



NANCY & VIC ALLEN
STROKE
PREVENTION
MEMORIAL FUND





“

You find yourself in a world where you go along hoping it's really a dream.

– Vic

”

Our health is in our hands!

In 1987, a month after being discharged from hospital following treatment for high blood pressure, Nancy Allen suffered her first stroke. Five years and four strokes later, Nancy was left severely disabled.

Nancy's husband Vic was devastated. The wonderful life he and Nancy had shared would never be the same.

Vic embarked upon a mission to care for Nancy and learn everything he could about stroke and stroke prevention. Nancy passed away peacefully in 1996.

When Vic passed away in 2009, he left behind a heartfelt legacy: 'The Nancy & Vic Allen Stroke Prevention Fund'.

For a decade, the fund encouraged and supported projects furthering both primary and secondary stroke prevention in Australia.

Today, Stroke Foundation is honoured to continue the legacy of the late Vic Allen through the Nancy & Vic Allen Stroke Prevention Memorial Fund.

Vic hoped to make a major and meaningful contribution in the fight against stroke. He envisioned a future where the tragedy of stroke would be greatly reduced.

Join us today in the fight against stroke by adding your support to the Nancy & Vic Allen Stroke Prevention Memorial Fund.



About Vic Allen

Vic Allen was a man of great integrity, honesty, intelligence, loyalty and courage.

Born in 1919, Vic was raised in a small rural town just outside Adelaide, South Australia. At age 22, Vic joined the Royal Australian Air Force (RAAF) where he trained in Canada to fly Sterling and Lancaster Bombers. He saw active service as a bomber pilot over Europe during the Second World War, flying more than fifteen night missions across enemy territory.

Two years later, Vic married his beloved wife Nancy Coles. He continued to serve in the RAAF until 1946.

Following his war service, he returned home to Australia.

Vic's charitable giving started in 1965 when he joined Legacy to help war widows and families. As his desire to help others grew, so did his support of many charitable organisations.

A beautiful life changed forever

Vic had a great love of language and a life-long love of music and theatre which he shared with Nancy. Together they enjoyed many overseas holidays, travelling to England, West Germany, Switzerland and the Far East.

Nancy's stroke changed their lives forever.

Retiring to the Gold Coast in 1989, Vic cared for Nancy until she passed away peacefully in 1996.

They were married 53 years.

Vic wanted to give when and where he believed his donation would make a difference.

Nancy's story

The wonderful life that Nancy and Vic shared together would never be the same.

Nancy's first warning sign occurred in 1987 while travelling to Adelaide with Vic. Nancy became unwell and was admitted to hospital. Diagnosed with critically high blood pressure, Nancy was discharged from hospital having experienced what we now know as Transient Ischaemic Attack (TIA).

A TIA happens when the blood supply to the brain is blocked temporarily. The signs are the same as for a stroke, but they disappear within a short time. A person's stroke risk is highest within the first 48 hours after a TIA.¹

"I remember looking at the blood pressure machine, wondering, and the nurse telling me not to worry. Looking at it only upsets people. The subject of a TIA was not mentioned." – Vic

Nancy went on to experience a stroke only one month later, and another three strokes between 1987 and 1992.

“

It was as if Nancy and I had moved into a strange, new and unpleasant world.”

– Vic

Vic was absolutely devastated. At the time, he had no knowledge of TIAs or the warning signs of stroke.

Following her first stroke, Nancy lost almost all her physical abilities.

Nancy's mobility was severely restricted. She had lost nearly all her speech, swallowing abilities and vision – a terrible blow for an avid reader.

Nancy required daily assistance for nearly all her physical and emotional needs.

Vic regretted that at the time, not enough people knew enough about stroke or how to prevent it.

Vic's experience drove him to advocate passionately for stroke prevention.

¹ Mayo Clinic. Patient Care and Health Info. Mini-stroke versus regular stroke: What's the difference? Available at: <https://www.mayoclinic.org/diseases-conditions/transient-ischemic-attack/expert-answers/mini-stroke/faq-20058390>

² NICM Health Research Institute, Understanding Complementary and Integrative Medicine, www.nicm.edu.au

³ O'Donnell, et al., Global and regional effects of potentially modifiable risk factors associated with acute stroke in 32 countries (INTERSTROKE): a case-control study Lancet 2016; 388: 761-75. Published Online July 15, 2016

⁴ Ibid.

Vic's vision

Vic was determined to find out all he could about stroke and stroke prevention, so others would not experience the devastation of stroke.

