

2017

go red for women



Q&A:
The Region's
Best Heart
Doctors

**A Post-
Pregnancy**
Story of
Survival

**Tasty &
Heart Healthy**
Recipes

PLUS

2017 Go Red
Event Calendar

Opportunities
for you to join the
Go Red Movement
and more!



Go Red For Women is nationally sponsored by



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Lankenau Heart Institute
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phillymag.com/gored

Let's Unite to Prevent Heart Disease & Stroke

Go Red For Women® is a movement that starts with you! Lead by example and make the time to "Know your Numbers"—knowledge that could save your life! Each February, the American Heart Association's Go Red For Women movement asks women to join us by wearing red, living a healthy lifestyle and spreading the message that heart disease is the No. 1 killer of women—more than all forms of cancer combined.

Go Red For Women encourages you to know these five important numbers in order to take control of your heart health:

- **TOTAL CHOLESTEROL**
- **HDL (GOOD) CHOLESTEROL**
- **BLOOD PRESSURE**
- **BLOOD SUGAR**
- **BODY MASS INDEX (BMI)**

Knowing these numbers can help women and healthcare providers determine individual risk factors for developing cardiovascular disease. It's time

for all women to learn the most critical numbers in our lives—our hearts depend on it!

For more than a decade, the American Heart Association has promoted National Wear Red Day to raise awareness in the fight against heart disease in women. Show the world that you are a part of a movement that's aimed at rais-

ing awareness and funds by wearing RED on Friday, February 3, National Wear Red Day. Join the Go Red movement to end heart disease in women by making a donation to fund critical, women-related research and education.

Together, we have the power to help our community have a healthier and stronger future.



Sandy Abramson, MD
Go Red For Women Heart Health Champion
Lankenau Medical Center

Marjorie Stanek, MD
Woman of Heart Recipient
Einstein Healthcare Network

Dawn Zier
Chair, Go Red For Women
Nutrisystem

Did You Know? *Heart Disease by the Numbers*

1 Cardiovascular diseases cause one in three women's deaths each year in the U.S.

2 An estimated 44 million women in the U.S. are affected by cardiovascular diseases.

3 Ninety percent of women have one or more risk factors for heart disease or stroke.

4 Eighty percent of heart disease and stroke events can be prevented.

Andréa Frazier suffered a subarachnoid hemorrhage in her brain after giving birth to her daughter in 1989. ▶

Survivor Story

Post-Pregnancy Stroke Leads to a Heart-Healthier Lifestyle

Andréa Frazier had no reason to be suspicious of the headache she developed a few days after giving birth to her daughter in April 1989. But when the pain wouldn't respond to over-the-counter medicine, she visited her ob/gyn and a neurologist. Neither seemed worried.

"By the time I was home from those appointments, I was in excruciating pain," Frazier says. "It made childbirth feel like a paper cut."

Frazier rushed to the ER, where tests revealed a slow bleed in her brain called a subarachnoid hemorrhage, a form of stroke.

"At the time, I didn't know I had hypertension that had spiked and contributed to the hemorrhage," she says. "The pain I was feeling was from the blood causing swelling in my brain." Surgery was ruled out because the blood vessels leading to her brain had started to constrict and collapse. Instead, she had to remain flat on her back in intensive care and wait for the bleeding to stop.

That nightmare lasted for almost two months.

"I had planned to be home with my baby, nursing her and doing all kinds of new mother things, but I couldn't even hold my daughter," she says. "It was heart-breaking."

When Frazier finally returned home, she knew she would need to be vigilant about treating the underlying cause of the hemorrhage.

"I was put on blood pressure medication, which I take faithfully to this day," she says. "I also began to treat my hypertension through diet, exercise and stress management."

As she considered a second pregnancy six years later, Frazier made sure her heart was ready for another child. "My cardiovascular health was in very good shape, but toward the end I went into premature labor and ended up on bed rest again," she recalls.

Today, Frazier and her husband Ken advise their two grown children to be aware of their family history of hypertension and to maintain a healthy lifestyle. They've taken their words of wisdom to heart.

"They both get their blood pressure checked regularly and exercise," she says. "My son James runs track and my daughter Lauren ran the New York City Marathon. No couch potatoes in this family!"


An advocate for women with heart disease, Frazier gives the same advice to others.

"I encourage women to be aware of their heart health whether they're pregnant or not," she says. "Live a heart-healthy lifestyle in between regular doctor visits and stay educated about heart disease. We can't predict or prevent every heart problem, but we can reduce the risks."



▶ Andréa Frazier with husband, Ken, and their children, James and Lauren

"LIVE A HEART-HEALTHY LIFESTYLE IN BETWEEN REGULAR DOCTOR VISITS AND STAY EDUCATED ABOUT HEART DISEASE. WE CAN'T PREDICT OR PREVENT EVERY HEART PROBLEM, BUT WE CAN REDUCE THE RISKS."



