

Hi, Friends

I'm going to tell you my story with this disease, which to me was a total stranger.

On May 14, 2018, I woke up with a severe headache. It was so intense that I knew something wasn't right. I asked my wife to call the Emergency Center. They told her that I probably had migraines and that it would be best for me to go to the health center. That day I couldn't get out of bed, everything was spinning, as if I was on a wheel at 200 km/h. I couldn't open my eyes and I threw up a lot.

That night I called the private clinic to have a doctor sent home. The doctor came in, checked me out and said she didn't know what I might have. She thought it should be related to the cervical one and if it continued, I'd go to the hospital. I never lost my coordination or my speech, which are among the best-known symptoms of stroke.

The next morning, I kept feeling sick, so I went to the hospital. The doctor re-tested me routinely and told me to take painkillers. I did, but it wasn't getting any better. I waited another day and on the fourth day of the first symptom, I went to the private hospital. The doctor told me what was wrong with me was weird, so he decided to make me a CT scan. Within minutes, the doctor and my current neurologist, Dr. Escribano, told me the test result. I had a major stroke in my cerebellum. I was lucky, a lot of people die from minor heart attacks.

I was unable to move from my bed for 15 days and with other exams. I spent two months in that situation until they found the source of the heart attack. The problem was a blockage in the PICA artery, two millimeters from motor functions, such as breathing. I WAS VERY LUCKY. I had surgery and everything went great. Now I have a normal life with dietary restrictions, playing sports and managing stress.

Therefore, in Rhy we have joined to give visibility to this disease. It is very important to be informed and, at the slightest symptom, go to the doctor and insist. Acting fast can save your life or the life of a family member.

Our cause is to inform, to make known how to act against the symptoms and to diminish the risks of suffering a stroke. For that reason, we have gathered on our website information that I think is of great value and could help save someone's life.

A hug,

Frank Machado