

Neurotrauma Program - Stroke Awareness 2021, Tell Me a Story with Jim Mendoza, HNN

Welcome back.

May is Stroke Awareness Month and Jim Mendoza has the story of a Mililani woman who made a remarkable recovery from a massive stroke.

When Kristine Phansaithong exercises she's in total control of her body.

But nine years ago, it was a very different story.

Everything became numb, everything became black and I couldn't get up.

This is Kristine in the summer of twenty twelve.

The married mother of three suffered a massive stroke.

It was my right Cerebellum, my partial of my frontal, my Occipital and partial brain stem.

She had emergency brain surgery, but the stroke affected her vision, movement and speech.

Her husband and young daughters became her hands and feet.

In terms of feeding me, bathing me, helping me clothe, um walk, um basically everything.

Kristine didn't give in or give up, fitness became the foundation for her long road to recovery.

Now she's a personal trainer, who helps other stroke victims.

I just tell them now and again, it just takes time. A lot of patience.

May is Stroke Awareness Month.

Doctors say to remember the symptoms, face drooping, arm weakness, slurred speech, and the need to call 9-1-1.

About eight to eighty-five percent of strokes are caused by a clot.

And if you get to the Emergency Room within three to four and a half hours, we can give an IV medicine called tPA that will help your outcome.

Kristine still has periodic issues with balance and fatigue. I would say nobody could tell the difference you know, only I can [Laughing].

Her husband is in the Air Force. They're thankful for the military's help during her crisis.

Surviving a stroke has taught her to appreciate every move she makes.

Jim Mendoza, Hawaii News Now. Incredible recovery.

Yeah, such a powerful story.

Uh a true example of perseverance. That really is incredible.