

WOMEN'S HEART FOUNDATION

WOMEN'S CARDIO-GRAM

helping you take care of your heart

JANUARY 2005 VOLUME 1, ISSUE 3

INSIDE THIS ISSUE

- 1 Women's Heart Week Activities
- 1 2005 Women's Heart Walk & Run
- 2 Gender Care Conference
- 2 Rx for Exercise
- 2 Teen Esteem Launch
- 3 One Woman's Story
- 3 WHF Training Schedule
- 3 WHF Honors Heart Advocates
- 3 Recipes from the Heart
- 4 Calendar of Events
- 4 Foundation Notes

Women's Heart Foundation Announces Women's Heart Day at Willowbrook Feb 5; Offers free heart screenings as part of National Heart Month

The Women's Heart Foundation will shift its education programs into high gear as part of National Heart Month in February. WHF's own Women's Heart Week – a successful outreach campaign aimed at improving awareness of heart disease in women, while also evaluating their at-risk characteristics through clinical screenings – launches February 1 for a week of heart-health promotion.

“Early intervention is key to helping women and screening may possibly begin a series of life-saving processes,” says Bonnie Arkus, WHF Executive Director. “Women's milder symptoms often get overlooked and are sometimes mistaken for anxiety attacks. Women's Heart Week-like other education platforms launching in February, such as the American Heart Association's ‘Red Dress Campaign’ – provides a brief window for us to heighten awareness of the risk factors and symptoms of heart disease specifically experienced by women. In the end, we hope our efforts can improve women's survival,” she said.

“Women need to know how to respond to the sudden onset of generalized weakness — our most common early warning sign — and about other heart disease symptoms like dizziness and nausea. Women should know what to expect from healthcare practitioners in the way of testing and best care,” she said. WHF is asking all hospitals to offer free heart screenings at

their facilities during Women's Heart Week with a special push on Feb 1. Several Curves Fitness Centers are also offering screenings by nurses who are either members or volunteers. Curves will be displaying large purple ribbon bows at their entry ways to alert women to the screenings.

As part of its New Jersey initiative -*Take New Jersey Women to Heart* - WHF has scheduled a significant outreach program at the Willowbrook Mall in Wayne, on Saturday, February 5th from 10 A.M.—4 P.M. WHF is partnering with St. Joseph's Healthcare System, a leader in cardiac care in the region, to offer free heart health screenings to women shoppers, along with critical messages about symptoms of heart disease. St. Joseph's Healthcare System is committed to advancing the awareness and treatment of women at risk for heart disease. WHF will be releasing its new “Woman in Heart” pendant at Women's Heart Day Feb 5 (see photo at right). The jewelry, fashioned after its logo, will be available for purchase - just in time for Valentine's Day. All proceeds will benefit WHF. Interested volunteers for the Feb 5th outreach are asked to report to Bloomingdale's Exhibit Court at Willowbrook Mall at 9:00 A.M.



The 7 Focus Days of Women's Heart Week:

- Feb 1: Risk and Symptoms Awareness
- Feb 2: Exercise and Fitness
- Feb 3: Nutrition and Dietary Supplements
- Feb 4: Holistic Health and Stress Management
- Feb 5: Medication and Herbal Safety
- Feb 6: Health Care Self-Management
- Feb 7: Positive Self-Image



SAVE THE DATE: MAY 7— Women's Heart Walk & Run at Mercer County Park ... ‘Run For Your Heart’

Don't miss the second annual Women's Heart Walk and Run with a 1-mile Fun Walk and 5K Walk/Run, to take place at Mercer County Park in central New Jersey. Amenities include food, craftsmen and entertainment by DJ Bobbiluv. The course will be spread over a very manageable two kilometers of the park's West Picnic area that

will appeal to runners of every level. Last year's race drew 150 participants. Each participant will receive a T-shirt for entering. Registration is open. Ribbons will be awarded all finishers with prizes to first, second and third place men and women in age categories. Download registration: www.womensheart.org.



WHF Executive Director Named National Winner by the Spirit of Women Foundation

Bonnie Arkus, WHF Executive Director, was named “Healthcare Provider of the Year” by The Spirit of Women Foundation for the design of new health and wellness programs for women. Bonnie received the award last April in Orlando, Florida after being nominated by Marianne Balay, Vice President of Women's Health Services at the Robert Wood Johnson University Hospital.

