA Satisfaction Survey](#)



Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.