

Stacy Quinn

Founder, My Stroke of Hope

Co-Founder, SHINE

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Stacy Quinn's life changed at a young age after she survived a carotid artery dissection and stroke following a series of misdiagnoses. Once healthy and active, she found herself navigating an uncertain and often overwhelming road to recovery.

She soon faced a crossroads: remain silent about what happened to her or use her experience to help others. With 1 in 5 women experiencing a stroke in her lifetime and spontaneous carotid artery dissection affecting 3 in 100,000 people, Stacy chose to speak out. Today, she is committed to raising awareness, sharing hope, supporting others through recovery and advocating for better care and policies that improve outcomes for stroke survivors and their families.

Recognizing the power of information and connection, Stacy founded My Stroke of Hope in 2023, a resource for people affected by carotid artery dissection and a platform to raise awareness of stroke in young women. Drawing on her lived experience, she focuses on symptom recognition, prevention, survivor support and self-advocacy. Through this work, Stacy encourages people to become the "Chief Health Officer" of their own lives by making informed decisions, advocating for themselves and embracing healthy lifestyle strategies.

In 2025, Stacy co-founded SHINE Global Stroke Collaboration, a groundbreaking international initiative led entirely by stroke survivors. By placing survivor leadership and lived experience at the center of stroke care, research and policy, the nonprofit represents a transformative step toward stronger support, greater inclusion and improved prevention.

Stacy also co-hosts "The Hope Wave" on Stroke Warrior Radio, a show dedicated to sharing stories of resilience, hope and purpose through life's toughest challenges.

Beyond My Stroke of Hope and SHINE, Stacy collaborates with nonprofits and patient advocacy organizations. She is a member of Tufts Medical Center's Stroke and Young Adults (SAYA) Consortium, serves as a spokesperson for the American Heart Association's Go Red For Women campaign and advises Adesso, a women's heart health platform.

Stacy's honors include the American Heart Association's Woman of Distinction Award, the American Stroke Association's NJ American Stroke Hero Award, the Township of Belleville's International Women's Day Award and Bayer's Shining Star Award. She was also named on the World Stroke Organization's Voices Changing Stroke Honor Roll.

Stacy brings the same integrity, creativity and passion from her 20-year career in corporate communications for Fortune 500 healthcare and financial services companies.