

Thank you for visiting the American Heart Association/American Stroke Association's Submit Your Story site. We encourage you to submit comments, stories, photos and videos on this site.

Nominate a Stroke Hero

Stroke hero stories must be sent in written format with an accompanying photo of your stroke hero. The stories and photos shared on American Stroke Association's Facebook page (Facebook.com/AmericanStroke) are not endorsements. To keep with our family-friendly culture, we will review submissions and we will not post any that are offensive or inappropriate. We will add your submissions to American Stroke Association's Facebook page if deemed appropriate.

The American Heart Association/American Stroke Association's Facebook page is not intended to provide medical advice or treatment. Only your healthcare provider can provide that. The American Heart Association/American Stroke Association recommends that you consult your healthcare provider regarding your personal health matters. If you think you are having a heart attack, stroke or another emergency, please call 911 immediately.

Share Your Tips for Daily Living

Videos must be a maximum of 5 minutes in length (2-3 minutes preferred), can be in the format you choose, must feature appropriate tips for daily living (e.g. tying your shoes, cooking, cleaning, etc.), and can be uploaded to this site or you can provide a link to the video. Do not include links, trademarks or endorsements of other companies and/or organizations, unless you are a sole proprietor of the company or organization. All comments and photos should provide relevant images and/or instructions for post-stroke tips. Comments would ideally provide step-by-step instructions for how to navigate post-stroke challenges.

American Heart Association/American Stroke Association's Tips for Daily Living Library is intended to provide a forum for stroke survivors, caregivers, and post-stroke rehabilitation specialists to share their tips for navigating the challenges stroke survivors experience on a daily basis. The content provided by those other than the American Heart Association/American Stroke Association does not represent the opinions or positions of the American Heart Association/American Stroke Association.

The videos, photos, and written explanations shared in this library are not endorsements. To keep with our family-friendly culture, we will review submissions and we will not post any that are offensive or inappropriate. We will add your submissions to this site, YouTube channel and American Stroke Association's Facebook page as they relate to subjects on this page.

The American Heart Association/American Stroke Association's Tips for Daily Living Volunteer-Powered Library is not intended to provide medical advice or treatment. Only your healthcare provider can provide that. The American Heart Association/American Stroke Association recommends that

you consult your healthcare provider regarding your personal health matters. If you think you are having a heart attack, stroke or another emergency, please call 911 immediately.

Submit Your Story

Stories should highlight how you or someone you know is preventing, treating or beating stroke. Stories will be kept in a national database and we may use your story in our social media, on our website, in national media opportunities, in national or local speaking engagements or other potential opportunities as they may arise.

➤ ***Stroke Connection Magazine***

Due to space and theme considerations, stories that are submitted to *Stroke Connection* magazine will be edited. That said, take as many words as you need to tell your story, and we will edit it to fit the space we have for it. Before we go to print, we will send you a copy of your story (as modified) for your review before it is printed. At that time, you may approve or disapprove (but not re-edit) the story. Of course, you may change inaccuracies. The stories we use from readers are either inspirational or educational. In the inspiration category, survivors communicate how they have overcome a deficit or shifted their attitude from stroke victim to stroke survivor. Caregivers often share stories of how they found the strength to move forward. In the educational category, we concentrate on practical tips and solutions. We also focus on attitude and the fact that emotional recovery continues even when physical recovery plateaus. We almost never publish stories about the acute event. The best way to understand our thinking is to look at a recent issue.

If we select your story, we will want photographs. Please send several photographs so our designer may choose the one most appropriate to the layout. If your story involves an activity, we will want a picture of that. Pictures must be clear and undamaged. We need to receive your photographs as soon as possible after we request them. Remember, our magazine goes to over 100,000 people, so you will want to look your best. If possible, have a friend who is good with a camera come and take pictures of you rather than try to find a snapshot of yourself from the past. If you are using a digital camera, set it on the highest resolution setting.

Deadlines are important to *Stroke Connection* magazine. At the time we send you your story for approval, we will be on deadline. At that point in our process, the story has been sized and shaped for a particular spot and focus. You will only have time to read the story, call, e-mail or fax us with your changes — facts only — and approve or disapprove the story. We cannot accommodate re-writes at that stage. We will also send you a copyright transfer form that you will need to sign. This form gives us permission to print your piece. It does not give us ownership in it, only the right to print it in the magazine and reprint it in other American Heart/American *Stroke Association* publications or on our website. You may still submit your story to other publications so long as it is not the exact rendition published in *Stroke Connection*. Without a signed copyright transfer form, we cannot publish your story.

Stroke Connection cannot review book manuscripts for potential articles to publish. If you would like us to consider publishing something from your manuscript, please submit an excerpt of 1,000 words or less for our staff to review and evaluate.

[Learn more](#) about the *Stroke Connection* submission process.

American Heart Association/American Stroke Association Terms of Use

All users must comply with the Website's Terms of Use and the American Heart Association/American Stroke Association's Participation Guidelines. Content will not be included in our assets if it falls into the following categories:

- Abusive, harassing, stalking, threatening or attacking others
- Defamatory, offensive, obscene, vulgar or depicting violence
- Hateful in language targeting race/ethnicity, religion, gender, nationality or political beliefs
- Fraudulent, deceptive, misleading or unlawful
- Trolling or deliberate disruption of discussion
- Violations of any intellectual property rights
- Spamming in nature
- Uploading files that contain viruses or programs that could damage the operation of other people's computers
- Commercial solicitation or solicitation of donations