Take charge of your health today. Be informed. Be involved.

This month, the "Take Charge of Your Health Today" page focuses on stroke research. Beis Schindler, community engagement coordinator with the University of Pittsburgh's Clinical and Translational Science Institute, and Esther L. Shutter, MD, professor of medicine, offer the following commentary.

Roser Caldwell

Never let a stroke occur. You can regulate with medicine, a proper diet, monitoring your blood pressure and a healthy lifestyle.

"Health care is a personal responsibility. The lies on the face of this is not a prima- ry care approach. Everyone needs to be interested in improving their health," Caldwell says. "People should be more willing to take a chance on themselves. I hope that health issues will resolve themselves. We should take the opportunity to take the necessary steps to correct my health problems. This is such a major crisis confronting this country today," written about my book, "The Healing Journey: a Stroke Survivor." It is obvious with the recent news of the passing of actor Luke Perry (52), and director, John Singleton (51), who recently had a heart attack, that something is drastically wrong. Both of these men were not taking the necessary steps to correct their health issues.

"Both of these men were preventable, I would have expected these things to happen," Caldwell says. "That's important to mention because the passing of actor Luke Perry (52), and director, John Singleton (51), who recently had a heart attack, that something is drastically wrong. Both of these men were not taking the necessary steps to correct their health issues.

Lori Shutter, MD

The Stroke Hyperglycemia Insulin Network (SHINE) study, funded by the National Institute of Neurological Disorders and Stroke, looked at how closely doctors control blood sugar levels in people who have had strokes. The Stroke Hyperglycemia Insulin Network (SHINE) study, funded by the National Institute of Neurological Disorders and Stroke, looked at how closely doctors control blood sugar levels in people who have had strokes. The Stroke Hyperglycemia Insulin Network (SHINE) study, funded by the National Institute of Neurological Disorders and Stroke, looked at how closely doctors control blood sugar levels in people who have had strokes. The Stroke Hyperglycemia Insulin Network (SHINE) study, funded by the National Institute of Neurological Disorders and Stroke, looked at how closely doctors control blood sugar levels in people who have had strokes. The Stroke Hyperglycemia Insulin Network (SHINE) study, funded by the National Institute of Neurological Disorders and Stroke, looked at how closely doctors control blood sugar levels in people who have had strokes. The Stroke Hyperglycemia Insulin Network (SHINE) study, funded by the National Institute of Neurological Disorders and Stroke, looked at how closely doctors control blood sugar levels in people who have had strokes.

Now that researchers have answered the question of how aggressively to control blood sugar levels in people who have had strokes, Dr. Shutter emphasizes the importance of always keeping blood sugar levels below 180 to prevent strokes, especially in people with diabetes.

Esther Shutter, MD

African Americans are often forced to advocate for their health needs. Taking charge of their health also means monitoring and managing their blood sugar levels to be on top of changes.

The Western Pennsylvania Patient Recruitment and Retention Center is conducted by Julie Rez, PhD

The Western Pennsylvania Patient Recruitment and Retention Center is conducted by Julie Rez, PhD. The center is one of the largest and most active of stroke survivors who are interested in participating in research. Brain researchers in Pittsburgh use SHINE to recruit participants for a wide range of studies. For example, one research group studies the brain regions that support reading and language. They are recruiting individuals with damage to the cerebellum, which is a part of the brain associated with motor control and language. Another research group is studying treatments that can help individuals recover from aphasia, a language disorder, following a stroke. This project requires multiple sessions involving MRI scans or PET scans to help facilitate brain imaging data to better understand the effects of stroke.

A third research group is studying visual object recognition. The group is testing the ability of people with stroke to recognize objects and the individual's brain's parietal lobes may understand what they are trying to understand how to reach for and grasp objects. The group's primary aim is expected for individuals with damage to the cerebellum. The results from this study will help scientists understand the organization of the brain's visual system. None of the research could happen without the generous involvement of stroke survivors. WPPR is continuously enrolling new participants.

For more information, visit the Western Pennsylvania Patient Recruitment and Retention Center at the University of Pittsburgh.