

# KRUSH: ER & The Strokes - Keith “Krusher” Rush

Keith “Krusher” Rush experienced several strokes at the age of 27 which caused significant deficits. He wrote a book that he hopes will help cover some of the medical bills he and his mother need to cover.

## Instagram

### KRUSH: ER & The Strokes

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Transcription:

Keith “Krusher” Rush 0:00

It’s about me and my mother, when I was disabled my mother was my caretaker she took care of me. Nowadays she’s kind of disabled, she doesn’t want me to put her business out there like that, but she is on declining age every day I’m the one that has to take care of her now.

Intro 0:42

This is the recovery after stroke podcast with Bill Gasiamis helping you navigate recovery after stroke.

## Introduction - Keith “Krusher” Rush

Bill Gasiamis 0:54

Hello and welcome to episode 229 of the recovery after stroke podcast. My guest today is Keith “Krusher” Rush, a survivor of multiple strokes, age 27 who is living

with deficits that limit his mobility and make it very difficult for him to hold down a job.

Bill Gasiamis 1:12

With his mum in ailing health, Keith has had to find new ways to earn a living. And he joins me on the podcast today to tell his story and promote his first book titled KRUSH: ER & the Strokes. You can get a copy on Amazon and it's available in paperback and on Kindle.

Bill Gasiamis 1:33

Please listen to the interview to the end and if this interview moves you and you can manage 12 US dollars please purchase a copy of the book. All funds go to support Keith and his mum cover some of their medical bills. To learn more about Keith including links to his social media and the Amazon link where you can purchase the book.

Bill Gasiamis 1:55

And to download a full transcript of the entire interview. Please go to [recoveryafterstroke.com/episodes](http://recoveryafterstroke.com/episodes) and if you are watching on YouTube, you'll find all the links to Keith and the link to the book in the description of the video below. Keith "Krush" Rush welcome to the podcast

Keith "Krush" Rush 2:19

Thank you sir I'm right here I'm waiting on you buddy.

Bill Gasiamis 2:23

Thanks for being here man. You overcome some most massive challenges. We couldn't work out the audio. We couldn't work out the video at one stage but we made it we got here and I'm glad to have you here. Tell me Keith a little bit about what happened to you man?

Keith "Krush" Rush 2:39

Well first of all Bill you're a wild one I'm wild too.

Bill Gasiamis 2:49

I'm gonna be Wild Bill, I'm Wild Bill am I?

# Keith “Krusher” Rush Had An AVM



Keith “Krusher” Rush 2:52

You’re Wild Bill, okay I’ll give you a brief tale about me. I have three strokes, I had an AVM arteriovenous malformation, a stroke on the brain at the age of 27, now 13 years later I’m 40 and I just wrote a book called KRUSH: ER & The Strokes. Wherever you get the book platform and everything, it’s all the way live.

Bill Gasiamis 3:45

We’re gonna talk about it in a minute, we’re gonna talk about it. So you had an AVM you were 27 years old, and the AVM ruptured and bled and as a result of that you ended up in hospital?

Keith “Krusher” Rush 3:59

Well I was already in the hospital. I had one stroke one week. And they couldn’t find out what was goin on. Then I had a second stroke, they found it in my MRI and by the time I had the third one I was already in the operating room table.

Bill Gasiamis 4:31

Okay, so you were in the right place to have this other situation.

Keith “Krusher” Rush 4:43

Then I had the strokes there.

Bill Gasiamis 4:46

Right. And then they opened up your head to remove the arteriovenous malformation right? To get rid of it. Yeah.

Keith "Krusher" Rush 4:53

Yeah that's right I don't know what happened if they got rid of it or they untangled it because it was a big tangle like a golf ball size. And what they did was they had to go in to untangle it. But it leaked 2.1 centimeters of blood on the brain. Yeah. So, you know, I had the third stroke. The third stroke was there on the operating room table.

Keith "Krusher" Rush 5:09

I was in a coma for about four and a half months. I was in the hospital for about seven months. I did tell it in my book though. I tell all about everything, about my diagnosis, and everything there's Krush ER and The Strokes. It's the highly anticipated book that just came out this month shout out to the publisher EBL books, they published my book and everything. So we got it rolling and got it going.

Bill Gasiamis 6:31

Okay, let's talk about that. So you have a publisher. And they've supported you to put this book out. Your book is about recounting the story of the strokes and what you went through and what you overcame, right?

