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 Harman, and Illinois Tool & Dye Work Foundation.

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

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

“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.

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.

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.
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 characteristics, 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

Gender Care Initiative Being Launched

In 2003, WHF served 1,000 women on February 1. Over 1,600 women were directly served during the week. Another 1.2 million heard our message locally and 42 million nationally.

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.
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 response was that it was 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 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.

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.

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**Apple Coffee Cake**

- 5 c tart apples, cored, peeled, chopped
- 1 c sugar
- 1 c dark raisins
- ½ c pecans, chopped
- ¼ c vegetable oil
- 2 tsp vanilla
- 1 egg, beaten
- 1 ½ c all-purpose flour
- 1 c whole wheat flour
- 1 ½ tsp baking soda
- 2 tsp ground cinnamon

**Directions**

1. Preheat oven to 350º 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.

Yields 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.

WHR 2003.
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 Blvd., Princeton, NJ
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
Governor and Mrs. McGreevey 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
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.

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 InteCare 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 (Gloxer 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.

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 co-operation 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 Arkus
Executive Director

Steven A. Samuel, MD, FACC
Medical Director
Marianne T. Belay, RN, MS
Vice Chair, Gender Care Initiative
Rich Belanger
Director of Communications

Bonnie Arkus
Executive Director

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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