WHY NOT BOND
OVER SOMETHING
OTHER THAN
HEART DISEASE?



Lankenau Heart Institute
Main Line Health®

Heart disease is the single most common cause of death in women. But you knew that—*or did you?* The expert team behind the **Women's Heart Initiative** views knowledge as power. Which is why our goal is to keep you informed of risk factors and connect you to specialists, while advancing research to improve treatments and outcomes. Now that's powerful. // There may come a day when our advanced cardiac care will save your life. We spend every other day making sure it doesn't have to.

LANKENAU HEART INSTITUTE IS PROUD TO SERVE AS THE AMERICAN
HEART ASSOCIATION'S **2017 PHILADELPHIA GOES RED CHAMPION.**

Sandra Abramson, MD

**Director, Cardiovascular Imaging
Lankenau Medical Center**

Q. What led you to pursue a career in cardiology?

In 1979, my then 49-year-old mother had jaw discomfort. One doctor said it was related to her stomach. Another said it was asthma. A third said it was anxiety. It wasn't until she had a heart attack that the doctors realized they had been ignoring her heart disease symptoms for months. In those days, the medical community didn't believe a 49-year-old woman could have a heart problem. That experience inspired me to become a physician.

Q. Your specialty is cardiac imaging, a field you describe as “unbelievably cool.”

It is! I spent the first half of my career largely diagnosing heart problems using imaging. But now we have a host of minimally invasive procedures being done through small catheters—procedures that used to require open-heart surgery. These procedures all need cardiac imaging, so I'm often in the OR and cath lab providing the surgeons and interventional cardiologists with images of the heart so they know where to place a new heart valve. It's so unbelievably cool because it's so innovative. It's like they created a new specialty just for me!

Q. Where is heart disease treatment headed?

Treatments are getting less and less invasive every year. My mother spent three weeks in the hospital after her heart surgery and one week of that was in intensive care on a ventilator. The way things are



going today, we may see some of yesterday's very invasive heart surgeries become same-day procedures with quicker recovery time. That's incredible.

Q. What is the biggest misconception about staying heart healthy?

That it's 'too hard' in today's America. If I gave you a jacket and told you it's the only one you'll ever have, I bet you would take great care of it. We only get one body and we're in charge of it. We need to get better at prevention because it is unlikely that medicine will ever find a way for a person to have unhealthy habits and maintain clean arteries at the same time.

Q. Is there a patient who has inspired you?

My mom. She changed me. Because of her I will never look at someone and rule out the possibility that they can get a particular disease.

Marjorie Stanek, MD, ▶
2017 Woman of Heart Recipient

Words from the Woman of Heart

Be Aware of Heart Risk After (and Before) Menopause



Menopause – a time that is welcomed by some (no more pads, tampons or birth control... yay!) and dreaded by others (possible hot flashes, night sweats, mood swings and weight gain...boo!). But there's one aspect of menopause that catches many women by surprise—their increased risk of heart disease.

“Women are generally about 10 years older than men when it comes to developing heart disease, usually following menopause,” explains Marjorie Stanek, MD, a cardiologist and director of the Cardiac Stress Laboratory at Einstein Healthcare Network. “Up until then, estrogen has a favorable effect on things like cholesterol levels and the flexibility of blood vessels. It's when estrogen levels drop that heart problems can develop.”

On average, the onset of menopause occurs in your mid-50s. While a decrease in estrogen may lead to an

increased risk for cardiovascular disease, the jury is still out on whether taking estrogen supplements is beneficial for preventing heart disease.

“There are mixed findings when it comes to supplements, but currently no one is recommending it for the prevention or treatment of heart disease,” she says. “Women may already have the beginnings of heart disease by menopause, and taking estrogen at a later age may actually increase the risk of clotting.”

In addition to a decline in estrogen, women often find that they gain weight after menopause.

“Being overweight is a significant risk factor for heart disease,” Dr. Stanek says. “It may not seem like much to gain three pounds in a year, but over 10 years that's 30 pounds, which can be significant.”

Since more than one in three female adults has some form of heart disease and it remains the nation's num-

ber one killer of both sexes, Dr. Stanek advises women to start paying attention to heart disease well before menopause.

“Cardiovascular disease takes years to develop, it doesn't suddenly crop up after menopause,” she says. “Women need to know their risk factors and be proactive in maintaining their heart health by eating well, exercising, never smoking, taking medications to treat diseases like hypertension and high cholesterol, and watching their weight.”

“CARDIOVASCULAR DISEASE TAKES YEARS TO DEVELOP, IT DOESN'T SUDDENLY CROP UP AFTER MENOPAUSE.”

