

WOMEN'S HEART FOUNDATION

WOMEN'S CARDIO-GRAM

helping you take care of your heart

APRIL 2004 VOLUME 1 ISSUE 2

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STATE HEALTH COMMISSIONER SPEAKS AT WHF'S FIRST GENDER CARE CONFERENCE

Joined by First Lady of New Jersey, Dina Matos McGreevey, State Health Commissioner, Dr. William Lacy, addressed the forty-five nurses in attendance at WHF's first *Women and Heart Disease Gender Conference* that took place at Robert Wood Johnson University Hospital on February 7.

Executive Director Bonnie Arkus declared the conference a "huge success" and acknowledged the state's support for women and heart disease.

"It is important to be able to give continuing education credits for something as critical as women's heart disease," she said. "This is a big step for us as an organization and the state has been very supportive of our Take New Jersey Women to Heart initiative."

Nurses attended the conference from Hackensack University Medical Center, Bayshore Hospital, Warren County Public Health Nursing Agency, Correctional Medicine Service, Community Medical Center, St. Peter's University Hospital, Kimball Medical Center, Saint Barnabas



Left to Right: Peri Nearon, Commissioner Lacy, Bonnie Arkus

Hospital, Visiting Nurse Services of New Jersey, Robert Wood Johnson University Hospital in New Brunswick, Holy Name, University Medical Center at Princeton, Overlook Hospital, Hunterdon Medical Center, William Paterson University, Our Lady of Lourdes Hospital, 305th Medical Group, Meridian Health, Rutgers Student Health Services, West Long Branch OBGYN and South River High School. ♥

WHF DEDICATES NEW RWJUH WOMEN'S RESOURCE CENTER IN MEMORY OF NOREEN DALY CARLSON

In a moving testimonial to her late daughter, Noreen Daly Carlson, Dolores Daly spoke to nurses at the *WHF's Women and Gender Care Conference* about her daughter's tragic and unexpected death and the urgent need to educate women about the undiagnosed symptoms of heart disease.

With her family in attendance, as well as the First Lady of New Jersey, Dina Matos McGreevey, Mrs. Daly read the inscription to a plaque that will be permanently displayed in the new Women's Resource Center at Robert Wood Johnson University Hospital in New Brunswick.

The Daly, Carlson and Jankowski Families of New Jersey have organized a fund raising campaign for the WHF to address gender care for women cardiac patients. WHF contributed \$10,000 to the Women's Resource Center.

The inscription reads:

This urn is dedicated to the late Noreen Daly Carlson and to the lives of all women who have been taken from us by complications of heart disease. It marks a new beginning for all patients, patrons and families of New Jersey to be educated and to speak to others about the prevention of heart disease in women.

May the Health Needs of No Woman Go Unmet

Presented this seventh day of February two thousand and four by the Women's Heart Foundation and the Daly, Carlson and Jankowski families of New Jersey for the Robert Wood Johnson University Hospital Women's Resource Center in New Brunswick



Left to Right: Bonnie Arkus, Dina Matos McGreevey, Dolores Daly, Marianne Balay



WHF WELCOMES THREE NURSE EDUCATORS ABOARD AS 12-WEEK INTERVENTION PROGRAM BEGINS AT YWCA

From its new offices in Ewing Township, Bonnie Arkus welcomed three part-time nurse educators who will be an integral part of the Foundation's core wellness initiative that begins March 31 as a pilot program with the YWCA Trenton. The new staff additions are Danielle Renee Cairns of Mantua, Mary Ann Cavallaro of Princeton and Robin Mansfield of Hamilton.

For the past 15 years, Danielle Cairns has worked exclusively in cardiac disease management in the hospital setting. She works directly with cardiac patients and their families with an emphasis on disease awareness. Danielle is employed at Lankenau Hospital Cardiac Unit. She will be Outreach Director for South Jersey.

Robin Mansfield is currently employed at the cardiac catheterization lab at St. Francis Medical Center. Robin was a biology teacher and was motivated to make a career change after a family member suffered a stroke. Robin stresses heart health awareness with her patients, her friends and her family. Robin will be the web nurse, answering questions submitted by email and telephone. Robin will also be the lead nurse for our piloting of Women's Wellness Wednesday at the YWCA Trenton.