Gender Care Initiative: Bridging Communication to Promote Diagnosis of Women's Heart Disease



Nieca Goldberg, MD

Women's heart disease presents significant challenges to the healthcare community, with symptoms more subtle than those experienced by men, including early warning signs that resemble the flu. A lack of understanding regarding the symptoms of heart disease in women, in addition to women's style of communicating can result in a disconnect between patient and practitioner. In order to provide healthcare professionals with a system's approach to female-centered patient care and to enhance the diagnostic model for women with heart disease, WHF sponsored a medical conference on October 13 titled, 'Bridging Communication to Promote Diagnosis of Women's Heart Disease', the second of a six-part series in the WHF Gender Care Initiative (GCI).

Held at Robert Wood Johnson University Hospital in New Brunswick, the conference featured keynote Nieca Goldberg, MD, author of *Women Are Not Small Men*. Dr. Goldberg is the Director of the Women's Heart Program at Lenox Hill Hospital in New York. She said that it is essential healthcare professionals to consider quality of life issues when treating a woman with heart disease.

Also featured was Linda Rojak BS, RNBC, Cardiology Information Systems Manager at Staten Island University Hospital. She defined a program called Nurse Informatics that is based on ANA Scope & Standards. It showed how computerized cardiology resources can provide clinical decision support while acknowledging barriers to computerized communications systems. *Gender Care Initiative* Chief Consultant, Lou Anne Beauregard, MD, also presented on how to avoid gaps in doctor-patient communication by employing a more thorough interview process when obtaining a woman's medical history. Dr. Beauregard specializes in electrophysiology. Her practice is located in Manalapan.

Vice Chair of the GCI Marianne Balay, who is also Vice President of Women's Health Services at RWJUH, addressed the audience of 450 lay and 60 health professionals in attendance. "If we concentrate solely on heart disease procedures and fail to recognize the early warning signs in women, then we have fallen far short of our goal," she said. "The Robert Wood Johnson University Hospital is committed to the Gender Care Initiative because hospitals need to track how staff respond to women's symptoms, an essential first step to improving care."

WHF Launches Teen Esteem Program

Teen Esteem is a novel program that measures the effect of intervention on the relationship between exercise, nutrition, cardiovascular health and self-esteem among high school girls at Trenton Central High School. For many of the teenage girls participating, the program marks a new beginning for those who are facing their adolescence with obesity, metabolic syndrome and other major risk factors for heart disease, stroke and diabetes. The program's goal is to foster improved physical and mental health through education in nutrition, exercise and wellness that is enhanced by hands-on demonstrations of healthy cooking, exercise circuits, yoga and hip hop.

The girls are taught the importance of taking better care of themselves, their hearts and minds, and then given the tools to do so. This education in turn will help the girls to help themselves, their families and their communities. According to Kathleen C. Ashton, PhD, APRN, BC, Clinical Associate Professor of Nursing at Rutgers University Camden and the study's principal investigator, the curriculum is focused on healthy eating beginning with where each girl is now and modifying according to food preferences. "There is a focus on understanding food

labels, making healthy choices and learning how even small changes can make a big difference. Teen Esteem differs from other health programs offered at the school in that it complements and extends the current curriculum while teaching principles to be used over a lifetime," says Dr. Ashton.

The study is operating from a \$75,000 grant from the NJ Department of Health & Senior Services Office on Women's Health and the New Jersey Department of Human Services, and from smaller grants of \$2,000 from the Pi Chapter, Sigma Theta Tau International, \$1,000 from the NJ Institute for Nursing, \$1000 from Griffith Electric, \$500 from Roma Bank, \$200 from Home Depot and from Century Kitchens and Bath and in-kind services from Matthews, Collin, Shepherd, and McKay. ShapesUSA serves as professional consultants to the program.



Study: Rx for Exercise Linked to Health Habits of Provider

According to a study in the Journal of the American Medical Association, health care providers are pressed for time, therefore counseling patients concerning exercise does not happen as often as it should. For the most part, health care providers are not physically active themselves but those who are tend to recommend exercise more readily and with more confidence. The prevalence of obesity is increasing, with 60 million Americans currently classified as obese. The annual death rate due to obesity and related health complications is 300,000. Inactivity plays a role and 25% of adults maintain sedentary lifestyles.