Marjorie Stanek, MD

2017 Woman of Heart Recipient

In recognition of her four decades of service at Einstein Healthcare Network, where she was the hospital's first full-time female cardiologist, Dr. Stanek will be named 2017's “Woman of Heart” by the Philadelphia chapter of the American Heart Association. This award recognizes outstanding medical professionals who have made it their mission to make a difference in the lives of those who have been impacted by heart disease. **THE HONOR IS BESTOWED EACH YEAR AT THE ANNUAL GO RED LUNCHEON IN MAY.**



▶ Dr. Stanek (second from left) with Einstein staff in 1989

Q&A HEART HEALTH CHAMPION

Sumeet Mainigi, MD, FHRS, FACC

Director of Electrophysiology
Einstein Healthcare Network

Q. What led you to specialize in electrophysiology?

Electrophysiology is the branch of cardiology that diagnoses and treats heart-rhythm disorders known as arrhythmias—problems with the electrical activity of the heart. My background is in engineering, so I was completely enthralled by the cross-roads of technology and medicine in this field. I was also excited that I could offer patients a cure for their problem rather than just medications and chronic treatment.

Q. What is new in your field?

We are better than ever at targeting and destroying arrhythmias. Procedures are faster and more effective than in the past. We have new technologies that monitor heart failure patients and keep them out of the hospital and ways to help prevent stroke in patients with atrial fibrillation who can't take blood thinners.

Q. What symptoms may indicate a heart-rhythm problem?

Noticeable symptoms include a fluttering in your chest, a racing heart, shortness of breath even while at rest or lying down, lightheadedness, dizziness or fainting. Talk to your doctor if you have any of these symptoms.



Q. Is there a difference between men and women when it comes to heart-rhythm problems?

The problems are the same in men and women, but I often see women who have been told their entire lives that they suffer from anxiety or panic attacks when, in fact, their racing heart or other related symptoms are heart-rhythm problems. We can often find the problem and cure it.

Q. What do women still need to know about heart disease?

A heart attack isn't the only form of heart disease. There are other equally serious problems that affect the heart's electrical system and valves. In fact, the most common cause of death involving the heart is an arrhythmia, not a heart attack. Women should be aware of more subtle symptoms and not just be worried about the stereotypical crushing chest pain.



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Q&A HEART HEALTH CHAMPION

H. Todd Massey, MD

Surgical Director,
Cardiac Transplant and Advanced
Heart Failure Program
Jefferson Health

Q. Will there ever be a cure for heart disease?

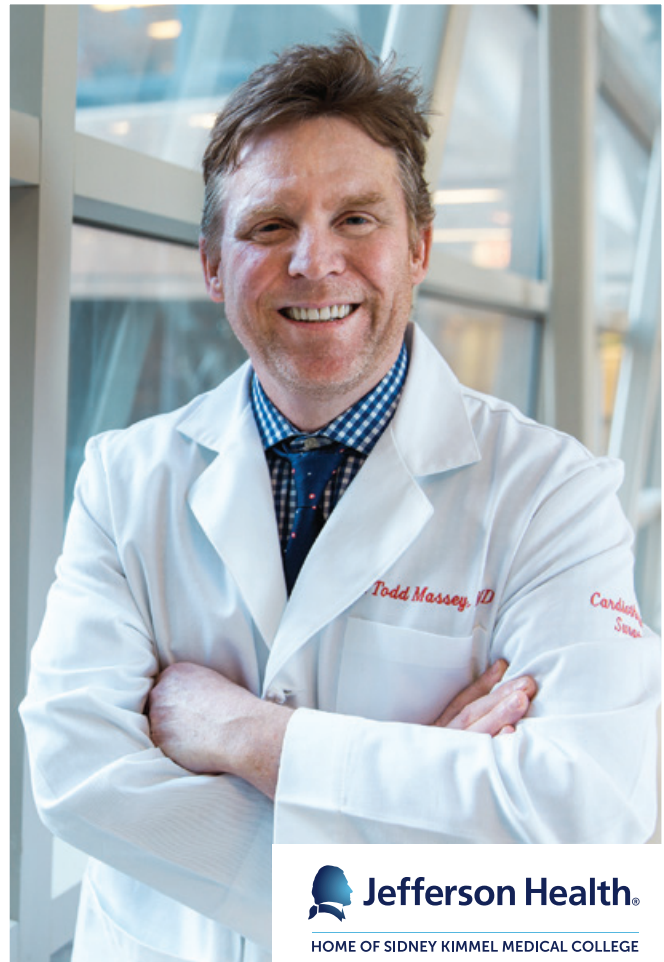
Anything is possible, and it's a goal to aspire to. I can tell you that we have made great progress—mortality rates for heart disease have decreased, which is phenomenal. However, the fight requires advances on many fronts. Awareness of the problem, especially among women, is one of those fronts.