Marianne Cavallaro has a diversified background as a nurse, freelance writer, columnist and entrepreneur. She founded EverWith, Inc, a health-care company in Princeton that focuses on holistic health and wellness. Marianne will be Outreach Director for North Jersey.

Over the course of the free twelve-week program, there will be a combination of lectures,



WHF Nurse Team: Left to Right: Danielle Cairns, Robin Mansfield, Mary Ann Cavallaro

audiovisual presentations, and group discussions with participation in yoga. The nurses will speak to women about why a woman's heart is different, symptoms of heart disease, stress reduction, nutrition and exercise, cholesterol, medication safety, high blood pressure and diabetes.

"The YWCA is a community of wellness. It's mission aligns with ours to empower women through education and wellness. It is not meant to be a substitute for a doctor's visit by any means," says Bonnie Arkus. "In this non-healthcare setting, it will be an intervention for women who may be at risk and will benefit from the information our program will provide. At the end of the 12-week curriculum, we will be acknowledging women who were successful at incorporating certain health behaviors with a rewards breakfast. We will begin in Trenton and be expanding into other regions of the state".

C-REACTIVE PROTEIN - TO TEST OR NOT TO TEST?

A recent study by researcher Dr. Paul Ridker of Boston's Brigham and Women's Hospital shows evidence that inflammation is a central factor in cardiovascular disease—the #1 killer of Americans. The inflammation theory helps explain why people with seemingly normal cholesterol levels have heart attacks.

Inflammation in the blood stream can come from many sources. It triggers a heart attack by weakening the walls of blood vessels, making fatty buildups burst. A large study concludes it is twice as likely as high cholesterol to trigger heart attacks.

Inflammation can be measured with a test that checks for C-reactive protein, or CRP, a chemical necessary for fighting injury and infection. The test typically costs between \$25 and \$50. Diet and exercise can lower CRP dramatically. Cholesterol-lowering drugs called statins also reduce CRP, as do aspirin and some other medicines.

Doctors believe the condition often begins when the fatty buildups that line the blood vessels become inflamed as white blood cells invade in a misguided defense attempt. Fat cells are also known to turn out these inflammatory proteins. Other possible triggers include high blood pressure, smoking and lingering infections, such as chronic gum disease. Ridker's study says for the first time what level of CRP should be considered worrisome, so doctors can make sense of patients' readings. However, experts are still divided over which patients to test and how to treat them if their CRP readings are high.

Dr. Steven A. Samuel, WHF's Medical Director, doesn't feel that routine screening for CRP is warranted at this time. "C-reactive protein is a nonspecific marker of inflammation, which has been known about for decades. Recently, there has been interest in this as a marker of coronary risk, perhaps related to theories of inflammation being involved in coronary atherosclerosis. First, I would emphasize that CRP is probably a marker, not the actual cause, for increased coronary risk. We do not yet know the full connection. Until we know that there are specific interventions which lower CRP, or whatever it represents relative to inflammation, AND lower the risk of cardiac events, routine screening is not justified. Continued efforts are needed to lower standard risk factors through lifestyle modifications and appropriate medications. This is still our best bet. Prescribing medications to lower CRP is premature."

Source: Medical Editor Daniel Q. Haney, special correspondent for The Associated Press. Web article November 14, 2003, yahoo daily news.



ONE WOMAN'S STORY BY SHARI BILARCZYK

It was December 20th 1991 when my mom came home from work with what she described to be flu-like symptoms. The next day, still not feeling 100%, she asked my dad, brother

Shari Bilarczyk

and me to take her to the hospital. My mother was diagnosed with a heart attack and placed into intensive care. It was the very next day on December 22nd in the early evening that we lost my mom to a massive heart attack. She was 53.

My mom, Mryna, worked as an office manager for a local insurance agent in my home town in Fair Lawn, New Jersey. I think her stress level was as normal as anyone's. They said she had no

risk factors for heart disease. I was 20 years old at the time. My two older brothers were 25 and 28. Dad is still trying to manage, and so am I.

Perhaps if we had taken her to the hospital earlier that weekend, perhaps if we had known that flu-like symptoms are the most common symptoms of early heart attack warning in women, perhaps my mom would still be alive today. This happened nearly 13 years ago, yet I still think of her every day. That's why I accepted the role as executive chair of the very first Women's Heart Walk & Run for the Women's Heart Foundation. As a manager with Kelly Services, I know that I can reach out to many women and spread the word about women's heart disease. It is our #1 killer. Maybe I can help save other women's lives.