Keith "Krusher" Rush 6:49

Well, yeah, my book is about recounting recovery after stroke. But it's not necessarily just bad. It's about me, and my mother.

Intro 7:03

If you had a stroke, and you're in recovery. You'll know what a scary and confusing time it can be. You're likely to have a lot of questions going through your mind. Like how long will it take to recover? Will I actually recover? What things should I avoid in case I make matters worse?

Intro 7:21

Doctors will explain things that obviously, you've never had a stroke before, you probably don't know what questions to ask. If this is you, you may be missing out on doing things that could help speed up your recovery. If you're finding yourself in that situation, stop worrying and head to [recoveryafterstroke.com](http://recoveryafterstroke.com) where you can download a guide that will help you.

Intro 7:43

It's called seven questions to ask your doctor about your stroke. These seven

questions are the ones Bill wished he'd asked when he was recovering from a stroke they'll not only help you better understand your condition they'll help you take a more active role in your recovery head to the website now [recoveryafterstroke.com](http://recoveryafterstroke.com) and download the guide it's free

Keith "Krusher" Rush 8:03

When I was disabled my mother was my caretaker, she took care of me. Nowadays she's kind of disabled she doesn't want me to put her business out there like that but she's on declining age everyday. And I'm the one that has to take care now.

Bill Gasiamis 8:41

Okay, so your mom was looking after you but her health has declined because she's older.

Keith "Krusher" Rush 8:47

Yeah she looked out for me when I went through it, now I've got to return the love and look out for her as you see I was just trying to figure out some kind of way possible to make some money because right now it's hard everywhere across the world. But I was just trying to make a little money and everything and so I had a good idea to tell my story once I got the writing on that one that should go down the road for me finding some other stuff, that's to be continued though.

Bill Gasiamis 9:40

So what you're doing is you're supported by mom, mom's health is not the best because she's aged. And now you're returning the favor. You want to look after your mom and help raise some money and help support your mom and yourself.

Bill Gasiamis 9:41

So you wrote a book, in the hopes of selling the book, so that you can raise some money to go towards your medical bills and daily cost of living and all the usual things that are related. And you're a stroke survivor. But let's talk about your situation. You've overcome stroke to an extent, but you're also living with what it did to you. So tell me a little bit about your situation. How are you able to get around? What deficits hasn't left you with?

# Keith “Krusher” Rush’s Life After Stroke

Keith “Krusher” Rush 10:34

Well, I was 27 years old in the bottom of my career when this happened, I was thriving and surviving basically all in, I guess I was just young and doing my thing and I was really stubborn, I had my own house, I have my car, I have my job.

Keith “Krusher” Rush 11:09

And next thing you know, I have the stroke. But I’ve been living with this stroke for 13 years now. And because of that, the cause of living with it. I didn’t even think I was gonna make it past a certain age cause like I said, I was 27 when they happened I’m 40 now now so there is life after stroke.

Bill Gasiamis 11:41

Yeah. Tell me about your challenges. What challenges do you need to overcome every day? Are you physically mobile? Are you able to work what’s the situation?

Keith “Krusher” Rush 11:53

I’m not able to hold down a full-time job because I have constant fatigue and everything. And so beause I get so tired easily, I’m not able to hold a full-time job. That’s what my daughter told me but I have a wheelchair it’s a motorized wheelchair to get me around because if I do for a long period of time I get tired.

Bill Gasiamis 12:39

Working is difficult and therefore you can’t earn steady income?

Keith “Krusher” Rush 12:47

I can’t earn a steady income so I figured why not just write? So I’ve been writting since the pandemic in 2020 so I’ve been writing over the last two years. I can get around from A to B in my wheelchair. But it doesn’t last really. I need some help, I need like more I guess financial help with stuff and I need to take care things for me myself and I and my mom. You know I just got bills bills bills. They’re all around.

Bill Gasiamis 13:58

Tell me about your your home life so you live at home with your mom at the moment?

Keith “Krusher” Rush 14:04

My mom lives with me. She lives with me for about 10 years or so. She lives in my house. So basically she stays with me and everything. I have the have I guess 24-hour care because she is fixing my medicine. It's just the daily cost of living that's a burden for us. Man I swear, healthcare is crazy in the United States, but I don't wanna dwell on the bills too much. I know we just signed the bill over in the United States, pharmaceutical bill and everything. But that doesn't get to me until the beginning of the year.