One researcher sought to learn more about the frequency and nature of health care providers' recommendations of exercise to patients at Kessler Memorial Hospital in Hammononton, NJ and replicated this study. Thus informed, it would be possible to generate strategies to increase the frequency and confidence in prescribing exercise as a means to improving health. Results of the study revealed that for the most part, health care providers at Kessler Memorial worked out at a high enough level to obtain some cardiovascular benefit for themselves and that the providers in the study were found to be recommending exercise on a consistent basis. Gender and age were not a factor as to whether a patient received counseling. This study supports the earlier finding that exercise is recommended on the basis of self-efficacy. Those who were more active on a regular basis tended to recommend exercise more readily and with more confidence.

People who are overweight run the risk of developing heart disease, high blood pressure and insulin resistance. Exercise counseling is important as a means of motivating individuals to exercise more regularly.

The researcher felt it would be useful to replicate the study using a larger sample of health care providers to gain a better understanding of the exercise counseling practices on a larger scale.

This study was conducted by Robyn Caruso, AAS, pt, GFI, LWMC in Health and Exercise Science. Ms. Caruso is a senior at Rowan University Health Promotion and Fitness Management Program.

Metabolic Syndrome describes the connection between high blood pressure, obesity, high blood glucose and lipid levels: a very dangerous combination. Unlike genetic diseases, this one can be prevented. Diet, exercise and nutrition, or creating a healthy lifestyle, can change and perhaps save your life. Stress, either on the job or at home, is a major contributor to heart disease and the related risk of metabolic syndrome. By raising your blood pressure and heart rate, it is taxing on your cardiovascular health. How do you manage stress?

WHF Sets Training for Women's Well Days

Attention nurses and fitness managers: Training is scheduled to resume for nurses to join the Registered Nurse Volunteer Program and become peer-leaders at Curves® and other fitness sites. Fitness managers may also attend the training. This is to introduce WHF's curriculum for executing Women's Well Days programming. The training location will be at WHF's new headquarters at 1901 N. Olden Ave., Suite 7, Trenton, NJ and will be held monthly. Pre-registration is required. Training is from 7:30 A.M. - 4:30 P.M. and includes review of 14 separate health modules, such as *A Woman's Heart- Gender Matters, Medication Safety, Putting Our Children First with Nutrition*. Mark your calendar for these training dates: February 24, March 24, April 28, May 26, Jun 23, September 22, October 20, and November 24. The \$10 registration includes a training manual and light lunch. Download registration form at www.womensheart.org.



Bonnie Arkus with Curves members and owners at Curves in Lawrenceville—the site of the first Women's Well Days program.

WHF Hosts Women's Well Days

The Women's Heart Foundation is opening its doors at its new headquarters at 1901 N. Olden Avenue, Suite 7, Ewing, NJ, to host Women's Well Days programs. The sessions will take place on Wednesdays from 9 - 11 A.M. for moms and caregivers and 4 - 6 P.M. for working women. Pre-registration is required and space is limited. Come for free women's health seminars, tea and socialization and become an ambassador for women's heart health. Mark your calendars for seven consecutive Wednesdays, beginning February 23. For a complete list of program topics or to download a registration form (pdf), go to www.womensheart.org.

Take New Jersey Women to Heart is a statewide initiative supported by the Office on Women's Health, NJ Dept of Health & Senior Services



One Woman's Story



Lois Trader

Lois Trader of La Habra, California has been twice blessed. In 1993, she was told there was little hope for her recovery from liver disease. She then joined the UCI Liver Research Department and was one of 370 patients on a then experimental drug called Interferon. After six months of ill health, Lois awoke one morning feeling completely well. "It was truly a miracle" she says, "aided by injecting myself with large doses of Interferon".

Ten years later while celebrating her 47th birthday, Lois began to feel an annoying tingling in her hand. Then the pain radiated to her upper back. This pain sent Lois to the emergency room and emergency room personnel greeted her with "You're young and a woman"... as if the pain couldn't be anything serious.

Though her electrocardiogram was abnormal, she was sent home with a prescription for a medicine to treat acid reflux. She was also told to make an appointment the following week for further testing. Once home, Lois had to deal with what she describes as "horrible back pain" and so she returned to the hospital and was greeted once again with "You're young and you're a woman".

The emergency room doctor said, "I'd bet my last nickel that it's indigestion and you should not be admitted overnight". Again, she was sent home and she said she was made to feel stupid. The next day, Lois was rushed to the Intensive Care Unit where she was told to sign release papers for clinical procedures that included angioplasty and open heart surgery. She had a stent placed in her left artery to minimize blockage that had reached 75%. She was also diagnosed with coronary artery disease. Today, living healthy again, Lois now shares her story with other women. She writes and speaks on behalf of women's heart disease so that other women will not be "made to feel stupid". Harsh words, indeed, but not as harsh as the reality that heart disease is women's #1 killer.

