

The Joe Niekro Foundation Knuckle-Up Newsletter

May 2012



"Knuckling Up for Aneurysm Research"

TREATMENT GUIDELINES UPDATED FOR ANEURYSMAL SUBARACHNOID HEMORRHAGE

The American Stroke Association (ASA) announced that updated guidelines for the management of aneurysmal subarachnoid hemorrhage (aSAH) have been published online ahead of print in [Stroke](#). E. Sander Connolly, Jr, MD, served as Chair of the statement writing group, which updated guidelines that were issued in 2009.

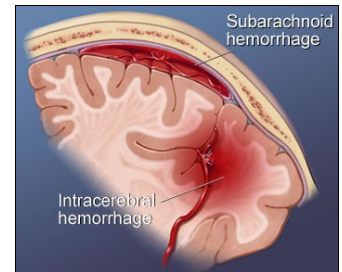
According to the ASA, aSAH is the cause of approximately 5% of all strokes and affects more than 30,000 Americans each year, most of them between 40 and 60 years old. Treatment of aSAH by [clipping](#) or [coiling](#) has been shown to prevent re-bleeding of the aneurysm in most cases.

The guidelines recommended that patients who are diagnosed in the emergency room with aSAH should be considered for immediate transfer to a hospital that treats at least 35 cases a year. Research indicates 30-day death rates were significantly higher in low-volume facilities: 39% in hospitals admitting less than 10 patients compared to 27% in hospitals treating more than 35 patients each year.

Some of the other 21 new recommendations are:

- Between onset of aSAH symptoms and treatment of the [aneurysm](#), blood pressure should be controlled with an agent to balance the risk of stroke and hypertension-related re-bleeding, and to maintain cerebral perfusion pressure.
- Unless there is a compelling contraindication, follow-up imaging after coiling or microsurgical clipping of an aneurysm should be delayed, and strong consideration should be given to retreatment if the remnant is growing.
- Experienced cerebrovascular surgeons and endovascular specialists should determine a multidisciplinary treatment approach based on characteristics of the patient and the aneurysm. Additionally, prevention recommendations continue to focus on controlling hypertension and avoiding cigarette smoking and excessive alcohol consumption. Patients experiencing aSAH symptoms (a sudden, severe "thunderclap" headache with vomiting, confusion, loss of consciousness, and seizures) are urged to immediately get to an emergency room.

"Admission to high-volume centers has been associated with lower disability and death," Dr. Connolly commented in a press release. "While the reasons for this association are not completely clear, patients admitted to high-volume facilities have increased access to experienced cerebrovascular surgeons and endovascular specialists, as well as multidisciplinary neurointensive care services, such as electroencephalography monitoring to rule out nonconvulsive-status seizures."



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Create your very own fundraising page and broadcast it to your personal network. Track your online fundraising success daily. Or [click here](#) to make a donation on The Joe Niekro Foundation's personal page.

3RD ANNUAL KNUCKLE BALL COMES OUT SWINGING!

The [3rd Annual Knuckle Ball](#) took place on April 28th and was a great success. Athletes from all over the country came together to pay tribute to Joe Niekro while raising funds to support brain aneurysm research, treatment and education. Minute Maid Park was the host location for this black-tie gala, with a special charity concert taking place on the eve of the event. First Pitch Friday featured Chuck Wicks, Keith Anderson and Trailer Choir, performing a three hour acoustic showcase at Dan Electro's Guitar Bar. Patrons danced, sang along and enjoyed the hits from these country music superstars. Thanks to everyone that came out to support us



and a special thanks to Chuck, Keith and the boys from Trailer Choir for letting us enjoy your talents!

Saturday, April 28th the jeans and boots were put away and replaced with tuxedos and evening gowns as Knuckle Ball...A Pitch

for Life took over Minute Maid Park. Phil Niekro and Jon Warden entertained the crowd with baseball stories and lots of laughs, yet still found time to share the special stories about Joe Niekro and his tragic passing, bringing most of the crowd to tears. The gala included a sit down dinner, silent and live auction, and patrons even got the chance to catch a



famous Knuckle Ball from the master himself, Mr. Phil Niekro. The year's event also marked a new segment of the program, the presentation of the Joe Niekro Humanitarian Award. J. Kent Friedman was this year's recipient, honoring

his philanthropic commitment to the Houston community. With friends and family on hand to support his recognition, Mr. Friedman delivered a powerful acceptance speech that brought everyone to their feet.

