



# WOMEN'S HEART E-NEWS

A publication of the Women's Heart Foundation

WWW.WOMENSHEART.ORG

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## HELPING YOU TAKE CARE OF YOUR HEART

'An ounce of prevention is worth a pound of cure' is a quote that is often attributed to senior statesman Benjamin Franklin. It was in 1751 that Mr. Franklin, along with Dr. Thomas Bond, established the Pennsylvania Hospital— the very first hospital in America. It is now part of the University of Pennsylvania Hospital System. It used to be that hospitals were community health centers rendering inexpensive care. When I was born in 1950 at the Columbia Hospital for Women in Washington, D.C. it cost \$12.47 to have a baby. This included the OB/GYN doctor, the anesthesiologist and a 5-day hospital stay for mother and baby. Dad had no health insurance. He didn't need it. He was an independent businessman, owner of J.O. Hartman Meats, and every penny he earned went right back into the business. When I was a student nurse at the Washington Hospital Center, even though I had health insurance coverage (dad eventually purchased a health plan when I was around 8), I could receive free primary care, offered as a courtesy. It wasn't long ago that hospitals were not-for-profit organizations (some still are), running their facilities in the red. Today, many are huge profit-making conglomerates. Technology advances, complicated diagnostic procedures and other factors have contributed to a rise in costs. Is it even possible to reign in healthcare expenses? A good place to begin is to examine the ordering of tests that are very expensive, yet yield ineffective results for achieving an accurate diagnosis. This is exactly what Dr. Rand and Dr. Evans did as they set out to introduce a new paradigm of care last November using MCG™ technology to diagnose heart disease, bypassing the stress test. You can read about *The Healthy Heart Project* (pg 2) and learn how this demonstration project can easily be replicated to save health care dollars and save lives.

*Take care of your heart®*

**Bonnie Arkus, RN**

Founder and President

Leaders at the Healthy Heart Project at Rochdale Village that launched November 13 are (l-r): Bonnie Arkus, RN, Dr. Marie Eduard Nathalie Desvarieus, Dr. John E. Strobeck, Dr. Nachmy Bronstein, Dr. Michael Rand, Senator Shirley Huntley, Dr. Robert Evans, Dr. Norbert Rainford and Dr. Joseph T. Shen.



*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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**Princeton Area  
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### INSIDE THIS ISSUE:

ADVOCACY	2
RESEARCH	2
WE'VE MOVED!	2
ONE WOMAN'S STORY	3
TEEN ESTEEM EXPANDS	4
UPCOMING	5
NETWORKING	6

## ADVOCACY: HEART PROJECT REACHES 200 AT-RISK WOMEN



Senator Shirley L. Huntley (D-Jamaica) served as Honorary Chairwoman of the heart health project at Rochdale Village Senior Center.

A Senior Center in Jamaica, New York was the site of bustling activity November 13 as 200 women arrived to take advantage of a unique opportunity with a new community wellness initiative aimed at empowering African American women to combat heart disease. Called *The Healthy Heart Project at Rochdale Village*, this collaborative community effort was coordinated by Senator Shirley L. Huntley and Dr. Robert Evans, with assistance of the newly founded Community Wellness Centers of America, LLC, that is basing its wellness outreach on a new testing device for heart disease called Multifunction Cardiogram or "MCG". MCG is a risk-free test with 90-95% accuracy rates in diagnosing ischemic heart disease. Community members enjoyed a full day of activities, including a complimentary sit-down lunch, and featuring the MCG™ screens. Volunteer physicians and healthcare technologists conducted the

screenings at six stations for the one-day outreach. "Heart disease is our number one killer in America. African Americans suffer disproportionately and women's symptoms often go unrecognized", said Senator Huntley. Dr. Evans concurs "The people of Jamaica suffer a death rate from heart disease that is five times greater than the death rate nationally. These numbers are unacceptable. This is a health crisis made worse by the recent hospital closures." New York legislators recently passed a resolution to conduct an impact study on the closure of the St. John's Hospital in Queens and the Mary Immaculate Hospital in Jamaica and how this will affect members of the surrounding communities and access to care. Founding members of the Community Wellness Centers of America, LLC responsible for organizing the Rochdale Village Healthy Heart Project are Dr. Robert Evans, Dr. Michael Rand, Dr. Nachmy Bronstein and Rich

Wildzunas. Premier Heart MCG™ Founder and co-developer Joseph T. Shen, MD was onsite to assist with the screenings and answer any questions about the device. Physician-volunteers included: Dr. Marie Eduard Nathalie Desvarieus, Dr. Norbert Rainford, Dr. John E. Strobeck, Dr. Aryel Nicoleau, Dr. Michael Landor, Dr. Susheel Kodali, and Dr. Abraham Bornstein. MCG distributorships who volunteered their time to conduct the free screens include Ideal Medical Devices in New Jersey, Cardiac Analytics/North Atlantic Region in Pennsylvania, and MCG™ technologies of New York. Bonnie Arkus, RN, and other Women's Heart Foundation volunteers helped coordinate on-site logistics. OmniMD, set up an electronic medical record system – employed for the first time ever in a wellness setting. Results of the screening project will be published in the next issue of Women's Heart E-news..