WELLNESS WEDNESDAYS PROGRAM BEGINS



Ribbon-cutting ceremony at WHF's first Women's Wellness Wednesdays - a 12-week program for risk reduction in women that opened at the YWCA Trenton March 31. Front row l-r: Bonnie Arkus; Nikki Mosgrove, Director of Community Health Programs at YWCA of Trenton, Peri Nearon, Coordinator of the Office on Women's Health, NJ Department of Health and Senior Services; and Sharon Bonitz, Acting CEO & COO, YWCA of Trenton with program participants.

Executive Director
Bonnie Arkus

Medical Director
Steven A. Samuel, MD, FACC

Vice Chair, Gender Care Initiative
Marianne T. Balay, RN, MS

Director of Communications
Rich Belanger

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. © 2004.

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HEART WALK & RUN SCHEDULED DURING NATIONAL WOMEN'S HEALTH WEEK

The Women's Heart Foundation has scheduled its first Women's Heart Walk & Run on Saturday, May 8 at Mercer County Park in Hamilton as part of its ongoing Take New Jersey Women to Heart campaign and National Women's Health Week.

One of the goals of the 2004 Women's Heart Walk & Run is to forge a critical "information" link between mothers and daughters about the incidence of heart disease in women of all ages, and the importance of proper exercise and nutrition. The course will be spread over a very manageable two kilometers of the park's West Picnic area that will appeal to women of all ages.

Each participant will receive a T-Shirt for entering. Prizes awarded for top male and female runners in each age category and top corporate teams. USATF Grand Prix Event. Entry Fee \$18 (\$16 for valid NJ USATF members). Day of Race fee: \$20. Register online at www.womensheart.org. There is

no registration fee for women survivors of invasive or non-invasive heart surgery, or for girl scouts who are accompanying their mothers or for volunteer crew. Women survivors will receive a free purple visor for their participation. Pre-registration on the day of the race begins at 7:30 A.M., and the race will commence at 9:00 A.M.

A competitive 5k race will also take place that morning beginning at 10:00 A.M. Prizes will be offered to the top three finishers. Race refreshments will be provided as well as computerized timing and scoring.

Baldasari & Leestma Race Management is managing the 2004 Women's Heart Walk & Run. The race hotline for interested runners is 609-890-8343. The Foundation is appealing to New Jersey companies to come forward as race sponsors. ♥

FOUNDATION NOTES



Laura Ahern, Director of Corporate Marketing for Horizon Blue Cross Blue Shield of New Jersey, joins WHF as chairwoman of the Women's Heart Foundation Annual Gala to take place October 1, 2004 in Princeton, NJ.

Shari Bilarczyk, Sales Manager with Kelly Services, joins WHF as chairwoman of the Women's Heart Walk & Run.

Dr. Kathleen C. Ashton, PhD, APRN, BC, Clinical Associate Professor of Nursing, at Rutgers The State University Camden, was recently awarded \$1,000 grant for the WHF Teen Esteem program from the NJ State Nurses Association.

Lisa Romano has joined the Women's Heart Foundation as an Administrative Assistant.

Welch's distributes national radio PSA again for WHF; New TV PSA added this year.



RECIPES FROM THE HEART: PASTA WITH SHRIMP IN ORANGE SAUCE

Source: *The Pritikin Diet Book*



- 1 red bell pepper
- 1 lb. medium-large (25-count) shrimp
- 1 dried red chili
- 2 tbsp extra-virgin olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, finely chopped
- 1/3 cup dry white wine
- 3 tbsp fresh orange juice
- grated zest of 1 medium orange
- 12 Kalamata olives, pitted and coarsely chopped, or 19 Gaeta or Nicoise olives, pitted
- salt and freshly ground black pepper, to taste
- 1 lb. tagliatelle or fusilli (preferably whole wheat)

1. Roast red pepper, peel, and cut into strips. Peel shrimp, deveining if necessary. Cut each into 3 pieces. Chop chili, seeds and all.
2. Over medium-low heat in pan large enough to hold all ingredients except pasta, sauté onion in olive oil, stirring frequently, until soft but not brown-about 15 minutes. Add garlic and shrimp, raising heat slightly, and toss in oil until shrimp turns pink-about 2 to 3 minutes. Add wine and cook, stirring frequently, until sauce is slightly reduced-about 5 minutes. Stir in juice, zest, and chili.
3. Bring the sauce back to a boil and stir in the pepper strips and olives. Sauce should be thick enough to coat pasta. If it seems too thin, remove shrimp and reduce sauce by boiling rapidly; then return shrimp to thickened sauce. Add salt and pepper to taste. Keep sauce warm.
4. Cook pasta according to package directions. Drain, turn into heated bowl, and toss with sauce. Serve immediately. (Serves 6)