Thank you to our supporters and to all those that participated in the 3rd

Annual Knuckle Ball. With your help, we were able to raise over \$250,000 that will directly benefit our mission. Plans for the 2013 Knuckle Ball event are in the works so stay tuned for the date to be announced!!!

To see the Photo Gallery of First Pitch Friday—[click here](#)

To see the Photo Gallery from Knuckle Ball—[click here](#).



JNF SPEAKS IN HOUSTON

On May 11th, The Joe Niekro Foundation was proud to be a part of the 2012 Neuroscience Scientific Symposium, *Be Player Ready*, in Kingwood, TX. Natalie Niekro, President of The Joe Niekro Foundation attended and opened as the keynote speaker with a discussion titled "*Social Issues with SAH*." Thank you for having TJNF as a part of this important day!



Use the [iGive.com](#) shopping portal for your online purchases and a portion of every purchase is donated to TJNF. Over 900 participating stores. So next time you shop online, do it at [iGive.com](#).

DUKE CEREBROVASCULAR SYMPOSIUM - The Battle at Pinehurst

Secretary, Janie Schaeffer hosted The Joe Niekro Foundation booth at the Duke Cerebrovascular and Skull Base Surgery Symposium at Duke Hospital on May 3-6th. The Battle at Pinehurst is a gloves-off educational program that featured British parliamentary-style debating techniques to present key aspects of diseases involving the cerebrovascular system and skull base. The speakers and moderators were instructed to leave the show-and-tell talks behind. Instead, the speakers brought their debating skills and data to support their argument. The allied health sessions were designed to provide up-to-date didactic education for attendees. Objectives included:

- Discussing the importance of multidisciplinary management of care for patients with cerebrovascular and skull base diseases
- Describing ways to integrate new technologies and advances in surgical and endovascular techniques to optimally manage diseases involving the cerebrovascular and skull base
- Describing patient selection, challenging patients, and match appropriate procedures to patients
- Discussing controversial issues, emerging techniques, and future directions in cerebrovascular and skull base diseases
- Identifying the role of health professionals in the care of patients with cerebrovascular and skull base diseases



Janie with JNF Medical Advisory Board Member and Course Director, Dr. Gavin Britz

Janie was able to reach hundreds of health professionals throughout the weekend, educating them on our mission and getting them involved in our ongoing chapters. Thank you Janie for your hard work!

JNF WELCOMES NEW BOARD MEMBER



Suzanne Antonelli is a graduate of the University of Michigan-Dearborn, with a BA in Economics. She is a portfolio manager with Sigma Investment Counselors, and has over 20 years of experience serving as a wealth planner. Suzanne focuses on thoughtful portfolio development, fixed income research, asset allocation, tax and retirement planning. She joined Sigma Investment Counselors in July of 2011 and participates on the firm's Investment

Committee. In 1986 she began her career with the Vanguard Group of Mutual Fund Companies in Investor Relations. She later joined Investment Counsel, Inc. a Grosse Pointe based wealth management firm specializing in multi-million dollar account management, business plan development, and portfolio supervision. Suzanne is a member of the Financial Planning Association of North America, the CFA Institute, the CFA Society of Detroit, and the Detroit Economic Club. Welcome Suzanne...we are excited to have you as part of our team!



**Have you gotten YOUR
Wanna Get Lucky?
Shirt yet??? Get
Lucky...and Get
Scanned TODAY!!!**

Join us the first Sunday of every month for our Monthly Twitter Chat! Use hashtag #Niekro or log onto [Niekro Tweet Chat Room](#).
Next chat - June 3rd!

