

Written by

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Wesley Moses, of Minneapolis, was one of 13 volunteers from around the country honored at the American Heart & Stroke Association's annual Power To End Stroke – Power Awards in Atlanta on June 12.

On May 26, 2007, at the age of 48, Moses woke up with a numb left hand and a limp when he walked. He didn't realize he had a stroke in his sleep.

"As a man and a military retiree, I was in denial that I needed help," Moses said. "I didn't recognize the signs of a stroke even though I had had two transient ischemic attacks (TIA or mini-strokes) in 2000 and had become a volunteer for the American Stroke Association's Power To End Stroke program."

Today Moses regularly does physical therapy and has dropped his weight from 240 to 180 pounds. He volunteers and speaks regularly to groups about stroke risk factors and encourages people to live healthier and know their family health history.

"Wesley is one of our most dedicated volunteers," said Sueling Schardin, state and cultural health director for the Twin Cities American Heart & Stroke Association. "Wesley hosted a Power Sunday event at his church and recruited his youngest daughter, Whitley, to join him and volunteer at such as events as Selby Jazzfest and Juneteenth."

The father of 10 was excited to be honored alongside such national celebrity volunteers as Dr. Bobby Jones, the award-winning gospel singer and host, and Elder Bernice A. King, daughter of the late Dr. Martin Luther King, Jr. at the "Power Awards" ceremony in Atlanta.

"It was exhilarating to be there and get the award and to be interviewed (by Lexi, host of The

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Word network),” Moses said of the experience. “And I was proud for my daughter Whitley to be there and see what I had accomplished.”

Stroke is the number three killer in the United States and the leading cause of serious, long-term disability. African Americans are almost twice as likely to have a stroke as whites. But many of the risk factors, such as high blood pressure, smoking and obesity, are controllable. To raise awareness the American Stroke Association initiated the Power To End Stroke campaign to educate the African American community about the risks and empower them to take action to reverse these risk factors. More info at: [www.PowerToEndStroke.org](http://www.PowerToEndStroke.org)

### **Symptoms of Stroke**

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause
- If you have three or more of these, call 9-1-1 immediately

### **Controllable Risk Factors of Stroke**

- Obesity
- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Physical inactivity