

WOMEN'S HEART FOUNDATION

WOMEN'S CARDIO-GRAM

helping you take care of your heart

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Team Noreen Raises \$29,000 for Women's Heart Foundation

Washington, DC -Tom Daly's mission to raise funds for women's heart disease continues to be an inspiration. This year Tom formed Team Noreen with a group of his personal friends and business associates who traveled to Arlington, Virginia this year to race in the United States Marine Corps Marathon on October 26.

Team Noreen raised more than \$29,000 for WHF. Honoring his late sister, Noreen Daly Carlson, who died in 2001 from a heart attack due to an undetected heart ailment at the age of 47, members of Team Noreen completed the race in courageous fashion.

"Noreen was with me all the way again this year," said Daly. "My sister was one of 250,000 women who died unexpectedly from heart disease last year. I have to do something for her and for other women, and running helps me cope with her death." Tom's parents, Dolores and Phil Daly, led the cheering squad, along with Noreen's children Sarah and Ryan.

Members of Team Noreen are Tom Daly of Westfield, MA; Mike Cagle of Highlands Ranch, CO; Joe Stassi of Castle Rock, CO; and Drew Franzen of Gurnee, IL. You see the team's race finish times at: www.marinemarathon.com

Major sponsors included L'Oreal USA, Olympic Manufacturing Group, Handy and Haman, and Illinois Tool & Dye Work Foundation.



Team Noreen: top row, L-R: Phil Daly, Tracy Franzen, Runners Drew Franzen, Mike Cagle and Tom Daly; Dolores Daly and Joe Stassi. Bottom row, Kaitlyn, Michael and Erin Jankowski, with their mother Kathryn; and Noreen's children, Sarah and Ryan Carlson

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Did You Know?

- Heart Disease is the #1 Killer of Women.
- Heart attack symptoms are often milder in women
- The most common heart attack symptom in women is generalized weakness, often mistaken for the flu.
- Shortness of breath and indigestion are other common signs of a heart attack.

Trenton, NJ -- According to Peri Nearon, State Coordinator of the New Jersey Office of



Peri Nearon

Women's Health, Department of Health and Senior Services, the Women's Heart Foundation has been selected to

receive a grant of \$200,000 to execute a statewide education program targeting women and heart disease. It is a one-time special grant and the largest ever

received by the Foundation. Bonnie Arkus, WHF's Executive Director, said the money will be used to link provider groups with the public through symposia, round table discussions, conferences, and workshops. The funds will also be used to enhance the foundation's website with more interactive programming to inform all women about this growing health threat.

WHF has a wide range of

programs planned in 2004, including activities surrounding Women's Heart Week, a conference on gender care, and an outreach to minority women throughout the state.

"This is an exciting opportunity to work with the Women's Heart Foundation, and to highlight this critical issue for women", said Ms. Nearon. The program will be officially announced next month.

New Jersey Office on Women's Health Awards WHF \$200,000

New York Times and WHF Plan Sunday Supplement

The New York Times and the Women's Heart Foundation have agreed to publish a special editorial section "Take New Jersey Women to Heart" on Sunday, February 1, 2004 that will address heart disease in women as well as point to health resources around the state with specific programs for women. Don't miss this special edition that you can share with your friends and family.

Gender Care Initiative Being Launched



Dr. Barbara Riegel

Heart disease is not just a man's disease; it is also the #1 killer of women. Differences in how this disease manifests itself and how women respond to care can contribute to delays in diagnosis and inappropriate care for a woman. "It's vitally important to consider women when designing new cardiac care models" says Dr. Barbara Riegel, DNSc, RN, CS, FAAN, Associate Professor of Nursing at the University of Pennsylvania School of Nursing. "Some models of care work well for women, some do not. There are ways we can modify existing care

models to be most responsive to women." Research conducted by Dr. Riegel and others verifies the need to implement new cardiovascular care programs to address women's needs, which are different. WHF is launching a new program that is being introduced at RWJUH early next year that seeks to identify these differences and educate the nursing community about successful models for women. The WHF Gender Care program addresses not only the biophysical differences but also the sociocultural norms and experiences, values, psychosocial charac-

teristics, behaviors and social roles — all of which impact women's care, says Dr. Riegel. "Women are socialized to take care of others over themselves and to value others over themselves. We need to examine how this impacts women with heart disease and recovery." Dr. Riegel is the keynote presenter at WHF's Gender Care Initiative inaugural event—a professional medical conference with continuing education credits for nurses that will take place February 7 at RWJUH in New Brunswick. Download brochure at www.womensheart.org

Plans Set for Women's Heart Week 2004

WHF is gearing up for another Women's Heart Week February 1-7 with a media campaign and screening programs. This is the organization's 10th annual event. The organization is looking to expand its outreach, made possible by a special grant it received from the Office on Women's Health, NJ Department of Health and Senior Services and by partnering with hospitals. "Take New Jersey Women to Heart" involves

fourteen Health Partner with outreach starting on February 1— National Women's Heart Wellness Day, following the seven focus days of Women's Heart Week to promote heart wellness in women. "We are excited about this collaboration and have set a goal of reaching 50,000 women throughout the state", says Bonnie Arkus, WHF executive director.

