



WOMEN'S HEART E-NEWS

A publication of the Women's Heart Foundation

WWW.WOMENSHHEART.ORG

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HELPING YOU TAKE CARE OF YOUR HEART

Heart Disease is the leading cause of death in women yet many still think breast cancer is their number one health risk. The American Heart Association website states more than 90 percent of primary care physicians don't know that heart disease kills more women each year than men. This misperception has formed the basis of misdiagnosis and mistreatment of heart disease in women. Heart disease kills more of us than all forms of cancer combined. The media has taken an active role to remedy the misperceptions with feature stories in women's magazines and heart program specials. One aired on National Wear Red Day. In *A Matter of Life and Death*, Barbara Walters interviewed top-name celebrities who have survived coronary artery bypass surgery. All were men. She described her own open heart procedure that she underwent last May for replacement of her aortic valve. Lastly, Ms. Walters interviewed Luke Russert concerning the loss of his dad, famed journalist from Meet the Press Tim Russert. Mr. Russert died of a heart attack while on the set at NBC. Worse, Mr. Russert had symptoms and risks, and he even had recently undergone a treadmill stress test that was "normal". In a closing statement, Luke urged the cardiology community to find a more reliable non-invasive test to diagnose heart disease. At that point of the interview, I wanted to jump out of my chair and shout to Ms. Walters and Luke "We HAVE a more reliable, safe, non-invasive test for diagnosing heart disease. It's called Multifunction CardioGram™ or MCG. It saved my life, and it may one day save yours." Please help us launch the MCG Public Awareness Campaign and the Congressional Coalition to Support MCG in cardiology practices and emergency rooms nationwide.

Take care of your heart®

Bonnie Arkus, RN

Founder and President

Learn more about MCG at the Women's Heart Reception Feb 28, 2011 at the Courtyard Marriott, 360 Scotch Rd, Ewing NJ.

THANK YOU TO OUR COMMUNITY SUPPORTERS



Great Looks 4 Less donated haircutting fees paid by women customers, raising \$175 to WHF.



Zonta Club Pres. Susan Valentine presents a check for \$1,000 to WHF Pres. Bonnie. Ms. Arkus also spoke at the club meeting.



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*
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The Healthy Heart Project at the Rochdale Village set forth the mission to 'Close the Gap in health disparities'. Rochdale Village is a community of 80,000 residents, consisting chiefly of African-American populations

ADVOCACY: RESULTS OF THE ROCHDALE HEART PROJECT

Outcomes of the Healthy Heart Project at Rochdale Village demonstration project show a need for greater awareness and intervention programs. The data examined risk and determined an MCG disease severity score in 54 individuals, many of whom had 2 or more risks for heart disease. The population screened were residents of Jamaica, New York, with a focus on women. There were 169 who registered for the MCG; 54 received the test; others were seen on follow up visits, but the data herein does not reflect follow up outcomes. OmniMD employed an EMR (electronic medical record) to track the data. The outcomes of the November 13 outreach were

as follows:

of Registered Participants =169
 # of Female =156
 # of Male =13
 # of MCG tests performed = 54
 # with MCG score ≥ 4 =20
 # with MCG score ≥ 7.5 =1
 # with High Blood Pressure = 86
 # with Family Hx HD = 65
 # of Tobacco users =73
 # of Alcohol users =76

Clinical guidelines for MCG Disease Severity Scores and follow up were followed, set forth by the American Academy of Urgent Care Medicine (AAUCM). Score range is 0-22. A score of 4 or greater: 'Clinically -a moderately abnormal test indicating a high probability of < 70% coronary obstruction and regional ischemia.'

A score of 7.5 or greater and less than or equal to 15: 'Clinically -a severely abnormal test indicating a high probability of > 70% coronary obstruction and the potential for the presence of left ventricular dysfunction.' Greater than 15: 'Clinically -a markedly abnormal test indicating a high probability of multi-vessel coronary obstruction > 70% with severe regional and global ischemia, left ventricular dysfunction, ventricular arrhythmia, and the potential for severe hemodynamic abnormalities including cardiogenic shock.' Sen Shirley L Huntley expressed her sincere appreciation to the volunteers in this awareness-raising effort to benefit women.

RESEARCH

(2006-present) FDA monitoring use of Gadolinium in MRI and MRA *more:*
<http://www.fda.gov/Drugs/DrugSafety/DrugSafetyNewsletter/ucm142889.htm>

Explanation: Nephrogenic systemic fibrosis (NSF) is a new disease being found in patients who have received gadolinium-based contrast agents (GBCAs) during MRI or MRA procedures. The FDA has developed guidelines for use of this contrast medium to help practitioners define risk factors for NSF in their patients. Since 2006, the FDA has been monitoring GBCAs use.