Bill Gasiamis 15:29

Okay, so you're at home, you're not working. You have a lot of medical bills.

Keith "Krush" Rush 15:37

Well I am working, I'm earning cheques by writing these books.

Bill Gasiamis 15:44

Yes, yes, but you're not working a traditional job. And you're caring for your mom at the same time. She's also trying to care for you. But her health is failing a little. And, now you're in a wheelchair because of the stroke so you can get around and you can achieve most things that you need to achieve on a daily basis.

Bill Gasiamis 16:11

But you guys together you guys need some support. You need to raise some money. You need to become financially independent or work towards that. And you're writing the book in order to support you and help you with that.

Keith "Krush" Rush 16:25

That's right. Well I'm just gonna say, speaking on behalf of my mother she doesn't like the business idea, but I do you know when I say that we need help, I must say my mom is a proudful she is very proudful. I am too at a certain extent though. Because when you need something you need it.

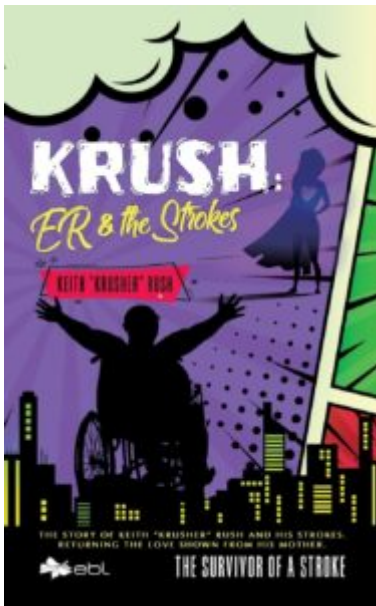
Bill Gasiamis 17:03

Yeah. Tell me how old is mum?

Keith "Krush" Rush 17:06

I think she just turned 65.

# KRUSH: ER & The Strokes



Bill Gasiamis 17:14

Okay, so you have written a book, it's been a bit of a challenge. Mum is not necessarily keen on this kind of request for support, in this way, she's a very proud woman. But you definitely have, I think, in my opinion, a great idea here. Because the books going to be useful for other people, it's going to be helpful for other people. And it's going to also support you guys and be helpful and useful for you guys.

Keith "Krush" Rush 17:42

That's right, I'm gonna do whatever to me is necessary to support me and my mama.

Bill Gasiamis 17:50

Beautiful. And you've already overcome so many obstacles. Well, all the stroke obstacles, all the other challenges you've written a book, you found a publisher. You've published it. It's now live on Amazon. You got an awesome cover. And basically I'm going to hold that up to the screen right now. That's the cover, that's what the book looks like.

Keith "Krush" Rush 18:15

That lady in the picture. I don't know who she is. But that's my Cinderella right there if you notice in the top right-hand corner shout out to my Cinderella she was a lady by the name by Gabriella. Let me tell you a story real quick.



Keith "Krusher" Rush 18:41

When I was in the hospital, I was unconscious coming back from my coma you couldn't say nothing to anybody but you can hear what people whispering in your ear. And a lady by the name of Gabriella came up to me whispered in my ear and I saw her walk away. And next thing you know she turned around and was looking back at the time. I swear she was my Cinderella, she is my Gabriella whoever she is, if anybody knows her, have her to read out to me.

Bill Gasiamis 19:42

What's her name again?

Keith "Krusher" Rush 19:45

I think her name is Gabriella. I call her my Cinderella

Bill Gasiamis 19:53

Gabriella your Cinderella. Okay, so she's made it onto the book cover, you're in the book cover.

Keith "Krusher" Rush 19:59

She's made it on to my book cover and she would just holler at your boy that's all she got to do let me do the rest of the talk. I just wanna talk to her and get to know her a little bit so whoever she is, Cinderella, Gabriella, whatever it doesn't matter I'll know who she is when I see her, I just gotta see her one time. But that's her on my book cover.

Bill Gasiamis 20:39

Okay, so the book is available is it a hard copy? Or can you just get it on Kindle at the moment?

Keith "Krusher" Rush 20:46

You can get it everywhere with books available. You can go to Amazon, eBook, Kindle, book stores. I believe it's coming in paperback, it will be available in whatever book stores you go just ask for KRUSH: ER & The Strokes. It's a funny thing they came out to my name too. My name is Keith Rush okay we're gonna call it KRUSHER you put the K in the RUSH and you add ER.