### RESEARCH

(Dec2010) Overuse of Coronary computed tomographic angiography (CCTA) is dangerous. [http://www.theheart.org/article/1164425.do?utm\\_campaign=newsletter&utm\\_medium=email&utm\\_source=20101220\\_EN\\_Heartwire](http://www.theheart.org/article/1164425.do?utm_campaign=newsletter&utm_medium=email&utm_source=20101220_EN_Heartwire)

(Dec2010) Experts compare new oral anticoagulants preparing to battle for the warfarin market. [http://www.theheart.org/article/1162623.do?utm\\_campaign=newsletter&utm\\_medium=email&utm\\_source=20101215\\_EN\\_Heartwire](http://www.theheart.org/article/1162623.do?utm_campaign=newsletter&utm_medium=email&utm_source=20101215_EN_Heartwire)

(Sept2010) Reviewing the Atrial Fibrillation Guidelines: An International Perspective <http://www.theheart.org/article/1121255.do>



## ONE WOMAN'S STORY: LOSS INSPIRES STUDENT TO RAISE AWARENESS

When 41-year-old Patti Engler, beloved horse-back riding instructor and owner of 3 Bay Sporthorse, died suddenly and unexpectedly of a heart attack last May, her



extended family and friends took on a new cause and began the *Have a Heart* campaign to raise awareness of heart disease as it affects women.

The Campaign is being led by its founder: eleven-year-old riding student Karianna Knezevich of Katy, Texas. Patti was tough—a native New Yorker. She

pushed hard to get you out of your comfort zone, but the kids and adults absolutely loved her. She followed her dream and displayed a real gift at relating to and inspiring kids. So far, Karianna and her mom Kristen have raised \$500 for WHF. You too can help by donating in Patti's memory. *More:* [http://www.womensheart.org/content/Newsletter/ArchivedWomanStories/2011\\_01\\_wstory\\_patti\\_engler.asp](http://www.womensheart.org/content/Newsletter/ArchivedWomanStories/2011_01_wstory_patti_engler.asp).



Karianna Knezevich displays the ribbon she won at 3-Bay Sporthorse. Pictured at left is Patti Engler coaching young equestrian student.

## TRENTON BOE APPROVES EXPANSION OF HEALTHY LIFESTYLE PROGRAM

The Trenton Board of Education in New Jersey passed a resolution October 2010 to accept a proposal by the Women's Heart Foundation to transform two classroom spaces into a wellness and prevention program that supports healthy lifestyle and fitness. One classroom will be for boys, the other for girls. The HeartFitKid® project will begin in the spring, under

the direction of Mr. Everett Collins, working with the WHF and its senior volunteer staff and consultants. WHF had submitted the proposal to the TBOE last June to begin the program in the fall, however, the space was being occupied by another teacher and also being used for storage. Beneficiaries of the HeartFitKid® project will be 6th grade students attending

the Grace Dunn Middle School. The proposal comes at the request of Nurse Administrator Margaret Dooley. Ms. Dooley said she is impressed with health outcomes of Teen Esteem© and believes a similar intervention program could yield similar results for younger-aged students, many of whom already suffer from obesity, hypertension, asthma and diabetes.



## UPCOMING: WHF PREPARING ACTIVITIES FOR FEBRUARY- HEART MONTH

WHF is planning a series of commemorative activities in recognition of Heart Month.

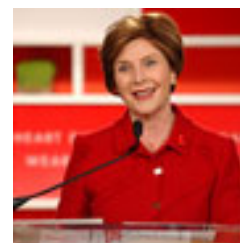
*First*, WHF is conducting CPR and AED training for Teen Esteem students. The three-hour program will be based on the American Heart Association's *Family and Friends CPR* course and will be an orientation - not a certification. CPR and AED are vital

lifesaving-skills that everyone needs to become familiar with. The WHF program will be call *Be a Lifesaver—learn CPR & AED*.

*Second*, WHF will be launching an MCG™ campaign to educate the public about a new technology for risk-free accurate diagnosis of ischemic heart disease, and promote its use. *Third*, WHF will be hold-

ing a Women's Heart Reception the end of February to update women on risks, symptoms, treatments, and diagnostic tests.

WHF began the women and heart disease movement in 1988 and in 1994, founded [Women's Heart Week Feb 1-7 with 7 Focus Days](#). National WEAR RED day is the first Friday in February.



Mrs. Laura Bush serves as the Honorary National Chairwoman of the Red Dress Campaign to raise awareness of heart disease as it affects women.



WOMEN'S HEART E-NEWS

PREVENTION • SURVIVAL • QUALITY OF LIFE

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

125 Hovey Ave, Ste 1-D, Hamilton, NJ 08610  
Phone: 609.771.9600 /Cell: 609.433.5047  
Email: info@womensheart.org

WOMENSHEART.ORG

TAKE CARE OF YOUR HEART®  
FOUNDED 1988. INCORPORATED 1992.

Mailing address:

## NETWORKING

### WEBSITES

- WHF is on [ShesConnected.com](http://ShesConnected.com) - open discussion groups on women's heart disease
- WHF and [www.FriendHealthConnection.org](http://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://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](http://www.AMAZON.com)
- *Sweatin' to the Oldies* DVD collection—by Richard Simmons— [www.AMAZON.com](http://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 16<sup>th</sup> 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](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