Q. What do women still need to know about heart disease?

They should understand that it's a real killer and they can't put heart health on the back burner. If they develop symptoms—even if they aren't 'typical' symptoms—they need to take them seriously. Things like nausea, sweating, unusual fatigue, dizziness, or neck, jaw, shoulder, upper back or abdominal pain.

Q. How big of a role does prevention play in fighting heart disease?

Heart disease doesn't happen overnight in most cases. Prevention early in life and throughout your life is extremely important. There are definitely steps you can take to lessen your chance of developing heart problems: get screened for high blood pressure, have your cholesterol checked, follow a heart-healthy diet, get active and never smoke. Starting on a heart-healthy path at a young age will pay off in the future.



Q. What is new in heart surgery?

Mechanical assist devices for weakened hearts have been a big advance. Years ago, there were questions about whether we could make them work long-term. Today, they are a proven technology that people are living with for years. In many cases, the procedures we perform and the devices we can offer aren't just saving lives, they're improving quality of life for people who are very ill.

Q. How close until a total artificial heart transplant becomes common?

Achieving a reliable total artificial heart has been a challenge. For most people with advanced heart failure, a mechanical assist device or heart transplant is the answer. Both can be quite effective. There is a lot of ongoing research into an artificial heart, however, and hopefully we'll have devices in the near future that will match the durability of the mechanical assist devices.

Get Involved: Circle of Red is Expanding

Go Red For Women's Circle of Red Society is a powerful, passionate group of women dedicated to making an impact in our community's fight against heart disease and stroke—and we are doubling in size!

Circle of Red members attend exclusive events and have the opportunity to see firsthand how their dollars are making a difference by actively engaging in this important work. Members of Circle of Red have advocated on behalf of AHA for clean air and CPR in schools at our statewide Advocacy Day and participate in our ongoing You're The Cure advocacy program.

Circle of Red is a great place to build professional relationships and gain personal, long-lasting friendships. Circle of Red members have the influence and resources to help rally women to take charge of their heart health. Circle of Red Members donate a minimum personal gift of \$5,000 annually to support the Go Red For Women movement, and serve as ambassadors for the cause.



To join the Circle of Red Society, please contact Margaret Walker at margaret.walker@heart.org or 215-575-5258.



▲ Standing, left to right: Amy Frazier; Lisa Detwiler; Denise Friedland Cohen; JoAnn Magnatta; Andrea Zomber. Seated: Danielle Gureghian; Barbara Krancer; Stephanie Austin, *Chair*; Dawn Zier; Rosemary Loverdi; Sally Sharkey. Not pictured: Dr. Deborah Crabbe; Eileen McDonnell; Emily Reiner; Emmy Miller; Esther Wachs Book; Haley Lesser; Mary Stock; Vail Jacoby.

Men Rallying to Fight Heart Disease in Women

Heart disease is the No. 1 killer of all Americans, but most of us don't know that it takes the lives of more women than men. Many even dismiss it as an older man's disease, when in reality it impacts our wives, daughters, sisters and friends. The American Heart Association created Men Go Red For Women to rally men to this important cause.

The Greater Philadelphia community's Men Go Red is growing! This dynamic, committed and passionate group of men have the influence and resources to significantly impact the community by providing a personal financial gift of \$5,000 to help find a cure.

Men Go Red For Women members have a platform to use their voice and motivate others while investing as an ongoing benefactor. In return, they receive the satisfaction of leading the charge for life-saving changes.



▲ Left to Right: Vahan Gureghian, Michael Hagan, David Burton, Matt Austin
Not pictured: Brian Tierney, Michael Krancer, Robert Frederick



To become a Men Go Red member, please contact Margaret Walker at margaret.walker@heart.org or 215-575-5258.

Q&A HEART HEALTH CHAMPION

Andrew Boyle, MD

Medical Director,
Advanced Heart Failure Program
Jefferson Health

Q. Is it ever too late to get heart healthy?

Even if you have advanced coronary disease or heart failure, you can still stop smoking, still get your cholesterol and sugars under control, and still lower your blood pressure... all of which can improve your quality of life. We can't eliminate a problem that already exists, but you can live better with a problem you already have.

Q. You specialize in treating advanced heart failure, but what can people do to prevent heart failure?

It's never too early to be heart healthy. We believe cholesterol begins to accumulate in your arteries in your teens and 20s. That means it's important to form good habits early—eat right, exercise, never smoke and be aware of your risk factors. People who are diabetic, have a family history of premature coronary disease, high cholesterol or blood pressure should be proactive about their heart care.

Q. How do men and women differ when it comes to heart failure?

Women tend to develop heart disease later in life, especially a condition called diastolic heart failure. This occurs when the lower left chamber of the heart declines in performance. We mainly see this in older adults, and because women live longer than men, they are more likely to develop this.