Lois has never smoked, did not have high cholesterol or high blood pressure, and was physically fit and active. There was no diabetes in her family. However, Lois did have one major risk factor that no one can change: family history. Her father was just 37 when he had his first heart attack. She has written her complete story in a book entitled, *HELP... There's an ELEPHANT ON MY CHEST - Heart Disease From My Point of View*. She is dedicating her life to helping women of every age understand their risk of heart disease. Read Lois' story: www.loistrader.com. Read "A Woman's Heart" poem by Nancy Perez at www.womensheart.org.

WHF Honors Leading Women's Heart Health Advocates

On October 1, WHF held its *Take New Jersey Women to Heart* reception at Drumthwacket, the Governor's Mansion located in Princeton. Honored were Nieca Goldberg, MD for Distinguished Medicine; Marianne Balay for Women's Healthcare Provider; Horizon Blue Cross Blue Shield NJ for Corporate Leadership; and Dolores Daly, Volunteer of the Year. First Lady of New Jersey Dina Matos McGreevey received recognition for her role as honorary chair of this statewide campaign. Heart disease survivor awards were given to Jean Babey, Bev Matthews and Cindy Stephens. The reception was attended by 150 supporters and raised \$7,000 in silent auction donations. Laura Ahern served as Event Chair and Mary Amoroso, Celebrity Emcee.



L to R, Dina Matos McGreevey with award winners Marianne Balay of RWJUH, Dolores Daly, Laura Ahern of Horizon Blue Cross Blue Shield NJ, Nieca Goldberg, MD with Bonnie Arkus, and Mary Amoroso with Laura Ahern and Mrs. Mc Greevey.

Recipes from the Heart

Butternut Squash Soup

Source: Atkins Favorites



- | | | |
|--|---|------------------------------------|
| 1 small butternut squash (about 1 1/2 pounds) peeled, seeded, and cut into 1-inch pieces | 1/4 tsp pepper, divided | 1 T tomato paste |
| 2 Tbs olive oil, divided | 2 yellow squash (about 1 1/4 pounds) cut into 1-inch pieces | 1 1/2 c vegetable or chicken broth |
| 1/2 tsp salt, divided | 1/4 c finely chopped onion | 1/2 c heavy cream |
| | 1 1/2 t pumpkin pie spice | Pumpkin seeds (optional) |
| | | Sour cream (optional) |

- Heat oven to 450 F. Toss butternut squash with 1 T olive oil, 1/4 tsp salt, and 1/8 tsp pepper. Arrange in a single layer on a baking sheet. Roast 15 minutes, turning once.
 - Toss yellow squash and onion with remaining oil, salt and pepper. Add to baking sheet with butternut squash. Continue roasting 20 minutes until all vegetables are tender.
 - In a large saucepan over medium heat, cook pumpkin pie spice, stirring constantly, for 1 minute or until fragrant. Stir in tomato paste and cook 1 minute more. Add roasted vegetables and broth. Bring to a boil, reduce heat to low and simmer 20 min. Stir in cream. Remove from heat. Puree soup with an immersion blender. Heat gently to warm through. Season to taste with additional salt and pepper. To serve, divide soup in bowls and garnish with toasted pumpkin seeds and sour cream, if desired.
- TIP: To make your own spice mixture, combine 1 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp each of allspice and nutmeg and a pinch of ground cloves. Nutrition information: 9.5 gms net carbs, 13.5 gm total carbs, 4 gm fiber, 2.5 gm protein, 12.5 gm fat, 168 calories.

Calendar of Events

Jan 25, 5:00 pm – 7:00 pm
WHF presents "Women and Heart Disease" at Middlesex County School Nurses Association.
 Contact: Marianne Ellison, Middlesex County School

Feb 1 – National Women's Heart Health Day & Opening day of Women's Heart Week. Hospitals are Urged to offer free heart screenings for women. Free program information at www.womensheart.org. For free video, contact WHF at (609) 771-9600.
WHF Open House 10:30 AM-1:00 PM at its new headquarters at 1901 N. Olden Ave, Suite 7, Trenton, NJ. All are welcome. Refreshments served.

Feb 1, 12:00 noon -2:00 pm
 Yoga for Relaxation and Stress Reduction
 Light Lunch included. FREE
 Location: Univ. Medical Center Princeton (UMCP)
 Contact: (609) 497-4480.