Vic's vision was to support and encourage stroke prevention research that combined best practice medical care, drug research and evidence-based Integrative Care.

Integrative Care is informed by evidence and brings both conventional and complementary healthcare approaches together in a coordinated way. It reaffirms the importance of the relationship between practitioner and patient, with a focus on the whole person. Integrative Care makes use of therapeutic and lifestyle approaches across a range of healthcare disciplines, with the aim of achieving optimal health and healing.²

Being passionate about achieving the best possible care for Nancy and his own future health and wellbeing, Vic became interested in the role that Integrative Care and preventative health therapies could play in the fight against stroke. These therapies sit alongside conventional medicine and the latest research and scientific developments.

Vic came to understand many strokes could be prevented by taking control of our own health and wellbeing.

We now know that up to 80 percent of strokes are preventable.³ Research shows the number of strokes would be cut in half if high blood pressure alone was eliminated.⁴



“

We need to know a whole lot more about blood pressure and how to achieve control naturally, as that is where it all begins.”

– Vic



Vic's legacy lives on Introducing the *Nancy & Vic Allen Stroke Prevention Memorial Fund*

In honour of his beloved wife Nancy, Vic made a provision in his Will for the establishment of the *Nancy & Vic Allen Stroke Prevention Fund* – an enduring legacy devoted to continuing Vic's vision for stroke prevention in Australia.

For ten years, Vic's Fund identified and supported individuals and organisations undertaking worthwhile projects related to stroke prevention, combining both conventional medicine and Integrative Care. Grant recipients have included The Florey Institute of Neuroscience and Mental Health; University of Technology Sydney; Health Sciences – University of South Australia; Hunter Medical Research Institute; and Stroke Foundation.

Vic's continuing legacy is the recognition and acceptance of evidence-based Integrative Care as a positive step in the fight against stroke.

Stroke is one Australia's biggest killers and a leading cause of disability.

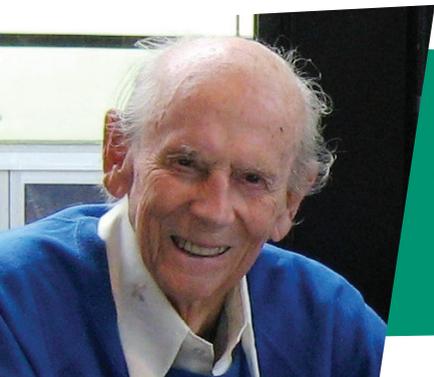
It doesn't have to be this way! Stroke is largely preventable, it can be treated, and we believe it can be beaten. Public awareness, stroke prevention research and best practice treatment hold the key.

Stroke Foundation is honoured to continue Vic's vision and legacy to minimise the risk of stroke for all Australians.

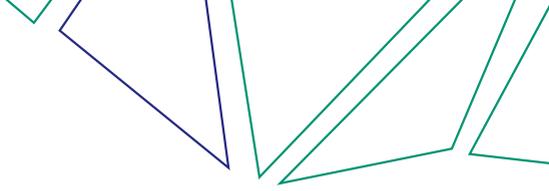
No one should experience what Nancy and Vic Allen went through.

Your contribution to the *Nancy & Vic Allen Stroke Prevention Memorial Fund* will further primary and secondary stroke prevention in Australia through vital stroke research, public education and awareness.

Join us and continue Vic's legacy in memory of his beloved Nancy.



Vic's vision:
To encourage research
into stroke prevention.



How will the Fund be managed?

The *Nancy & Vic Allen Stroke Prevention Memorial Fund* is administered as part of Stroke Foundation's Endowment Fund, established in 2018 to support research and advancements to prevent, treat and beat stroke.

The memorial fund was established by Ava-May Morgan, friend of Vic and former Trustee of the *Nancy & Vic Allen Stroke Prevention Fund*.

"If Vic were alive today, he would be thrilled to learn about the world-class research and medical breakthroughs available for stroke to reduce the disabling consequences and improve outcomes."

– Ava-May Morgan

Stroke Foundation is the only charity focused exclusively on preventing, treating and beating stroke in Australia.

Stroke Foundation has supported thousands of stroke survivors and their families since 1983.

We champion research, advocate for access to innovative treatments, increase public awareness and assist and educate health professionals.

Stroke Foundation is honoured to continue Vic's vision to support stroke clinicians, researchers and health professionals to achieve the next breakthrough in stroke prevention.