Bill Gasiamis 22:03

Okay. Now I know how that happened. Awesome. Well, it's an awesome name. It's an awesome cover. I want to read a little bit about what Amazon says about the

book.

Keith “Krusher” Rush 22:14

It tells my whole diagnosis. It’s about 55 pages, 10,000 word memoir.

Bill Gasiamis 22:26

Nice, nice. So this is what it says on Amazon. It says Keith “Krusher” Rush’s memoir recounts the trials and triumphs of a young man who suffered a stroke in his late 20s and must rely on his mother for care. The Account provides insight into the difficulties he and his mother have had to face to make ends meet and survive. Rush approaches his life story with good humor and optimism without shying away from addressing the more distressing parts of his life. That’s what it says on Amazon about your book.

## Life With Humor

Keith “Krusher” Rush 23:03

You know you have to approach every day with humor man, you just got to laugh to keep you from crying sometime. I had a cry for one day, one-day ever since the stroke. I’d cry about me but I had no pity for me, I wasn’t pityful. Faith without words is dead. You know what they say? And I’m not dead, I’m still here. So tell the Devil or whoever. Ha ha.

Bill Gasiamis 23:56

Yeah. You’re, approaching life with humor, you’re just doing life, you’re just looking forward, you’re not feeling sorry for yourself, you’re just getting things done, you’re publishing books, you’re naming me you’re giving me a name a Wild Bill. I mean, it’s awesome.

Keith “Krusher” Rush 24:15

Wild Bill that’s right.

Bill Gasiamis 24:17

I love it, man. I absolutely love it. So what we’re going to do is now we’re going to tell people what we want them to do. So anyone who’s listening to this podcast, what we would like them to do is go to amazon.com. When you go to amazon.com you’re going to type the words, Keith “Krusher” Rush, that’s the author’s name.

Bill Gasiamis 24:51

That's going to bring up the title of the book. It's going to bring up KRUSH: ER & The Strokes, the awesome book is going to look like this. That's the cover of the book right there. And for \$4.12, you can buy the Kindle version, it's less than a cup of coffee.

Bill Gasiamis 25:13

And most people buy two or three coffees a day. So if you go to amazon.com, and you type in Keith "Krusher" Rush, and you see the book and you buy the book, that money is going directly to help Keith and his mom pay their medical bills, correct.

Keith "Krusher" Rush 25:34

That right I'm just trying to think of something creative. I was thinking outside the box, what I should do. I know that you know, my mother doesn't want me to be in her life. To be in pain but people need to know people need to hear people needs to know my story. And that I'm out here I'm not begging, I'm just earning a right. I'm just earning a living, where it's not is not come get me come get your boy. I'm just out here trying to get in.

Bill Gasiamis 26:38

Lots of people writing books. And the whole purpose of writing a book is to sell it. It's got nothing to do with begging. It's got to do with earning a living and you're doing exactly what everybody else does. They write a book, they put it online for sale. And then they wait for people to buy it.

Bill Gasiamis 26:55

And there's nothing wrong with that, man. That's exactly what everybody else does. Who's ever written a book, it's about telling a story but also it's about turning a profit if possible. And your cause is an awesome cause you want to be independent to support your mom so that you guys can pay your bills and go about life.

Keith "Krusher" Rush 27:17

That's right, you got the right story Wild Bill.

Bill Gasiamis 27:22

I am, I'm writing a book. It just takes a while you know, it takes a long time Keith to write a book, I am writing one and I'll get it out there one day. But for right

now it's about you, we want to make sure that we get your story out there and we tell people about your book. So that's exactly what we're doing. And I'm going to share the link of your book and it's gonna make sure that people can go and have a look at it and buy it and support you.

Keith "Krusher" Rush 27:52

I want everybody in my family I'm gonna give a shout-out to everybody in my family I just want them to believe in me, believe on what I'm doing and see what I'm doing I'm not trying to tell anybody or nothing. I'm just trying to make something happen and be creative.

Bill Gasiamis 28:25

Make something happen instead of waiting around for things to happen you're being actively involved in trying to make something happen.

Keith "Krusher" Rush 28:32

That's right you already know man.

## Wrapping Up



Bill Gasiamis 28:35

Yeah, I love it. So man, thank you so much for joining me on the podcast I am going to let people know about this people will support it and we're looking forward to hearing about the hardcover version which is going to be a little later on down the track.

