



#StrokeHasNoAgeLimit

AVM ALLIANCE is an online group based in the south central Texas area dedicated to filling the needs of the Pediatric AVM / Aneurysm / Stroke community through helping parents & families who have been affected by brain vessel disease, traumatic brain injury, and stroke.

Our Goal: *Create a community of support and advice*

Our Mission: *To educate the public about pediatric stroke, show children who have this condition that they are not alone, provide valuable support and information to help families on this journey, and to raise awareness through community events*

WHAT WE OFFER:

- **One on One Parent Support Network** (avmalliancegroup@gmail.com)
Connecting parents to other parents who are dealing with the same type of diagnosis
- **AVM Alliance: A Pediatric Stroke FB Group** (www.facebook.com/groups/avmalliance)
Private parent community where you can be open, ask questions, and share feelings
- **AVM Alliance: A Pediatric Stroke Facebook Page** (www.facebook.com/AVMAlliance)
Community awareness page featuring stories of others, events, and resources
- **AVM Alliance Podcast** (www.avmalliancepodcast.com)
Weekly podcast covering a variety of topics from parents to doctors; services to advice

COMMUNITY CONNECTIONS:

- International Alliance for Pediatric Stroke (IAPS) (<https://iapediaticstroke.org>): a peer network to share their experiences and resources or to simply let you know you are not alone; matching people as closely as they can based on diagnosis, geographic location, age of child, etc.
- The Write to Unite (<https://taafonline.org/find-support/write2unite>): A division of TAAF for Kids providing a modern day pen pal program connecting AVM warriors and their siblings to a trained Youth Ambassador.
- Aphasia Recovery Connection (<https://aphasiarecoveryconnection.org>): An online, supportive, and interactive environment where kids with Aphasia can connect with each other

ZOOM SUPPORT GROUP CONNECTIONS: AVM Alliance partners with several Zoom Support Groups available for siblings, parents, one just for dads, and a group for both kids and parents to attend together.

SYMBOLS EXPLAINED:

- Awareness Ribbon for pediatric stroke is purple and blue
- Awareness Ribbon for AVM is maroon
- Awareness Ribbon for Aneurysm is red
- The green Butterfly is the symbol of a brain bleed survivor.
- AVM Alliance has three mascots to help spread awareness that stroke has no age limit. Artie V. is our pediatric AVM Awareness pig featuring the butterfly wings for a brain bleed survivor. Annie is our magical pediatric Aneurysm Awareness fox and Dash is our pediatric stroke awareness rabbit with "be fast" dragonfly wings.

DEFINITIONS:

- **What is an AVM:**
An arteriovenous malformation (AVM) is when a tangle of arteries (where blood flows quickly) connect directly to veins (which were designed to hold blood that flows much more slowly) with no capillaries (the smallest type of blood vessel) in between. Arteries which contain high flow blood, should never connect to veins, which contain low flow blood, because that puts too much pressure on the walls of the veins. Without the capillaries, which normally reduce blood flow pressure, high-pressured blood from the arteries causes the veins in the AVM to weaken over time, which can lead to the vessels breaking, resulting in a brain bleed.
- **What is an Aneurysm:**
An aneurysm is a blood-filled sac along a blood vessel grow or rupture over time. Aneurysm rupture leads to bleeding inside or around the brain, also known as a hemorrhagic stroke, causing damage to the brain tissue.
- **What is a Hemorrhage, also known as a Rupture:**
A Hemorrhage is when blood leaves a blood vessel, because the blood vessel has suddenly broken open.
- **What is a Stroke:** There are two types of strokes:
 - **Hemorrhagic:** Hemorrhagic strokes make up about 50% of stroke cases. They're caused by a weakened vessel that ruptures and bleeds into the surrounding brain. The blood accumulates and compresses the surrounding brain tissue.
 - **Ischemic:** An ischemic stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients.



**For more information or
to connect to a support system:**

www.avmalliance.org // info@avmalliance.org
Executive Director, Raylene Lewis: 979-218-2235

We are not medical professionals and can not review any diagnostic tests or provide medical advice. We do not provide financial support.