Feb 1, 6:00–8:00 pm
 Coronary Artery Disease and Cholesterol —How are they linked and what's your risk?
 Light Dinner included. FREE
 Location: Univ. Medical Center Princeton (UMCP)
 Contact: (609) 497-4480.

Feb 2, 12:00 -2:00 pm
 Women & Heart Disease lunch and learn. FREE
 Location: Univ. Medical Center Princeton (UMCP)
 Contact: (609)497-4480.

Feb. 2, 9:00 am to 1:00 pm
 Blood pressure and cholesterol screening.
 BP screening free; cholesterol screening - \$15.00.
 Location: Somerset Medical Center

Feb 2, 11:00 am – 12:00 pm
 Women's Heart Program presented by Dr. Christine Gasperetti, Cardiac Interventionalist.
 Location: Deborah Heart and Lung Center, Winderman Auditorium. Refreshments will be served
 Contact: Laura Gebers. (609) 893-1200 x5258

Feb 3, 5:00 pm -8:00 pm
 Women's Health Conference plus "Tasting Success" food prep and demo. Health screens. Information. Sponsored by South Jersey Healthcare System.
 Contact: Rissa Palashewsky (856) 575-4128

Feb 4
 National Go Red for Women – Wear something red to raise awareness about heart disease in women.

Feb 5, 10:00 am – 4:00 pm
WHF Outreach at Willowbrook Mall.
 Location: Willowbrook Mall in Wayne, NJ. In partnership with St. Joseph's Wayne Hospital. Recognitions, free gifts, prizes and featuring release of its signature pendant jewelry - *Woman in Heart*. Sales to benefit WHF. For sponsorship opportunities, call (609) 771-9600.
 Download flyer at www.womensheart.org

Feb. 5, 10:00 am – 3:00 p.m.
 Women's Expo. Deborah Heart & Lung Ctr in collaboration with WJRZ 100.1 Oldies. Held at the Rotocco Center, Toms River High School North
 Contact: Laura Gebers. (609) 893-1200 x5258

Feb 7, 9:30 to 11 am
 Heart-healthy breakfast. Lecture, Breakfast with a Cardiologist. Speaker: Alexander Ivanov, MD.
 Sponsor: Somerset Medical Center.
 Location: Elks Lodge, Rt. 28, Somerville
 Call (908)595-2345 to register. Cost: \$7.00.

Feb 7, 7:00 to 8:30 PM
 Straight From the Heart, sponsored by CHS. Presenter: Charles Paraboschi, MD
 Location: Yardley - Makefield Library , 1080 Edgewood Rd., Yardley, PA
 To Register, call: (609) 394-4153. FREE

Feb 12, 10:00 am—1:00 pm
 Love Your Heart—Heart Fair
 Cooking with the Cardiologist
 Location: RWJ Center for Health & Wellness
 To Register: call (609) 584-5900

Feb 14- 6:00 am - 8:00 am & 11:00 am - 2:00 pm
 Be Your Own Valentine - Blood Pressure, Body Fat and Body Mass Index Screenings FREE
 UMCP Education and Outreach
 Contact: (609) 497-4480.

Feb 15, 7:00 am—9:00 am
 Cardiac Screenings. Fee: \$8
 CHS at Fuld, Brunswick Ave, Trenton
 Conference Rooms A & B
 Contact: (609) 394-4153.

Feb 15, 2:00 pm —4:00 pm
WHF program: A Woman's Heart: Gender Matters
 Location: NJ DEP East State Street, Trenton, NJ.
 Contact: Maria Suro

Feb 17, 12 noon—1:00 pm
 The Heart of Diabetes
 Location: CHS Mercer Campus, Mtg Rooms 1& 2
 Presenter: Parveen K. Verma, DO, Endocrinologist & Winsome Bright, RN MS CDE
 To Register: (609) 394-4153.

Feb 18, 9:00 am—5:00 pm
WHF at Women's Heart Day in NYC, Madison Square Garden. Health fair, lectures, screenings.

Feb 21, 6:30 pm at RWJUH Center for Health & Wellness, 3100 Quakerbridge Road (old AMES building). Heart Fitness for Women and Men – with a discussion panel of experts and focus on women's heart disease, featuring **WHF Executive Director Bonnie Arkus**. Light dinner served. \$10.
 To Register: (609) 584-5900 RWJUH HealthConnect

Feb 24, 7:00 am—9:00 am
 Cardiac Screenings. Fee: \$8
 CHS Mercer, Bellevue Ave, Trenton
 Contact: (609) 394-4153.