WHF designed a new brochure addressing some of the milder heart disease symptoms and how a

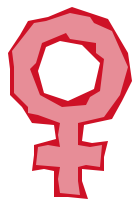
woman must respond. It features three New Jersey women who recognized those symptoms and who all had positive outcomes. Meet Cindy, Jean and Beverly by going to Women's Heart Week dedicated website at www.womensheartweek.org. For a complete list of activities in New Jersey during the month of February, click on EVENTS.

Below are scenes from Women's Heart Week 2003 at RWJUH in New Brunswick.



Study: Women Have Earlier Warning of MI

Unusual fatigue and sleeplessness may be an early warning sign for heart attack (also called "MI" or myocardial infarction) in a woman. A study of 515 women survivors published in *Circulation* found that 95% had such symptoms as much as one month prior to being stricken. Chest pains can be an early indicator of a heart attack, but 43% of women in the study said they never experienced chest discomfort. Heart disease is the number one killer of women, yet women fear breast cancer and don't realize heart disease as a threat. Nieca Goldberg, MD, a cardiologist from Lenox Hill Hospital in New York, said the study could change the way doctors practice and could perhaps be able to intervene before a heart attack occurs, leading to better health outcomes for women. The study emphasizes the need to educate women and their doctors about early warning signs.



Gender Care Aware

One Woman's Story

My name is Marguerite Bradley and I am a 43-year-old African-American female. I suffered from heart disease when I was only at 28, but it was not diagnosed until much later. I had a moderate size heart attack and the damage was done to the front left ventricle of my heart. The doctors were very puzzled because there were no clogged arteries or plaque and were not sure what caused the heart attack. My doctors told me my heart looked like a perfectly normal heart, but with a big bruise on it. The catheterization showed multiple blood clots and an aneurysm. My cardiologist said that my heart looked like someone in their 90's who had a heart attack in their 50's. I was put on Coumadin® right away.

My cardiologist, Dr. Gary Vigilante picked up on it. Dr. Vigilante gave me an ECG and set me up for a range of tests. Within three days, he called me. He said the EKG showed a right bundle block and he knew that I had suffered a heart attack. After receiving the results from the heart catheterization, my family and I asked Dr. Vigilante why previous visits to cardiologists did not reveal anything even during a visit just four months before. Was it possible that they never looked? His re-

sponse was that I have a very complicated cardiac history and it may have been difficult for the first two cardiologists to pick up on what was going on. In reality, I believe Dr. Vigilante's experience with women was key.

It's likely that I have had heart disease since the age of eighteen. At that time I experienced pain in my chest and radiating down both arms, back, and shoulders. It would also leave me short of breath. I know now that it was angina, but back in 1978, who would have thought or listened to an 18-year-old who was having radiating chest pains? I was told they could be muscle spasms even when I was resting. At 19, I experienced high blood pressure -- dizziness, nausea, sweating, visual impairment, and seven years later, it led to hypertension.

I am very grateful for the treatment I did receive, but I do wonder what my health would be like today if I were treated differently when I was a teenager.

I realize that I am getting older and my risk for having a second heart attack is high. I know that my estrogen will fall as I get older and that means less protection for my heart. I have been reading "Women are Not Small Men" by Dr. Nieca Goldberg. There is still

so much more for me to learn about heart disease and the factors that contribute to it, some of that I can control, some that I can't.

In closing, my goal is to become an advocate for women with heart disease in my community, especially the minority community. African-American women with heart disease are undereducated about the facts and risks of heart disease. Many minority women live with undiagnosed hypertension, high cholesterol, and other risk factors. They don't realize that they're at risk. I want to provide support and teach women how to advocate for themselves concerning early detection, accurate diagnosis and proper treatment.



Marguerite Bradley

A recent study found a link between prolonged bottle feeding and obesity. Babies should be fully weaned by 15 months, per recommendation of American Academy of Pediatrics.

(Source: AHRQ. #270, Feb03)

Are you interested in receiving this newsletter in the future? Please help us meet our funding goals by making a tax-deductible contribution to WHF.

Recipes from the Heart

Apple Coffee Cake

- | | | | |
|-------|-------------------------------------|-----------|-------------------|
| 5 c | tart apples, cored, peeled, chopped | 1 | egg, beaten |
| 1 c | sugar | 1 1/2 c | all-purpose flour |
| 1 c | dark raising | 1 c | whole wheat flour |
| 1/2 c | pecans, chopped | 1 1/2 tsp | baking soda |
| 1/4 c | vegetable oil | 2 tsp | ground cinnamon |
| 2 tsp | vanilla | | |

Directions

1. Preheat oven to 350° F.
2. Lightly oil a 13x9x2 inch pan
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans, mix well.
4. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Yield: 20 servings. 3" x 3" size.
 Each serving provides 188 calories, 68 mg sodium, 11 mg cholesterol, 5 gm fat (less than 1 gm saturated fat).
 No transfat or hydrogenated fat



Cook Heart-Healthy

WHF Calendar of Events

Jan 15

Train the Trainer

For Health Partners and nursing professionals implementing Women's Heart Week and other programs as part of *Take New Jersey Women to Heart*
Time: 10:00 AM—12:00 PM
Place: Wegmans, Route 1 at Nassau Park Boulevard, Princeton. Lunch provided.

