

CHASING THE **NEXT BREAKTHROUGH** IN STROKE



The clot-busting drug Xa-K has the potential to give patients safer, faster and more effective treatment. It could be stroke's next big thing.

Heart and Stroke Foundation researcher Dr. Ed Pryzdial

Imagine losing your ability to speak or walk. Imagine losing your memory. Now, imagine the sheer joy of regaining that ability.

The revolutionary clot buster tPA can diminish or reverse the devastating effects of stroke if given within a few hours of the onset of stroke.

Heart and Stroke Foundation researchers pioneered the use of tPA for stroke care. And it's saved hundreds of thousands of lives.

While a major breakthrough in stroke research, tPA does have some limitations. It may cause bleeding in the brain, some patients' clots are resistant to tPA and it is effective and safe only within 4½ hours after the beginning of the stroke.

Dr. Ed Pryzdial is looking for the next big development in stroke treatment.

He is investigating a promising clot-busting alternative called Xa-K which can break up clots on its own or reduce the amount of tPA needed when they

are used together. Xa-K is anticipated to reduce the harmful bleeding side effects of tPA and overcome the problem of clot resistance to treatment.

For more than a decade, the Heart and Stroke Foundation has supported the research of Dr. Pryzdial, who is looking for safer, better ways to dissolve the clots that cause strokes and heart attacks.

Xa-K has the potential to be stroke's next big leap.

Join us in the quest for healthy lives free of heart disease and stroke.
Donate to the Heart and Stroke Foundation. Together we will make it happen.
heartandstroke.ca



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KRYSTIN'S CLOSE CALL **SENDS HER BACK TO BASICS**



Only 21, Krystin didn't fit the profile of a stroke victim. With her chance of survival only four per cent, her parents were told they should say goodbye.

Krystin van den Born had plans to meet a friend when she suddenly felt strange and disoriented.

She couldn't tie her shoes. Her hands felt numb, her head began to spin and she repeatedly lost her balance. Concerned, her friend drove her to a walk-in clinic.

When they arrived, they discovered there would be a long wait. Figuring she probably just had the flu, Krystin asked her friend to take her home so she could go to bed.

Since stroke runs in Krystin's family, her mother immediately suspected something was wrong and took Krystin to the hospital.

By the time they saw a doctor in the emergency room, Krystin's symptoms had worsened. Half of her body was

numb, she had trouble sitting up, she was dragging her foot and her face was drooping.

Soon after, she lost complete function of her limbs, couldn't speak, and had to communicate with doctors and family by blinking her eyes.

"It was really scary because I could visually see the things that were happening and process them, but I couldn't control any of my movements," Krystin says. "I didn't know what was happening."

She was transferred to a stroke centre where doctors immediately performed surgery to try and save Krystin, but the situation was grave.

Doctors told her parents there was a 96 per cent chance she wouldn't survive and they should say their goodbyes.

The last thing Krystin remembers is lying on the surgical table being administered a drug called tPA. She felt a searing sensation in her brain and passed out.

Krystin was one of the lucky ones who received tPA in time. After the surgery, she spent two months in speech therapy, physical therapy and occupational therapy, relearning the basics — how to swallow, eat, walk, talk, read and write.

Nearly two years after her stroke, Krystin prioritizes a healthy lifestyle. She is finishing school, and considering a career in the medical field.

She's thankful for the therapies that saved her life and hopes further research can help improve the recovery of other stroke survivors.

Thanks to your support, research is creating survivors by enabling faster, better stroke response and treatment.

Help create more survivors. #CreateSurvivors



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