Q. What advancements have you seen in your field?

Some of the biggest advances involve mechanical assist devices which help a weakened heart work more efficiently. These devices were formerly used as a bridge to heart transplant. Now, we have patients who stay on these devices permanently and their quality of life is much improved.

Q. Do you have a past patient who stands out in your mind?

I remember a woman who developed a very serious form of heart failure related to her pregnancy. She delivered her baby in a small town and came to us near death. We implanted a mechanical heart assist device and she is still living with it nearly 10 years later.

A smiling woman with blonde hair is shown from the chest up, looking slightly to the right. She is wearing a light green top. The background is a blurred beach scene with waves and a blue sky.

It's Your Heart Never Compromise Demand DeborahSM

Women's Heart Center
at



Heart and Lung Center

DemandDeborah.org

Heart Healthy Recipes

Eat Your Way to a Healthy Heart

Courtesy of



Minestrone Soup

SERVES 10

- | | |
|------------------------------------|---------------------------------------|
| 4 slices stale bread | 1 small cauliflower, stemmed, chopped |
| 2 Tbsp olive oil | 2 small Roma tomatoes, seeded, diced |
| 1 clove garlic, mashed | 1 cup tomato paste |
| ½ tsp onion powder | 1 gallon reduced-sodium chicken stock |
| 1 Tbsp olive oil | 1 Tbsp dried thyme |
| ¼ cup finely chopped garlic | 1 Tbsp dried oregano |
| 1 small yellow onion, diced | 1 Tbsp dried basil |
| ½ pound green beans, diced | 1 bay leaf |
| 1 small zucchini, diced | 1 tsp red pepper flakes |
| 1 small broccoli, stemmed, chopped | Black pepper to taste |
| | 10 tsp parmesan cheese to garnish |

TO MAKE CROUTONS

Cut bread into 1/2 inch cubes. Stale bread works best. Pour oil into a non-stick pan and heat over medium-high heat. Mix bread cubes with the mashed garlic and onion powder, and add to pan. Saute cubes, stirring frequently and shaking the pan, until the cubes are golden brown. Remove and discard the garlic.

TO MAKE THE SOUP

In a large pot, heat 1 tablespoon oil over medium heat and add the garlic, cooking until light brown. Add the onions and cook until translucent. Toss in the green beans, broccoli and cauliflower and cook until just al dente. Add the tomato paste and chicken stock, stirring until the tomato paste is incorporated. Sprinkle in the herbs and add the bay leaf. Bring to a boil, then lower heat and simmer for 10-15 min. Remove the bay leaf and season with pepper. Transfer to a large tureen or divide among individual bowls. Garnish each portion with 2-3 tablespoons of croutons and 1 level teaspoon parmesan cheese.



Vegetable Risotto



Apple Cranberry Crumble



For more heart healthy recipes courtesy of Deborah Heart and Lung Center, visit phillymag.com/gored.

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Volunteer Spotlight

Go Red Campaign Chair Finds Balance Through Relentless Prioritization

Dawn Zier is no stranger to the art of juggling work and family life. As President and CEO of Nutrisystem, one of the biggest names in the weight-loss industry, Zier has more than tripled the company's profits while balancing time with her family.

"There is added pressure on women to be very active both at work and at home," Zier explains. "It can be hard to find balance, but it's the coupling of work and family that gives me a full life."

To maintain that balance, Zier is a "relentless prioritizer" who tries to live by three simple rules.

"At home I try to put down the phone and be present, particularly during dinner or activities with the kids," she says. "Secondly, I try to understand what is most important to my family so I know what I can miss and what I can't. Finally, I remind myself that there is nothing wrong with career being an important part of who I am. At home and at work, I try to lead by example."

It's those leadership qualities that led the American Heart Association to name Zier the chair of its 2017 Go Red For Women campaign. This year's goal is to raise \$1.6 million—money that will help fund local

"IT CAN BE HARD TO FIND BALANCE, BUT IT'S THE COUPLING OF WORK AND FAMILY THAT GIVES ME A FULL LIFE."

research and raise awareness of heart disease among women.

"A highlight of the campaign is the annual Go Red luncheon in May, one of our city's best 'feel-good events' where fabulous women come together to make a difference," says Zier, who has attended the event for several years. "It touches me in the heart and never feels like an obligation."

As chair of the Go Red For Women campaign, Zier plans to leverage the Nutrisystem brand to help raise awareness and funds for the cause. The company itself is a major sponsor of the campaign, with a commitment to raise \$200,000 towards the overall goal.

"Heart disease is a huge medical problem associated with being overweight," Zier explains. "Nutrisystem helps people lose weight in a healthy, maintainable way, and our brand new South Beach Diet program was developed by a leading cardiologist."

As a mother, wife and CEO, Zier realizes the importance of staying healthy.

"Taking care of ourselves is something women need to do for their families as much as for themselves."



▲ Dawn Zier and Marie Osmond ring the Nasdaq Stock Market Opening Bell to kick-off Nasdaq's 6th annual Fit Week.

