



For Immediate Release

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## **CROSS COUNTRY ADVENTURE BRINGS AWARENESS TO CURE HHT**

Cure HHT (also known as HHT Foundation International, Inc.) will be cheering Dan Zimmerman on during his cross-country journey to raise awareness for HHT. On June 29<sup>th</sup>, in honor of National HHT Awareness Month, Dan started his 5,200 adventure in Anacortes, Washington. His trip will take him through 15 different states and conclude in Key West, Florida. When Dan reaches Mobile, Alabama he will have traveled 3,656 miles in 109 days. Dan and his crew will take the opportunity to reenergize on Tuesday, October 21<sup>st</sup> through Friday, October 24<sup>th</sup>, before embarking on the last part of their trip Saturday morning.

Dan Zimmerman has HHT disease and at the age of 41, he suffered a stroke that paralyzed his right arm, leg and damaged the left side of his brain. Dan was diagnosed with HHT disease in the mid-80's after his brother's death from HHT at age 19. When Dan suffered his stroke in 2005, his doctor told him that he would never walk or talk again. Angry, Dan knew he had two choices, give up or fight. He chose to fight. Dan knew that recovery would be a life-long process; he decided to give it everything he had and to raise awareness about the affects of HHT disease. It took more than a year before Dan could speak and three years before he could spell simple words. In 2008, wanting to be more mobile than his wheelchair allowed, Dan began to ride a recumbent trike to aid in his recovery. Dan says, "Cycling has improved my health and more importantly, given me a purpose in life."

HHT disease, often labeled the silent killer, affects the lives of more than 1.4 million people worldwide. HHT does not discriminate and most are unaware that "nosebleeds in the family" can be something much more and potentially life-threatening. 90% of the people will go undiagnosed. If diagnosed, **HHT is treatable**. Cure HHT is the only patient advocacy organization in the world dedicated to educating, improving access, increasing standards of care, advancing treatments and raising awareness about HHT disease.

For more information go to [www.curehht.org](http://www.curehht.org) on [Facebook](#) and [Twitter](#).

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