Former NBA Star Kenny Anderson Recovers From a Stroke

His wife recognized the signs of a stroke early, thus saving his life.

March 7, 2019 By Alicia Green

Last year, former NBA point guard Kenny Anderson made headlines when he was hired as the head basketball coach for Fisk University in Nashville. But now, Anderson is in the news because he had a stroke, reports PEOPLE.

The 48-year-old suffered a stroke in his Florida home on March 2. After being released from the hospital, Anderson returned home to recover with his loved ones by his side.

According to the news account, Anderson's speech and vision were affected but both have improved since then. "Wife was on the ball to have recognized stroke symptoms early, otherwise hospital might not have been able to [help] Kenny; clot was in [his] leg," wrote sports columnist Peter Vecsey on social media.

From 1991 to 2005, Anderson played for nine NBA teams, including the New Jersey Nets, Portland Trailblazers and Boston Celtics. He officially retired from playing basketball in 2006.

In a statement, Anderson's wife, Natasha, thanked the public for reaching out to the athlete and his loved ones. "Our family is extremely grateful for the prayers and love that we have received over the last few days," she said. "We appreciate you continuing to respect our privacy as Kenny heals."

According to the National Stroke Association, strokes—which are caused by rupture or obstruction of a blood vessel of the brain—strike more Black folks than any other racial group in the United States. What's more, Black people are twice as likely to die from stroke as whites.

Want to learn more about stroke? Click here.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/former-nba-star-kenny-anderson-recovers-stroke