Your generous support will help continue Vic's vision to prevent stroke and save lives.

Support the *Nancy & Vic Allen Stroke Prevention Memorial Fund* today.

Stroke Foundation's vision:
A world free from disability
and suffering caused by stroke.





How to donate towards the Fund

Your investment will help secure a future where Australians like Nancy and Vic Allen will not have their lives changed in an instant by stroke.

You can share in Vic's vision by:

- › Completing and returning the attached donation form
- › Donating online at strokefoundation.org.au/NancyVicAllenFund
- › Contacting the Philanthropy Team on 1300 194 196 to discuss your donation or to make a direct deposit into the Fund.



My gift to the Nancy & Vic Allen Stroke Prevention Memorial Fund

My details

First name	Surname
Address	
State	Postcode
Phone no	
Email address	

My gift

Yes, I would like to contribute towards saving more lives and end the suffering caused by stroke with my gift of \$ _____

Payment enclosed (cheque or money order) made payable to the 'Stroke Foundation'.

Please contact me to discuss my donation or to arrange a direct deposit into the Fund.

Please charge my credit card.

MasterCard Visa Amex Diners

Card No.

Expiry / Name on card _____

Signature _____

Donations of \$2 or more to the Stroke Foundation are tax deductible. Please reference the **Nancy & Vic Allen Stroke Prevention Memorial Fund** when making your donation.

Stroke Foundation ABN 42 006 173 379
Level 7, 461 Bourke Street, Melbourne VIC 3000
www.strokefoundation.org.au/NancyVicAllenFund

5 TIPS TO A HEALTHY LIFE

- > **Eat well**
A bad diet can lead to high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. Healthy eating is important to lower your risk of stroke.
- > **Make time for a health check**
See your doctor for a regular check-up to find out if you have risk factors for stroke. This is even more important if you are over 45.
- > **Stay active**
Being inactive, being overweight or having too much body fat can lead to high blood pressure and high cholesterol. Exercise regularly.
- > **Drink alcohol only in moderation**
The risk for stroke is higher if you drink more alcohol.
- > **Be smoke free**
Smoking increases blood pressure and reduces oxygen going to the brain. Smoking doubles your risk of stroke.



Vic Allen

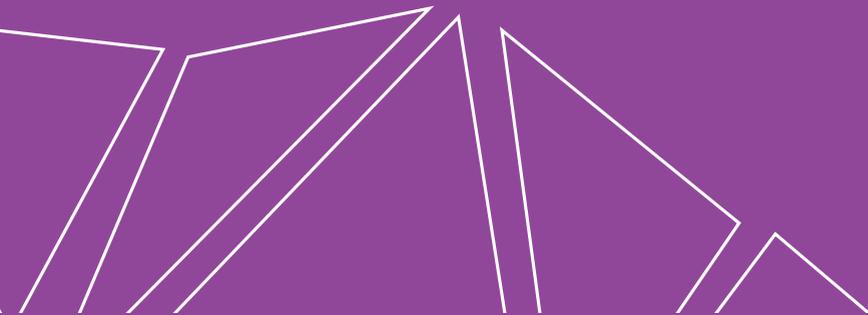
At the Stroke Foundation we take your privacy and personal information very seriously.

Our Privacy Policy is available on our website strokefoundation.org.au

Personal information is collected by us for contact purposes, to identify donors when they request information or change their details, to answer donor queries and to process donations and issue tax receipts. For these purposes your information may be shared with trusted third parties and our service providers (such as banks, mail houses, technology service providers, advertising and promotional agencies, sometimes located outside of Australia). By contacting the Stroke Foundation, you consent to your personal details being used on our database. From time to time we may use your personal information in order to send you further information on our important work or opportunities to support the Stroke Foundation in the future. You can change your communications preferences with us.

Email: supporter@strokefoundation.org.au or mail: **Level 7, 461 Bourke Street, Melbourne VIC** or telephone: **1300 194 196**

**Stroke Foundation is honoured
to continue Vic's vision and
commitment to minimise the
risk of stroke for all Australians.**





Join us and continue
Vic's legacy in memory
of his beloved Nancy.



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Let's talk

For more information about the **Nancy & Vic Allen Stroke Prevention Memorial Fund** and the work of the Stroke Foundation to prevent, treat and beat stroke, please contact:

Individual Philanthropy Team

☎ 1300 194 196

✉ philanthropy@strokefoundation.org.au

🌐 strokefoundation.org.au/NancyVicAllenFund

