

Stacy Quinn

Founder, My Stroke of Hope

Co-Founder, SHINE

Speaker, Health Advocate & Communications Pro

stacy@mystrokeofhope.com

www.mystrokeofhope.com



At a young age, Stacy Quinn went from being a healthy, fit woman to a victim of a carotid artery dissection and stroke. In the wake of her health crisis, which followed a handful of misdiagnoses from several doctors, Stacy felt lost on her road to recovery.

She found herself on the precipice of never talking about what happened to her and living as a silent statistic: 1 in 5 women will have a stroke in her lifetime, and 3 in 100,000 people have a spontaneous carotid artery dissection. But she didn't stay silent. Instead, she stepped forward to help others.

Recognizing the power of information, she founded My Stroke of Hope, a resource for people affected by carotid artery dissection and a platform to elevate awareness of stroke in young women. Drawing on her lived experience, Stacy focuses on symptom recognition, prevention and survivor support. She empowers people to be the Chief Health Officer of their life through self-advocacy and healthy lifestyle strategies, while also raising funds for research and building compassionate networks that provide education and support.

In 2025, Stacy co-founded SHINE (Survivors Honouring Inclusion, Networking and Empowerment), a groundbreaking international stroke collaboration led entirely by stroke survivors. By placing survivor leadership and lived experience at the center of stroke care, research and policy, SHINE represents a transformative step toward improved support and prevention.

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

In addition to My Stroke of Hope and SHINE, Stacy collaborates with a variety of non-profit organizations. She's a spokeswoman for the American Heart Association's Go Red For Women campaign, an advisor for Adesso, a women's heart health platform, and a partner with Patients Rising, a patient-focused health advocacy organization.

Some of 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.

From her 20-year career working in corporate communication for Fortune 500 healthcare and financial services companies, Stacy brings a track record of integrity, creativity and passion to her advocacy work.