Did You Know? *Women Go Red For Heart Health*

1

Women who are involved with the Go Red For Women (GRFW) movement live healthier lives.

2

Nearly 90% of women in GRFW have made at least one healthy behavior change.

3

Almost half have lost weight and more than 50% get regular physical exercise.

4

More than 670,000 women have been saved from heart disease & stroke since the launch of GRFW.

Women: Be Aware of Your Heart Health During All Phases of Life



Women pass through many phases in life—from puberty and pregnancy to menopause and beyond. But according to Lankenau Heart Institute cardiologists, certain periods of life may put women at greater risk for heart problems than others.

“Pregnancy carries some specific heart disease risks,” says Maribel Hernandez, MD. “Women with gestational diabetes, preeclampsia or hypertension during pregnancy may develop heart disease earlier in life even if the condition is resolved after delivery.”

According to the American Heart Association, a history of preeclampsia or gestational diabetes is now considered a “major risk factor” for cardio-

vascular disease, equal to smoking, physical inactivity, obesity and family history. In fact, a history of preeclampsia can make a woman twice as likely to have a future heart attack or stroke and four times as likely to develop high blood pressure.

Menopause is another life phase that is linked to potential heart problems.

“The decrease in estrogen levels after menopause can increase a woman’s risk for heart disease,” says John McNamara, DO, FACC, FACCOT. “Estrogen has a protective effect, and early menopause is a risk factor for women developing heart problems earlier in life.”

Drs. Hernandez and McNamara agree that women should be aware of their risk factors beginning in their 20s and speak up if they have concerns.

“Unfortunately, women’s heart disease symptoms are often overlooked because they can present differently than in men,” Dr. McNamara concludes. “Women should not hesitate to seek out a second opinion if they think something is wrong or doesn’t feel right, and especially if they aren’t being heard by their physician.”

Don’t Let Financial Fear Stress Your Heart

In a survey of America’s top fears of 2016, Chapman University found that “not having enough money for the future” was number three. It’s a fear that may have repercussions far beyond the bank account, however.

“Having a sound financial plan gives people one less thing to worry about, which reduces stress and may improve your health and well-being,” says Michael Forman, Chairman and CEO of FS Investments, a Philadelphia-based asset manager that is sponsoring this year’s Go Red For Women campaign. “Financial security allows people to live longer, healthier, more balanced lives.”

Forman says that education is the cornerstone of creating a comprehensive financial plan.

“People are living longer, which creates unique challenges for retirement,” he says. “They need to understand the options that are available to help them manage their budget, invest for retirement and use debt wisely.”

Forman offers these tips for good financial health:

- It’s never too early or too late to start saving, no matter how much or how little.
- Try not to overextend yourself with debt.
- Teach your children good financial habits. Knowing the importance of saving and managing spending at a young age will benefit them as they grow.

Michael Forman, CEO,
FS Investments





It's American Heart Month. Do you know your risk for heart disease? Find out today and learn how you can build a heart-healthy tomorrow at **PennHeart.org**.



Penn Medicine
Heart & Vascular Center

Q&A HEART HEALTH CHAMPION

Anjali Tikun Owens, MD

Director, Center for
Inherited Cardiac Disease
Penn Medicine

Q. You specialize in inherited cardiomyopathy... what is that?

Coronary artery disease can be caused by an unhealthy diet, smoking or lack of exercise. But there are some heart conditions that are genetically passed down through the generations. Hypertrophic cardiomyopathy is one—it's a thickening of the heart muscle found in one in 500 people. Although it's common, it often goes unrecognized. When you hear of a young athlete dying, this disease is often the culprit.

Q. So, you're a big proponent of knowing your family's medical history?

Absolutely. One of the first things I do when people come to Penn's Center for Inherited Cardiac Disease is draw a very detailed family tree so we can learn about their health history. When an adult or child is diagnosed with an inherited heart condition, it's important that other family members also be evaluated. Sometimes we find that a heart attack suffered by a grandfather or aunt was actually one of these inherited diseases.

Q. What do women still need to know about heart disease?

We've come a long way, but I think the myth is still out there that heart disease affects men more than women. Women need to know that heart disease is an equal-opportunity killer and to focus on themselves as much as they do on their husbands and sons. Take any unusual symptoms seriously, because heart disease can present itself differently in women.



Q. What role does genetics play in the future of heart disease?

Someday you'll get a reading of all the genes in your body and we'll be able to personalize your care depending on what we find. That's the goal we're all shooting for. We can already produce a readout of a person's genetic makeup, but we don't yet understand the interplay between all of the genes and diseases. Once we make those connections we'll be able to predict what genes cause which diseases and better understand a person's risk.