Feb 1

Women's Heart Wellness Day Outreach and Launch "Take New Jersey Women to Heart"

Time: 12:00 - 4:00 PM
Place: Wegmans, Route 1 at Nassau Park Blvd, Princeton, NJ
Invited. Free Gifts and Heart Health Screenings by Capital Health System, University Medical Center Princeton and RWJ University Hospital Hamilton. Special Guests.

Feb 4

Shopping for a Healthy Heart

Time: 10:00 AM and 7:00 PM
Place: Wegmans, Route 1 at Nassau Park Blvd, Princeton, NJ
Presenter: Marcus Garand, RD, RWJUH. Special cooking demonstration by Wegmans chef Cindy Groman at 11 AM.

Feb 4

A Woman's Heart

Time: 12:00 PM -1:00 PM
Place: Women's Resource Center at RWJUH in New Brunswick
Presenter: Bonnie Arkus, WHF (program repeats **Feb 11, 7 PM**)

Feb 18

Eating for a Healthy Heart

Time: 12:00 PM -1:00 PM
Place: Women's Resource Center at RWJUH in New Brunswick
Presenter: WHF (program repeats **Feb 25, 7 PM**)

Feb 18

Women and Heart Disease

Time: 2:00 PM - 4:00 PM
Place: DEP, West State Street, Public Hearing Room, Trenton, NJ. *For state employees only*

Feb 7

Launch of WHF Gender Care Initiative at RWJUH

Time: 11:00 AM—2:00 PM
Place: RWJUH New Brunswick, Auditorium. For nurses involved in the primary care of women. Keynote: Dr. Barbara Riegel, DNSc, RN, CS, FAAN, Associate Professor, University of Pennsylvania School of Nursing. Brochure at womensheart.org. Continuing ed credits.

March 3, 11 AM—4 PM

Open house. Come celebrate WHF's new location at 34 Scotch Road, 2nd Floor, Ewing, NJ. Refreshments.

From my desk

Thanks to a special grant from the Office on Women's Health, NJ Department of Health and Senior Services, WHF is now able to resume its newsletter publication. Formerly called "Heartbeat Quarterly", the *Women's Cardio-Gram* has a new look and feel. We hope you enjoy reading it! We have set forth many goals for 2004. Our first is to improve access to care by introducing new models to promote earlier intervention for heart disease as it affects women. This is a priority since symptoms are milder in many women and the disease is often missed or diagnosis delayed. Promoting health behaviors and designing a corporate model for wellness and awareness are other goals. Through collaboration and taking an intermediary role, we will be working to improve health communication systems as well. We look forward to working with our new Health Partners as we "Take New Jersey Women to Heart". Have a blessed and healthy New Year.

Take Care of Your Heart.

Bonnie Hartman Arkus

WELCOME Health Partners and Sponsors 2004:

WHF is pleased to welcome its Health Partners and Sponsors for Women's Heart Week and for "Take New Jersey Women to Heart": Capital Health System (Mercer County); Deborah Heart and Lung Center (Burlington County); Hackensack University Medical Center (Bergen County); Meridian Health Family and Affiliate InteCardia LifeCare Imaging -Jersey Shore University Medical Center (Monmouth County), Ocean Medical Center (Ocean County), Riverview Medical Center (Monmouth County); Robert Wood Johnson University Hospital, New Brunswick (Middlesex County); Somerset Medical Center (Somerset County), South Jersey Healthcare—SJH Elmer Hospital (Salem/Gloucester Counties), SJH Bridgeton Hospital (Cumberland County), SJH Newcomb Hospital (Cumberland County); University Medical Center at Princeton (Mercer County); and Underwood Medical Center (Gloucester County). WHF thanks its Sponsors for helping to make these new programs available for women: Mathews, Collins, Shepherd & McKay, Attorneys At Law; Pisauro, Levy & Palumbo, Certified Public Accountants; Andora & Romano, Attorneys At Law; Olympic Manufacturing Group; Handy & Harmon Foundation; Illinois Tool Works Foundation; and our major sponsors listed below. **For a complete list of Health Partners and February activities, visit www.womensheartweek.org and go to the EVENTS page.**



The Daly, Carlson & Jankowski Families and Team Noreen



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Women's Cardio-Gram is published by the Women's Heart Foundation, a 501c3 charity dedicated to improving the survival and quality of life for women with heart disease. The information is intended to educate women about subjects pertinent to their health, not as a substitute for consultation with a personal medical professional. © 2003. WHF, PO Box 7827, West Trenton, NJ 08628. Phone 609.771.9600 / Fax 609.771.9427.

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Postmaster: Please deliver by February 1

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WOMEN'S HEART FOUNDATION



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