APRIL

April is National Organ Donor and Tissue Awareness Month. About 3,000 people die each year waiting for a donor organ. Currently almost 58,000 people are on national waiting lists and a new name is added every 16 seconds. If you would like to be an organ donor, you must tell your family. For more information and a donor card, call the donor network number in your state.

April 1-7: Medication Safety Week. Follow the 7 focus days to promote medicine safety in your home:

- Day 1:** Clean out your medicine cabinet.
- Day 2:** Know the names of your medicines.
- Day 3:** Read medicine labels carefully.
- Day 4:** Dietary Supplements Awareness.
- Day 5:** Organize your medicines. Use a medicine record. Use a medicine organizer box, if needed.
- Day 6:** Transitional Care Awareness.
- Day 7:** Better communication with health professionals awareness.

The 4th Thursday in April: **National Take Our Daughters & Sons to Work Day.**

MAY

May is Women's Health Care Month and Stroke Awareness Month.

May 8 – Women's Heart Walk & Run at Mercer County Park, NJ

- 7:30 - 9:00 am - Registration. Stretching and Warm-up
- 9:00 am - Walk
- 10:00 am - Run

Prizes awarded for top male and female runners in each age category and top corporate teams. USATF Grand Prix Event. Entry Fee \$18 (\$16 for

valid NJ USATF members). Day of Race fee: \$20. Register online at www.womensheart.org

May 8 – "Willowbrook Walk" for family fitness at Willowbrook Mall, Wayne, NJ

- 9:00 am - Registration.
- 9:30-10:00 am - Exercise/Heart Rate Information followed by a stretch
- 11:00 am - Heart Health Screening

Sponsored by: Chilton Memorial Hospital, Wayne Health Department and Willowbrook Mall. \$5.00 fee for Heart Health Screening. For more information, contact Michele McGrogan at 973-831-5413 or michele_mcgrogan@chiltonmemorial.org

May 9-16 is National Women's Health Week.

JUNE

National Family Health Month Observance to celebrate and promote strong and supportive families.

SAVE THE DATE: June 12, 11:00 am-2 pm Gender Care Conference series at Robert Wood Johnson University Hospital, New Brunswick. Keynote: Nieca Goldberg, MD, Author of "Women are Not Small Men". Health professionals can download brochure at www.womensheart.org

JULY

2nd week in July: **National Family Fitness Week.** What can you do to improve the fitness level of your family?

SAVE THE DATE: October 1 6:30 pm Women's Heart Gala at the Governor's Mansion at Drumthwacket, Princeton New Jersey. Honoring Dina Matos McGreevey, honorary chairwoman for "Take New Jersey Women to Heart".

The first quarter of 2004 has been a busy one for WHF with an open house on March 3, resumption of its "Ask the Nurse" email service and the pilot for Women's Wellness Wednesdays[®] (WWW) at the YWCA Trenton — a 12-week intervention and educational program on heart health topics. We plan to offer this WWW curriculum in other wellness settings and at corporations located throughout the state, in collaboration with our health partners.

We look forward to continuing the WHF Gender Care Initiative with two additional programs being offered professionals this June and October. We also look forward to launching our Teen Esteem program September 2004 for teen girls combating multiple heart disease risk factors. The program will be offered to sophomore students at Trenton Central High School and is being supported by a grant from the Office on Women's Health, NJ Department of Health and Senior Services.

There is no better way to honor your mother than to come to the **Women's Heart Walk & Run on May 8**, so come on out and support WHF while learning about women's # 1 health risk: heart disease. The event is being launched in commemoration of National Women's Health Week. There will be free heart risk screens performed by nurses from Capital Health System, the University Medical Center at Princeton and the Robert Wood Johnson University Hospital at Hamilton. Join us for a day of family fun and fitness at Mercer County Park in Hamilton Township, New Jersey.

Bonnie Hartman Arkus

Take Care of Your Heart.

