



WOMEN'S HEART E-NEWS

A publication of the Women's Heart Foundation

WWW.WOMENSHEART.ORG

APRIL -MAY-JUNE 2010

GREETINGS, HEART SISTERS AND FRIENDS.



How exciting to see 350 participants at our annual RUN FOR MOM on Mother's Day at Mercer County Park, and 109 supporters at our Women's Heart Annual RED DRESS Luncheon held at the Trenton Marriott Hotel in February. Dr. John Strobeck delivered the key presentation introducing an exciting revolutionary new risk-free device to diagnose heart disease, called Multifunction CardioGram™. Heart Sisters, you will definitely be hearing more about this one. For the first time ever, we will be able to diagnose ischemic heart disease with great accuracy in a woman. For the first time ever, we can monitor our hearts without dangerous exposure to dyes or X-ray. HEART DISEASE CAN NO LONGER HIDE.

Our focus remains on serving those most vulnerable in our society, hence, the WHF continues to be involved at Trenton Central High School. We envision wellness and prevention that extends to family members and staff as well as to the community at large. We must look to protect our children's hearts by doing everything we can to reverse early risk factors associated with this killer. Teen Esteem has been shown to successfully reduce inflammatory markers for metabolic syndrome with an average of 2" loss in waist size. Blood pressure also decreases. We're working to make this successful program available to all children and in every school.



Trenton Central High 10th grade girls surround Bonnie Arkus and give "thumbs up" to the TEEN ESTEEM Program

Take care of your heart.©

Bonnie Arkus, RN

A RELIABLE DIAGNOSTIC TOOL NEEDED FOR OUR HEARTS

WHF recently participated in a 2-hour telephone conference led by the Agency for Healthcare Research and Quality (AHRQ) —the care assurance arm of Medicare—to offer public comment on use of the stress test in the diagnosis of heart disease in women. WHF contributed from a patient's perspective. Participating on the call were researchers from the Stanford University School of Public Health, Duke University, and representatives of the American Heart Association. Overuse of cardiac catheterization in women was a concern, with no significant blockages found in 55% of women. This may be attributed in part to a high percentage of false positive and false negative stress test results. While cardiac catheterization is the "gold standard" in diagnosis of coronary artery disease, this test is unable to detect smaller vessel disease that often afflicts women. It also is not without risk and is costly. All agreed a more reliable non-invasive test to diagnose coronary ischemia is needed.

This issue of Women's Heart E-news is sponsored by

- Horizon Foundation for New Jersey—supporters of the Teen Esteem program at Trenton Central High
- Princeton Area Community Foundation—supporters of the Teen Esteem program at Trenton Central High
- The ebay giving community



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ADVOCACY: WHF GOES TO WASHINGTON



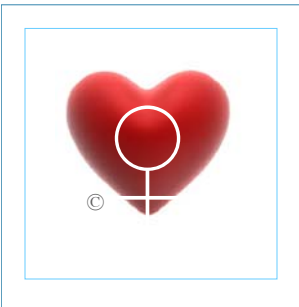
MCG™ Advocacy team: (l-r) Shiniichi Takahashi, Ne An Paar, Vincent Desiderio and Bonnie arkus

WHF president Bonnie Arkus organized an MCG™ advocacy team to travel to Washington, DC to meet with members of Congress and introduce them to the Multifunction CardioGram™ (MCG)—a device that could save many Americans of sudden death of heart disease. Ms. Arkus was joined by Shinichi Takahashi, president of Premier Heart /MCG™ Japan; Ne An Paar, technologist and Vincent Desiderio, a

Principal at Premier Heart. The team visited the offices of Congressman Rush Holt (D-NJ), Congressman Chris Smith (D-NJ) and Congresswoman Gabriel Giffords. They also met with executives at The Society for Women's Health Research (SWHR), where each received a complimentary MCG™ test with a heart disease severity score. In New Jersey, a second team, again organized by Ms. Arkus, met with staff persons

at the offices of Senator Shirley Turner (D-NJ), Congresswoman Bonnie Watson-Coleman (D-NJ) and at the New Jersey Academy of Family Physicians. Several primary care specialists and cardiology groups were also visited. The MCG™ test is 90-95% accurate at diagnosing ischemic heart disease, totally risk-free and takes 4 minutes of lying still to complete with an objective report generated in only 10 minutes.

RESEARCH



(Mar2010) Diagnostic yield of elective coronary angiography is low, according to a study of just under 400k patients by Dr. Patel et al of Duke University. Most importantly, researchers concluded that there is a need for more accurate noninvasive diagnostic tests because those currently in use do not properly identify patients in need of coronary angiography. (*N Engl J Med* 2010;362:886-95) Online: <http://www.nejm.org/doi/full/10.1056/NEJMoa0907272>

(Mar2010) A new study is the first to examine the relationship between uric acid levels and gout risk in women, also evaluated purported risk factors for gout and found that increasing age, obesity, hypertension, alcohol use and diuretic use to be among leading contributors for women. Online: <http://www.sciencedaily.com/releases/2010/03/100330075913.htm>

OUTREACH: BONNIE ARKUS PRESENTS AT SOMERSET MED CTR EVENT



Bonnie Arkus, RN speaks to women at the Somerset Medical Center Women's Health Summit

WHF president Bonnie was a featured presenter at the Somerset Medical Center Women's Health Summit that took place April 22, 2010 at the Neshanic Valley Golf Course Club House. She spoke on the topic of "Women and Heart Disease" - to a sold-out audience of 200. Ms. Arkus discussed heart disease prevention, early di-

agnosis through use of the Multifunction CardioGram—a new reliable and risk-free test—and the detox way of living and eating to help reverse the damage of heart disease. She used as an example the *Raw Food Detox Diet* by Natalia Rose and listed characteristics of this diet which in many ways resembles the Atkins diet in avoiding food

chemicals. She stressed the diet is for life, and not a temporary one. Also featured was Lisa Oz, author, who introduced her new book *Us-Transforming ourselves and the relationships that matter most*. Each participant received a free signed copy of the book.