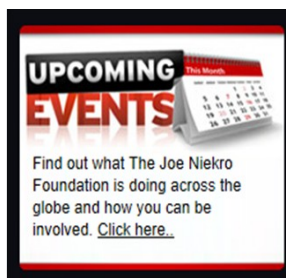
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JNF BOARD ELECTIONS

Board Member, Gary Simms will be taking on a new role with the foundation. Gary has been nominated the Acting Vice President effective May 10th. Gary will take on all duties of the Vice President until a formal board decision will be made in July. Other changes in the foundation board comes with Dave Bergman's election as Chairman of the Board. Dave formerly served as the foundation Treasurer, which has now been taken over by board member, Larry Simon. We are excited with these new announcements and look forward to an exciting year with these individuals in their new positions. Congratulations to you all and thank you for your continued dedication to The Joe Niekro Foundation.



Time to clean out the closets!!! Donate your giveaways to [The Joe Niekro Foundation Ebay Store](#). Your donations will help raise funds that will directly support our cause. Contact bnivala123@yahoo.com.



The Joe Niekro Foundation [Support Groups](#) are here to help - visit our [chapter locations](#) and find out the support group locations closest to you!

THE JOE NIEKRO FANTASY CAMP...NOW TAKING APPLICATIONS!

Camp Commissioner

Dave Bergman

Camp Commentator

Jon Warden

HOF Team Managers/ Coaches

George Brett/TBD

Gaylord Perry/
Bert Campaneris

Ozzie Smith/
Vince Coleman

Phil Niekro/
Lance Niekro

Honorary 2012 Team Captains

Danny Beer

Steve Kinworthy

Kevin Keating

Doc O'Donnell

Grab your glove and dust off those cleats...the 2nd Annual Joe Niekro Foundation Fantasy Camp is hitting the streets of Las Vegas, September 23-28th, 2012. You don't want to miss this opportunity to learn the subtle nuances of the game from Hall of Fame greats George Brett, Ozzie Smith, Phil Niekro and Gaylord Perry, partnered with MLB All-Stars Vince Coleman, Bert Campaneris, Lance Niekro and more to be named soon.

We're looking for a select group to be a part of this experience, featuring three days of baseball, including tryouts and team selection, plus an 18 hole golf scramble. Cashman Field, home of the AAA Toronto Blue Jays, is where our campers will find their very own personalized locker, complete with customized home and away uniforms, bats, balls, a full time clubhouse assistant and trainer, plus all the extras needed to play like the pros do.

The current planned lodging destination is The Golden Nugget Hotel and Casino. This downtown location blends vintage Las Vegas with high tech wonderment, live entertainment and more to create an attraction that rivals the famed Vegas Strip, providing free live entertainment, an intimate party atmosphere with a laid back feel and a group of great casinos in close proximity to one another. Here, campers will enjoy a lavish welcome reception, daily group breakfast, lunch and dinner, discounted spa services, full use of the fitness center, convenient access to the Vegas strip, plus all the shows and even family activities for the kids.

Don't miss this incredible opportunity, get signed up today!

[Click here](#) to see pictures from the 2011 Camp

[Download](#) the Registration Form



PLAYING FOR A CAUSE



The 2011 Fantasy Campers on Day One at Cashman Field

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The Joe Niekro Foundation was established in 2007 in honor of the founder's father, Joe Niekro, who lost his life from a sudden ruptured brain aneurysm on October 27, 2006. The astonishing lack of public awareness and under-support of research of such a widespread and often fatal condition led to the launch of a crusade to educate and encourage awareness about aneurysms. The Joe Niekro Foundation is committed to aiding in the research and treatment of aneurysm patients and families. Our goal is to raise awareness about aneurysm factors, causes, treatments and research. All funds are used to educate the public about brain aneurysms, to support patients and families, and to develop awareness programs and educational materials for hospitals, treatment centers and neurological institutions worldwide and conduct research that will translate directly to improved patient outcomes.

Corporate Office

The Joe Niekro Foundation
PO Box 2876

Scottsdale, AZ 85252-2876

Phone - 602-318-1013

info@joeniekrofoundation.org

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