

Metropolis Philoptochos Offers Stroke Seminar



The Women's Wellness and Awareness Ministry of the Greek Orthodox Metropolis of San Francisco Philoptochos recently held a one-day Zoom seminar focusing on "Stroke in Women: Across the Lifespan."

Presenter Dr. Christina Mijalski Sells, MD MPH, was the featured presenter, bringing with her an extensive background through her affiliation in the Department of Neurology at Stanford University Medical Center as Clinical Assistant Professor, Neurology and Neurological Sciences and Telestroke Program Medical Director.

Dr. Mijalski Sells explained that a stroke is a severe life-threatening medical emergency that can happen at any time across the lifespan of a woman, starting at infancy and continuing into old age. Awareness of the symptoms is critical in getting the proper care quickly. She also explained the different types of strokes including Ischemic, Hemorrhagic and Transient Ischemic Attacks, their signs and symptoms, and the impact of COVID-19 on strokes.

Hosted by Holy Cross Greek Orthodox Church in Belmont, CA and the Metropolis Philoptochos Women's Wellness and Awareness Ministry, this event attracted over 125 women who gained tremendous insight through the presentations and practical and life-saving information that was shared. Also participating was Metropolis of San Francisco Philoptochos President Jeannie Ranglas, who offered gratitude to all those in attendance.

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In his remarks to the group, His Eminence Metropolitan Gerasimos stated, "We have all learned that illness knows no boundaries – women or men, young or old – no one is immune. This is our wakeup call, to become educated through wonderful seminars like this one today, so we can learn how to better care for ourselves, how to detect the warning signs, and how to encourage our loved ones to do the same." At the conclusion of the afternoon, His Eminence shared, "We know that we are all made in the image and likeness of God, therefore we must care for ourselves as if we are caring for Him. We must keep our minds and bodies strong so that we can

serve the Lord through our words and deeds and sharing His teachings.”

The next presentation sponsored by the Metropolis of San Francisco Philoptochos Women’s Wellness and Awareness Ministry will be in late February and will feature a presentation on Pediatric Neurologic Oncology to support the Kids ‘n’ Cancer ministry.

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