


Strokes Aren't Just for Seniors

by Liz Huskey







My name is Liz Huskey and I had two strokes in my childhood. One at age seven that was mild and the second at age eight that was severe.

Strokes usually happen to adults and are caused by high blood pressure or clogged arteries. Pediatric strokes are rare and are usually caused by some sort of condition. My condition is moyamoya.

Moyamoya is a Japanese word that literally means puff of smoke. The arteries entangle and look like a puff of smoke on imaging. While my arteries didn't show the typical puff of smoke, I had a revascularization surgery on my brain to give me better blood flow.





In the months following the stroke, I had a lot of therapy that I don't really remember. I had to relearn walking, talking and reading. While I still have some deficits, such as expressive aphasia and I do not use my right hand, I am very capable. I earned an Associate and even have a part time job! Go me!

A large part of my healing journey has been attending the Thrive Upstate Head And Spinal Cord Injury (HASCI) Services and the support of my job coach, Holly.

Something that I want people to know is that it does get better.