Feb 25, 6:30 pm—9:00 pm
 Humor and Your Heart
 Location: Hyatt Regency- Light Dinner included - "Dear Dr Humor" book to first 200 registrants
 UMCP Education and Outreach
 Contact: 609-497-4480. \$15

Feb 26, 10:00 am—3:00 pm
 Day of Dance for Heart Health
 Location: Arline & Henry Schwartzman Courtyard at RWJUH New Brunswick. Women's Wellness & Healthcare Connection will be hosting this Spirit of Women event. Health screens, lectures, dancing.
 Contact: 1.866.44.WOMAN

Feb. 26, 8:30 am -1:00 pm
 Heart Health Expo
 Location: Underwood-Memorial Hospital
 Contact: Nancy Edwards (856) 845-1762

Feb 27, 2:00 pm— 5:00 pm
 Deborah Heart Challenge.
 Location: Burlington County High School Invitational, held at the Pemberton Township School. A section on Woman's Heart Health questions
 Contact: Laura Gebers. (609) 893-1200 x5258

March 3, 10, 17, 1:00 pm – 3:00 pm
 Women's Well Days at Princeton Fitness Center.
 Contact: Debbie Millar (609) 497-4435

From My Desk...

Without a generous grant extension from the New Jersey Office on Women's Health, WHF programs could not continue. We are so fortunate to have the state's support for our Gender Care Initiative and new wellness programs for women of all ages. These funds are already at work, through Teen Esteem, Women's Heart Week, Women's Well Days, and the training of nurses to implement the new curriculum. We thank the volunteer nurses, along with CURVES owners and other fitness centers for investing in women's heart health. This is a commitment not only to women but also to our future to become a stronger, healthier nation.

'Wishing you good health and happiness. Take Care of Your Heart.

Bonnie Arkus

March 12, 10:30 am – 6:00 pm
 Deborah Health Expo. Focus on Women. Screens
 Location: Ocean County Mall
 Contact: Laura Gebers. (609) 893-1200 x5258

April 1-7: WHF Medication Safety Week
 Take your medicines in a brown bag to your pharmacist to review for safe use. Learn the 7 focus days for improving medication safety.
 Go to: www.womensheart.org

SAVE THE DATE: May 7, 8:00 am—11:00 am
 2nd annual Women's Heart Walk & Run at Mercer County Park, NJ... **Run for Your Heart.**

WHF is a 501c3 charity. Please consider a tax-deductible donation to support WHF's award-winning heart wellness programs for women.

Foundation Notes



Bonnie Arkus receives a check from Renaissance Women's Club president Dolores Sodano as other club members look on.

The Renaissance Women's Club in South Jersey recently made a \$10,000 donation to the Women's Heart Foundation. The 400-member club held a fashion show and auction last October and dedicated all proceeds to the WHF.

Congratulations to RWJUH Hamilton, recipient of the Malcolm Baldrige National Quality Award 2004. WHF trustee Deb Baehser, RN, is vice president of patient care services at the hospital.

WHF supports Brea Well-Hearon and the Oberlin Heart Project. Brea is a young woman organizing a sale of old jewelry to benefit heart disease awareness in women. Brea's fundraising mission is three parts: a tribute to her mother, a way to spread awareness of heart disease in women while raising the funds necessary to fight it. Go to www.heartproject.bravehost.com.

A HEARTY WHF WELCOME TO ...
 •Rachel Anderson as Director Programs Dev.:

- Mary Brown as Data Manager of Teen Esteem
- Debra Stokes as Research Assistant.
- Paula and Jack Bieger have accepted the roles of Co-Chairs of the second annual Women's Heart Walk and Run. *Run For Your Heart* will take place May 7 at Mercer County Park, NJ. Paula and Jack are owners of two Curves Fitness Centers in Mercer County.



Paula & Jack

Women's Cardio-Gram

WHF Exec. Director & News Editor
 Bonnie Arkus
 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.
 © 2003. WHF, PO Box 7827, W Trenton, NJ 08628. Phone 609.771.9600 / Fax 609.771.3778.
 Email: info@womensheart.org

Postmaster: Please deliver promptly. Dated materials.

Take Care of Your Heart

www.womensheart.org

P.O. Box 7827, W. Trenton, NJ 08628

WOMEN'S HEART FOUNDATION



Nonprofit Org
 U.S. Postage
 PAID
 Trenton, NJ
 Permit No. 771