Q. Do you have a particular patient who sticks out in your mind?

It's actually an entire family. We've now treated close to 15 members of this family for an inherited heart disorder. Three of them have had heart transplants at Penn, and we're now into this family's second and third generation. I'm in awe of them, because every member of this family is a strong advocate for research and screening.



Go Red For Women Executive Leadership Team

The Go Red For Women Executive Leadership Team raises funds and awareness to fight heart disease in women. These corporate and community leaders serve as key advocates for this important cause in the Greater Philadelphia Region. In 2017, the team is committed to raising an incredible \$1.6 million dollars. The Executive Leadership Team is chaired by Dawn Zier, President and CEO of Nutrisystem.

Back Row: Amy Novak, Torcon; Anne Papageorge, University of Pennsylvania; Theresa Suevo, Nutrisystem; Robin Shallow, Nutrisystem; Meg Kane, Brian Communications; Deana Calvelli, Lockton Companies; Rosemary Loverdi, Dilworth Paxson, Sarah Segal Hudak, M&T Bank; Celeste Ayjian, Northeast Exterminators, Auction Chair; Berta Aldrich, FS Investments; Danielle Gureghian, CSMI; Lisa Detwiler, FS Investments

Front Row: Amy Frazier, PWC; Lori Reiner, EisnerAmper; Stephanie Austin, Circle of Red Chair; Dawn Zier, Nutrisystem, Campaign Chair; Trina Middleton, University of Pennsylvania, Passion Committee Chair; Gretchen Wisehart, Heart Champion Society Chair; JoAnn Magnatta, Main Line Health; Aya Salem, Conrad O'Brien; Theresa Loscalzo, Schnader Harrison

Not pictured: Dan Tropeano, UnitedHealthcare; Danielle Arnold, Comcast; Suzanne Mayes, Cozen O'Connor; and William Sasso, Stradley Ronon



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Heart Health Events

National Wear Red Day

February 3, 2017

All day, nationwide

Deborah Heart and Lung Center's 7th Annual Women's Health EXPO

February 4, 2017 at 10:00am

Lenape High School, 235 Hartford Road, Medford, NJ

1-800-555-1990 option #4

♥ 60th Annual Philadelphia Heart Ball

February 4, 2017 at 6:00pm

Philadelphia Marriott Downtown
1201 Market Street, Philadelphia, PA
215-575-5204 or Tracey.Soulges@heart.org;
215-575-5222 or Becky.Shenk@heart.org

Heart-to-Heart Conversations: a cardiac support group for women

February 16, 2017 at 4:30pm

Lankenau Medical Center, Heart Pavilion,
Mezzanine Conference Room, 100 East
Lancaster Avenue, Wynnewood, PA
484-476-3WHI or contact
MLHWomensheart@mlhs.org

Taking Care of Your Heart: the ABCs of heart health for all ages

February 22, 2017 at 6:30pm

Main Line Health Center at Exton Square,
Community Conference Room,
154 Exton Square Parkway, Exton, PA
mainlinehealth.org/learnwell or
1-866-CALL-MLH (866.225.5654)

Go RED Gala

February 25, 2017

Spring Hollow Golf Club
3350 Schuylkill Rd, Spring City, PA
610-983-1411 or contact
Kathleen_Clarke2@chs.net

Jefferson Health's Heart Health Day

February 25, 2017 at 12:00pm

Willow Grove Park Mall, Center Court
Jefferson.edu/HeartEvent
1-800-JEFF-NOW

♥ National Walking Day

April 5, 2017

All day, nationwide

♥ Men Go Red For Women Dinner featuring Dan Marino & Jim Stuckey

April 6, 2017

To secure your spot by joining the Men Go
Red Society, contact Margaret Walker at
215-575-5258 or margaret.walker@heart.org

♥ Rock the Red Fashion Show & Auction

April 13, 2017 at 6:00pm

National Museum of American
Jewish History
101 S Independence Mall E,
Philadelphia, PA
Invitation only, RSVP to Katherine Garrity
katherine.garrity@gmail.com
or 215-575-5202



▲ 2016 Woman of Heart Deborah Crabbe, MD and
Philadelphia magazine Publisher Ashley Patterson

♥ Heart Science Forum

April 28, 2017

Chemical Heritage Foundation
315 Chestnut Street, Philadelphia, PA

♥ 14th Annual Go Red For Women Luncheon

May 12, 2017 at 10:30am

Crystal Tea Room, 100 E Penn Square,
Philadelphia, PA
Invitation only, RSVP to Katherine Garrity
katherine.garrity@gmail.com 215-575-5202



For a full calendar of events, visit
phillymag.com/gored.



▲ Employees of Franklin Square Investments enjoy
Go Red For Women Luncheon

Nominate a Caring Heart Today

The American Heart Association is looking for one extraordinary individual to honor with its Caring Heart Award. This annual award celebrates extraordinary caregivers who dedicate their time and effort to making life a little easier for survivors of cardiac arrest or stroke.

