



## • Touching Lives!

Volume 1 Issue 4

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# Sia Yorker Brain Awareness Newsletter

## Hot Off The Press!

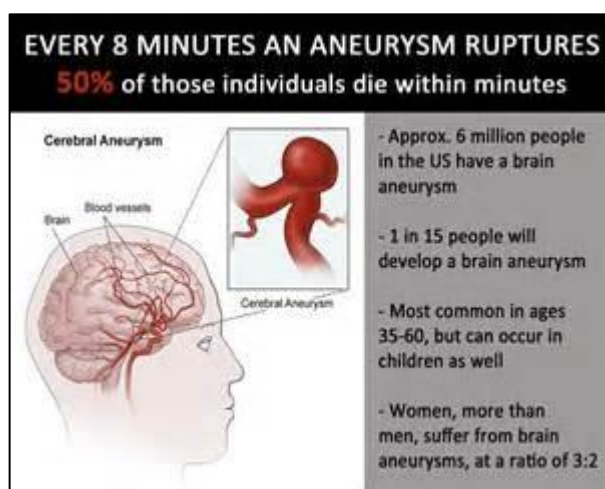
Dear Reader,

In our efforts to keep you informed of the accomplishments of the Foundation and Brain information (**Hot Off The Press**) is our 4th edition of Sia Brain Awareness Foundation Newsletter to be published quarterly.

## *Topic of Discussion... Brain Aneurysm*

### What is a Brain Aneurysm?

Aneurysms are weak areas on the wall of a [blood vessel](#), usually an [artery](#) -- the type of blood vessel that carries oxygen-rich blood to tissues. Over time, these weak areas on the walls of arteries balloon out causing the blood vessel wall to become even weaker as the aneurysm grows. Occasionally aneurysms can rupture and cause a [hemorrhagic stroke](#), the type of stroke that is caused by bleeding inside the brain. Approximately 8% of all strokes are caused by ruptured aneurysms.



## Why do people develop aneurysms?

Little is known about why aneurysms develop in the brains of some people and not in the brains of others. In many cases, aneurysms are inherited through the genes, but [high blood pressure](#) and cigarette smoking appear to predispose people to develop aneurysms, too. About 5% of the population in the United States has at least one aneurysm in the brain, but up to 80% of them will never be affected by bleeding in the brain. In general, aneurysms bleed during situations when blood pressure is high. This can happen even to people who do not suffer from chronic high blood pressure.

## If I have an aneurysm, will I feel any symptoms?

Very often small aneurysms do not cause any symptoms unless they bleed. Sometimes, however, the growing aneurysm might push against blood vessels or other structures around it as it grows and cause headaches, double vision, or pain around the eyes when you look to the sides. If the aneurysm bleeds, people often feel a ["thunderclap headache"](#) they might call the "worst of their lives," as well as neck pain and stiffness. They might also develop [typical stroke symptoms](#). In some 10% of people with a ruptured aneurysm, bleeding inside the brain is so profuse that they die before ever reaching a hospital.

## A message from Viraj Shah, one of the 2015 Medical Science Scholarship Recipients...



Let me start by saying thank you for selecting me to receive the Sia Yorker Medical Science Scholarship. It helped me cover all my book costs for the fall and the coming spring terms and my other expenditures! Hearing Sia's story, and about her relentless work effort, and always positive attitude at the banquet last spring, I really tried to make my college time worthwhile and take up every opportunity that came my way this semester.

After receiving this scholarship I received word that I was accepted into the Honors Program in Medicine (HPM) at the University of Miami which is their combined 7 year BS/MD program which guarantees me admission to Miami's medical school after three years as long as I meet the GPA requirements and MCAT score.

Academically, I had taken 14 credits and was able to secure a 4.0 GPA for the fall semester, keeping me on track for my HPM requirements!

On the side, I have started a club that connects UM students with the local Boys and Girls Club. The Boys and Girls Club has nearly 300 underprivileged kids from grades K-12 that come there every day, and they are desperately in need of tutors in all subjects. So whenever we have time we head over to the club, and tutor the kids in subjects ranging from math and science to English as well. It's a great opportunity for all of us because most students who attend UM have never faced any economic hardships, hence it allows everyone to see the other side of the spectrum and play a positive influence in the children's lives.

I am also on the executive board as the freshmen representative for the Indian Student Association (ISA). I was involved in hosting our annual Diwali (Festival of Lights) Show in the Fall, and organizing the Garba Festival (Folk Dance).

### Pursuing my other non-academic passions:

I am a member of the Club Tennis team. We travel throughout Florida and compete against other schools. I went to the UF and the USF tournaments which was a lot of fun. UM got second place in both falling only to UF (Our archenemies)

I am also a member of the Badminton Club. I really enjoyed learning the sport this year. It allowed me to meet many international students from East Asia where badminton is taken very seriously!

I just want to thank God for allowing me to be in such a great medical program at UM, and for always introducing me to people like Sia and the Yorker's where I am able to be more inspired every day to work harder and be better.

### October 2015 Brain Awareness 5K Walk A Thon

Thank you to all of our sponsors, walkers, donors and vendors during our October 5K Brain Awareness Walk A Thon Fundraising Event!

### 2015 5K Brain Walk A Thon Sponsors

#### Gold Sponsor



#### Silver Sponsor



#### Bronze Sponsors



D.S.A.