Keith "Krusher" Rush 28:55

Yeah that's why I only get a couple of dollars on royalty because I might not let the cat out the bag yet but you go beat him for me again really. I've got a couple of other projects at work and now everything is in the process right now.

Bill Gasiamis 29:25

Yeah, so your publisher is supporting you with this right?

Keith "Krusher" Rush 29:28

They are, EBL books. I forget the editor's name but I EBL books. They come through for me. They're working it out for me.

Bill Gasiamis 29:54

Awesome man EBL books. So, Keith, thank you so much for connecting with me. Reaching out thanks for doing what you're doing. Thanks for looking after your mom and supporting her.

Keith "Krusher" Rush 30:03

Yes sir, and shout out to my girl Chrissy Mathews she's helping me out. She told me about your podcast. And I said I need to jump on it immediately. I need to jump on right away. I think it was on Thanksgiving.

Bill Gasiamis 30:36

Yes. So that's Chrissy Matthews, your friend?

Keith "Krusher" Rush 30:39

Chrissy Matthew she's a friend of mine, I've called my sister aid. She lets me know by ear for now. She's my right hand lady.

Bill Gasiamis 30:54

Okay, Chrissy Matthews, thank you for putting me in touch with the "Krusher" over here. We're gonna raise some awareness, we're gonna get this out. And we're gonna see if we can sell a few copies of this book.

Keith "Krusher" Rush 31:08

I can do what they do brother.

Bill Gasiamis 31:11

All right, well, you keep in touch. Let me know when the hardcover is when the print version is available. In the meantime, we'll let people know about this book,

and we'll let people know about how they can support you. And we'll see if we can maybe sell a few copies. We'll see if we're going to be able to do that.

Keith "Krush" Rush 31:40

Sounds like a plan to me Wild Bill.

Bill Gasiamis 31:43

Awesome mate. Well, thanks for the new name as well. I really appreciate it.

Keith "Krush" Rush 31:48

Alright, no problem sir.

Bill Gasiamis 31:53

High five man, high five. Thank you all the best!

Keith "Krush" Rush 32:00

I love you already Bill and I don't even know you.

Bill Gasiamis 32:05

Thanks, man. I love you too. I love your passion. I love your energy. I love your creativity. I love the way you're just taking it on man, and you're just going for it.

Keith "Krush" Rush 32:17

You already know bro. You the man Wild Bill.

Bill Gasiamis 32:25

All right. Keith thank you, man. Thanks for being on the podcast. Well, thanks again for joining us on today's episode. I hope you enjoyed this episode. I certainly did. "Krush" is an amazing person. He made me laugh when he renamed me and gave me the name Wild Bill. If you can play support the crusher, if you can, our royalties from his books will go to covering his mum's and his medical costs.

Bill Gasiamis 32:54

So that will be a really amazing thing if we can help support him in a little way. This is exactly why I do the podcast, I love the opportunity to promote people's books and give people shout outs and plugs. And this is one of the first times I've asked for somebody to be supported like this. And I hope that you will consider it because it is a really important cause.

Bill Gasiamis 33:20

And I think it's going to make a massive difference to supporting the stroke survivor. And if we can, that'd be great. Now if you'd like to support this podcast, the best way to do that is to leave a five star review and a few words about what the show means to you on iTunes and Spotify. If you're watching on YouTube, comment below the video, like this episode, and to get notifications of future episodes, subscribe to the show on the platform of your choice.

Bill Gasiamis 33:46

If you've subscribed on YouTube, be sure to hit the notifications bell so that you can get notified of future episodes. Sharing the show with family and friends on social media will make it possible for people who may need this type of content to find it easier, that may make a massive difference to their recovery.

Bill Gasiamis 34:06

And that will support them to feel better about the journey that they're on and overcome some of the struggles that they are challenged with. If you are a stroke survivor with a story to share about your experience, come and join me on the show. The interviews are not scripted, you do not have to plan for them. All you need to do to qualify is to be a stroke survivor care for someone who is a stroke survivor.

Bill Gasiamis 34:35

Or you are one of the fabulous people that help other people who are stroke survivors. Go to [recoveryafterstroke.com/contact](https://recoveryafterstroke.com/contact) Fill out the form. And as soon as I receive your request, I will respond with more details on how you can choose a time that works for you and me to meet over zoom. Thanks again for being here and listening. I really appreciate you see you on the next Episode.

Intro 35:01

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Intro 35:18

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#### Intro 35:40

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#### Intro 35:55

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#### Intro 36:20

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