Nominations can be submitted by friends, co-workers or relatives, and individuals can nominate themselves. The award will be presented to the indi-

vidual who has made the most significant impact as a caregiver at the April 13 Go Red For Women Rock Your Red Fashion Show at the American Jewish Museum in Philadelphia.

If you or someone you know is an extraordinary caregiver, consider nominating them for the Caring Heart Award. Nominations must be submitted by March 1, 2017.



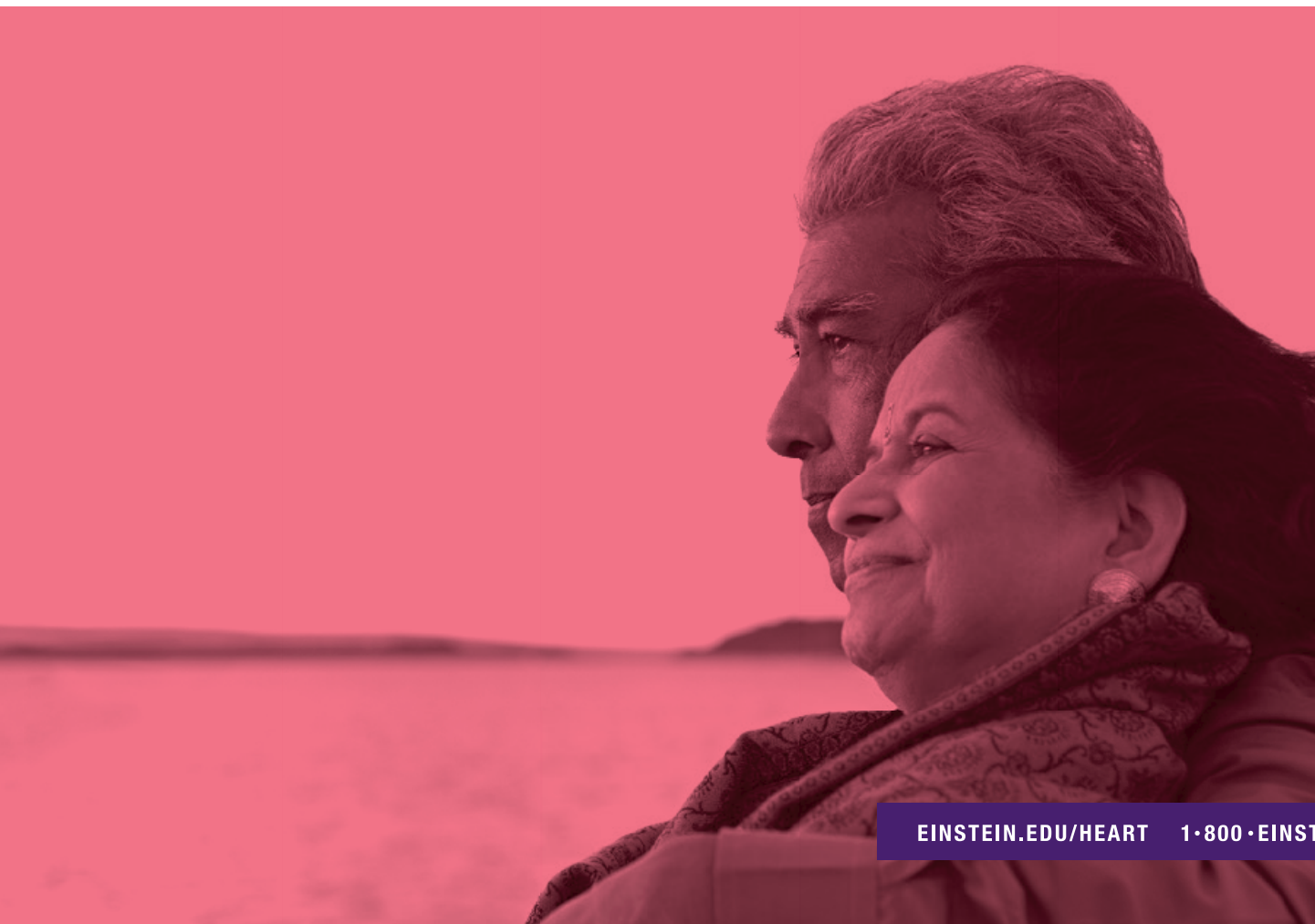
For more information about award criteria and how to apply, visit ahaphiladelphia.com and follow the "Open Your Heart" tab for a link to the "Caring Heart Award."

Compassion leads the way. Technology follows.

Heart and Vascular. We believe medicine is nothing without heart. That's why our heart specialists create personalized care plans for each patient and lead the region in advanced, life-saving techniques such as the transcatheter aortic valve replacement (TAVR). Because caring for our community is a work of heart.



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