D.S.  
Transportation





***Congratulations to the 2015 5K Brain Awareness Walk A Thon Winners!!!***

**1<sup>st</sup> Place- Chris Franz**

**2<sup>nd</sup> Place- Melody Franz**

**3<sup>rd</sup> Place- Melissa Franz**

**4<sup>th</sup> Place- Makala Franz**



**Zumba Warm up with Lourdes**



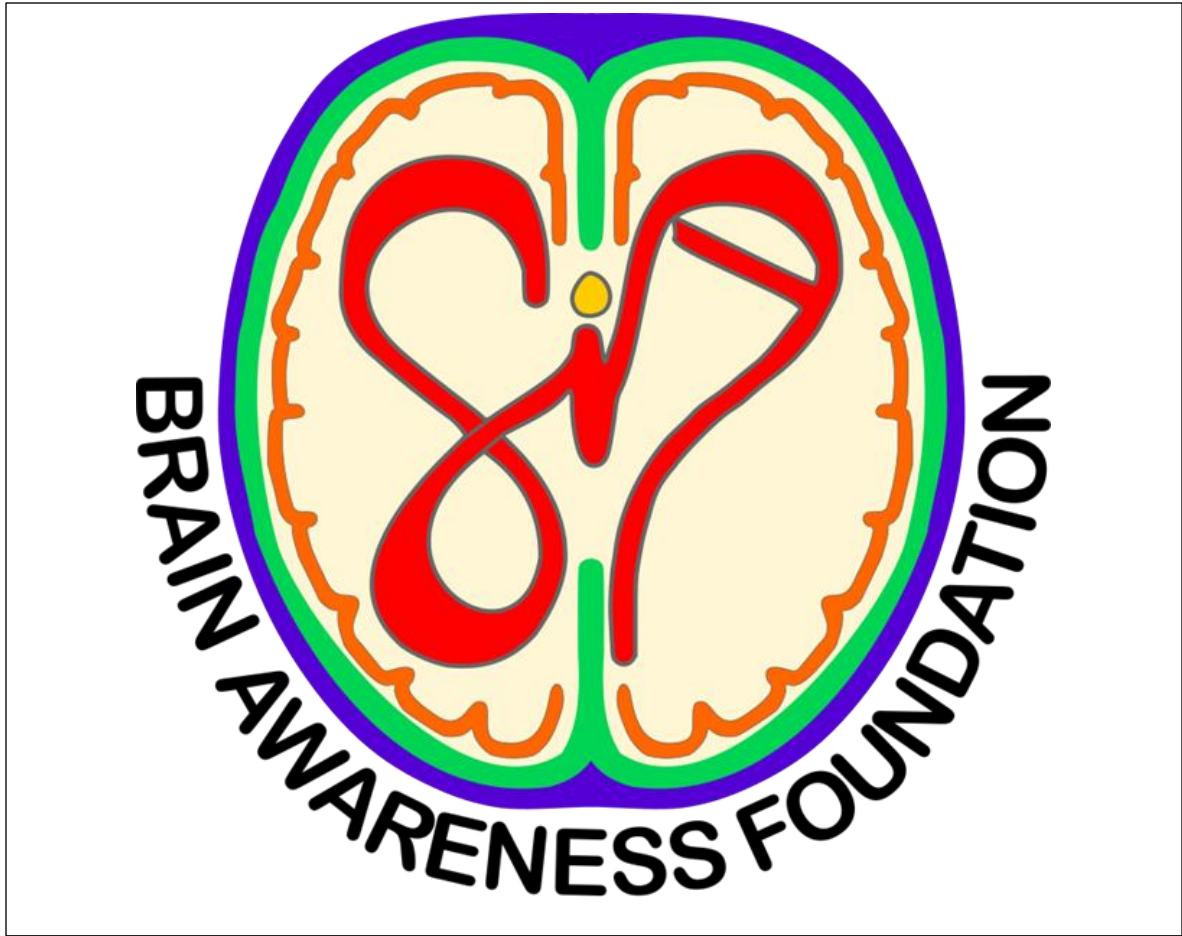
**Knights of Fire Motorcycle Club**



## A Big Thank You To Our Volunteers!







## **Kids City USA after School Program participates in the Think Big Brain Awareness Seminar & Popsicle Social!**



## Upcoming Events:

### Think Big Brain Awareness Seminars:

Jones High School- **January 27th**, Pine Ridge High School - **February 3rd**, Sterling Court Assitant Living - **February 10th**, Deltona Lakes Elementary-**February 22nd**, Sanford Middle School- **February 25th**, Medical Science Scholarship Banquet- **March 5th**.

**4th Annual Sia Yorker Medical Science Scholarship Banquet** - Saturday March 5<sup>th</sup> 12 noon at the Orlando Marriott Lake Mary, FL. 1501 International Parkway, Lake Mary, Florida. We hope to see you there!

We are honored to partner with a network of flourishing **Stroke Brain Research Centers** throughout the United States, which together will help put this country at the forefront of much needed Brain Research.

For information on Medical Science Banquet or Brain Awareness Education Seminars please contact Sia Brain Awareness Foundation at [sybasf@gmail.com](mailto:sybasf@gmail.com) or call 386-789-3324.

**If you would like to support the foundation by making a financial donation please visit:**

[www.siabrainawarenessfoundation.org](http://www.siabrainawarenessfoundation.org)

click give and follow prompts, or mail check or money order to: **SYBASF P.O. Box 391142, Deltona Florida 32739.**

On behalf of Sia Brain Awareness Foundation, we would like to thank all supporters for your continual commitment! Together, we are making a difference!

New Year is not about changing the dates but direction; it's not about changing the calendar but commitment; it's not about changing the actions but attitude. May each and every day of yours be renewed with lots of love and happiness!

**Happy New Year!**

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Sia Brain Awareness Foundation

[www.siabrainawarenessfoundation.org](http://www.siabrainawarenessfoundation.org)

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