(2011 Feb) Heart Scans may Increase Cancer Risk *more:*

<http://health.usnews.com/health-news/family-health/heart/articles/2011/02/07/>

(2010) Costs to Treat Heart Disease to Rise to Unprecedented Levels *more:*

<http://www.newsroom.heart.org/index.php?s=43&item=1238>

NEW EVIDENCE-BASED GUIDELINES FOR WOMEN AND HEART DISEASE

In a nationwide conference call February 18, HHS Secretary Kathleen Sebelius spoke to the issue of women and heart disease, revealing she had lost her own mother at age 75 from heart failure. Sec. Sebelius promoted the Affordable Care Act and the Heart for Women Act. Lori Mosca, MD, MPH, PhD, was later introduced to reveal the new guidelines for women. "They are now called 'Effectiveness-based Guidelines' as this represents a paradigm shift toward prevention", she said. She and an expert panel has been working with the AHA to update guidelines for the past 20 years, she said. The guidelines are set forth with the goal to reduce risk in women from 20% to 10%. The panel looked at barriers that physicians and patients face, and looked to open dialogue. The committee recognizes while death rates of heart disease have decreased in both men and women, more younger women are getting the disease. Also, disparities in care continue. The guidelines now include risk not previously attributed to possible signs of heart disease in younger women. For this reason, the panel added pregnancy and pregnancy complications, with women to be monitored if there is pre-eclampsia with high blood pressure during pregnancy, diabetes, pre-term birth, bleeding in the 3rd trimester, or delivery of a small birth weight baby. Promoted as "Living Guidelines" go to. <http://www.newsroom.heart.org/index.php?s=43&item=1239>

New 'Effectiveness-based Guidelines' were released Feb 15 and include women with complications of pregnancy to be monitored



THREE WOMEN OF NEW JERSEY TO SHARE STORIES OF SURVIVAL



“Serious heart rhythm disturbance went undiagnosed

Marianne DiMola, Survivor



“Heart failure improved after mitral valve surgery

Marcia Davis, Survivor



“Coronary bypass saved my life. Symptoms were missed.

Terri Barlow, Survivor

Three courageous women—each who were recognized last Feb with the Women’s Heart Advocate Award - will reprise their role at the Women’s Heart Reception Feb 28, 2011 from 5-7 p.m. at the Marriott Courtyard Hotel in Ewing, New Jersey. This is a free event.

Invitational flyer may be downloaded at:

<http://www.womensheart.org/pdfs/WomensHeart-MCGevent20110228.pdf>

TEEN ESTEEM: BE A LIFESAVER — LEARN CPR AND AED



In preparation of National Heart Month, the WHF conducted a 3-hour CPR and AED training class for the Teen Esteem students at Trenton Central High whereby 47 students learned vital skills to save another person’s life. *Be a Lifesaver—Learn CPR & AED* is a program of the Women’s Heart Foundation and is based on the

AHA’s *Family & Friends CPR*. This non-certifying course serves as an orientation and was conducted by Paramedic/EMT specialist Jason Piodock and Registered Nurse Susie Holohan. Students learned where to locate an AED device in their school, how to use an AED and how and when to intervene should an emergency arise.



Teen Esteem student practices cardiac compressions on infant mannequin

UPCOMING: WOMEN’S HEART RECEPTION FEB 28 AT MARRIOTT COURTYARD

Get Your Red On!

WHF will be hosting a Women’s Heart Reception February 28 from 5-7 p.m. at the Courtyard Marriott Hotel, 360 Scotch Road, Ewing, New Jersey from 5-7 p.m. A presentation by WHF president and founder Bonnie Arkus, RN will take place to update participants on new guidelines, new treatments and new technologies to more

accurately diagnose women’s heart disease. The MCG™ technology will be introduced and survivors will share their stories, promoting self-advocacy in order to receive proper care. The event serves to launch the Women’s Heart MCG campaign and is being organized by the Women’s Heart Foundation with support of Zonta Club Trenton/Mercer. Complimentary snacks will be provided at this

free event. There will be a cash bar with happy hour prices in effect. Media partners include The Times, Mercer County Woman and Staffing Now. MCG™ heart screenings and testing will take place on a limited basis, courtesy of Ideal Medical Devices. Download flyer: <http://www.womensheart.org/pdfs/WomensHeart-MCGevent20110228.pdf>



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FOUNDED 1988. INCORPORATED 1992

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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
- www.WomensHeart.org - pdf health library, links, Archived e-news - *Sign-up today!*
- [Women's Heart Week](#) is February 1-7. Learn the 7 Focus Days
- [Medication Safety Week](#) is April 1-7. Learn the 7 Focus Days

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
- Go to WHF store and [purchase a Defibtech AED](#) for church, home or work. Be a Lifesaver

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