Ms. Arkus' presentation was sponsored by sanofi-aventis.

ONE WOMAN'S STORY: MOM'S MEMORY HONORED WITH FITNESS

Lori Radcliffe, RN, got an epiphany when tragedy struck. "I lost my beloved mother when she was exercising on the treadmill. She had diabetes and I had been encouraging her to get in better shape. People would come up to me and say, 'That treadmill killed your mother' or 'That's just why I don't exercise, 'cause it'll kill you'. That was the time I knew that I had to vindicate fitness and find out, then explain, what happened to my mother --for real. I

knew in my heart that 'she died trying to live'. Mom was diagnosed with osteopenia. Her bone loss was the beginning of her demise. I never thought she'd be at risk", she said.

Lori's high energy and impassioned role as patient advocate for women, especially African-American women, led her down a new path in life: that of Fitness Nurse. Lori is president of [Fit-nessNursing.com](http://FitnessNursing.com) and a

new certification program for nurses who want to bridge the gap between leaving the doctor's office with a medical diagnosis and the actual workout and diet to improving one's health. Fitness Nursing supports nurses who desire to work with people who want and need to become more physically active but may have medical concerns or other fears hampering their return to good health. Interested nurses should visit the blog at www.fitnessnursing.com.



Lori Radcliffe, RN
(aka "Minky")
Is Founder of
www.FitnessNursing.com

WHF TEEN ESTEEMERS GO SHOPPING FOR A HEALTHY HEART©

Teen Esteem Students at the Trenton Central High School enjoyed an educational field trip with a half-day event at Acme Supermarket in Lawrenceville. *Shopping for a Healthy Heart©* (SHH) is a program of the Women's Heart Foundation whereby dietitian students from the UMDNJ School of Health Professionals oversee five food stations. For the 18 dieti-

tians-in-training, this serves as hands-on clinical experience during their community health rotation. Ms. Geraldine McKay, M. Ed, R.D., is the Clinical Coordinator for the nationally acclaimed UMDNJ Dietetic Internship Program. This was the 7th consecutive year of instituting the program. Store manager Kevin Driscoll provided samplings of foods at each station,

pre-selected by the dietary interns. Teen Esteemers learned how to read food labels and where to locate healthier food choices right at the grocery store shelf. So successful is the *Shopping for a Healthy Heart* program that the WHF has been asked to work with the UMDNJ to extend SHH statewide. SHH takes place in March, National Nutrition Month.



Gerri McKay of UMDNJ and Kevin Driscoll, store manager at ACME and Connie Kelley of Trenton Central High School TEEN ESTEEM program. (photo date: Mar2009)

7H ANNUAL RUN FOR MOM DECLARED A BIG SUCCESS RUNFORMOM.ORG

Nearly 350 people attended the annual Women's Heart Foundation 'Run for Mom' held in commemoration of National Women's Health Week. The Mother's Day 5k race and 1-mile family health walk began with blustery winds and overcast skies, but the clouds finally cleared to welcome another perfect day. Volunteers from state offices

and local colleges contributed time and talent to this heart healthy event the whole family can enjoy. There were even Kids' Fun Runs with face painting, coordinated by Elise McEvoy and Andrea Duncan of TCNJ. Each child-received a special prize and a HeartFitKid© award for participating. DJ music was provided by volunteer Sylvia

Solotoff of Dance Time Productions; photography by Ron Wyatt; Race Scoring by L & M Scoring, and management by Larry Baldasari and John Felip. WHF is indebted to its many volunteers who bring this great community event to New Jersey (one person traveled from Tennessee!). Special thanks to RUN Chairs: Robin and Richelle.



Scorch, mascot of the Trenton Devils Hockey Team, led the Family Health Walk at the Annual RUN FOR MOM on Mother's Day



WOMEN'S HEART ENEWS

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NETWORKING

WEBSITES

- WHF is on ShesConnected.com - open discussion groups on women's heart disease.
- WHF and www.FriendHealthConnection.org join to help you [Find a Heart Friend](#)
- Learn about women's heart disease from expert nurse educators at Heart-Strong.com
- <http://www.drhelen.com> - free online support from psychologist Dr. Helen Zielinski
- <http://www.manicmommies.com> - free online support for all moms

BOOKS AND DVDs Supporting Healthy Lifestyle

- *Eat for Health* by Joel Fuhrman, MD
- *Maximum Healing* by H. Robert Silverstein, MC, FACC
- *The Raw Food Detox Diet* by Natalia Rose— www.AMAZON.com
- *Sweatin' to the Oldies* DVD collection—by Richard Simmons— www.AMAZON.com
- *Zumba Fitness* DVDs at Walmart

PROFESSIONAL CONFERENCES

- [March 10-12, 2011 is the 17th Annual PCNA Symposium to take place at Disney Contemporary resort, Lake Buena Vista, FL](#) Go to <http://www.pcna.net/education/annual/index.php>. "Cardiovascular Risk Reduction: Leading the Way in Prevention"
- [June 25-29, 2011 is the 16th Bi-annual School Nurse International Conference to take place in Hong Kong, China](#) Go to <http://sn.polyu.edu.hk/whocc/sni2011conf/default.asp> to learn more about the conference. Go to http://www.schoolnursesinternational.com/SNI_Conferences.html to learn about scholarships for American school nurses to attend.
- [April 2-5, 2011—ACC Annual Scientific Session in New Orleans](#). Go to <http://www.accscientificsession.org/Pages/home.aspx> to register.

