

Winter 2016



The Pulse

of the Cor Vitae Society

**COR
VITAE**
Society

THE HEART OF LIFE

Love Healing Community Initiative Discovery Seek Learning
Community Encourage Encourage Strength Grow
Support Knowledge Life Impact Research Technology Life
Impact Advocate Educate Practice Knowledge
Healing Compassion Impact

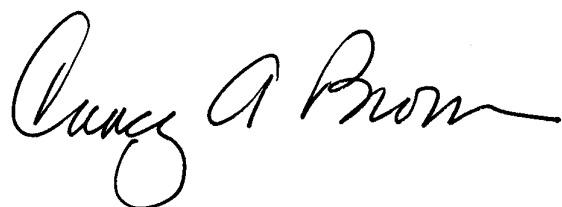
LETTER FROM THE CEO

With its devastating impact on countless generations of families, cardiovascular disease, and in particular coronary heart disease, remains the greatest and deadliest global health challenge we face today. Thanks to your gracious and generous support of the American Heart Association, I am delighted to share that we are in the unique and exciting position to change this reality.

During the Opening Session at the American Heart Association's Scientific Sessions in November, many of you heard the announcement that the AHA and Verily (formerly Google Life Sciences) each committed \$25 million to fund a new research paradigm to cure coronary heart disease. Since that announcement, AstraZeneca has joined this effort with an additional \$25 million to end coronary heart disease and its consequences.

Through this collaboration named **One Brave Idea™**, our three organizations seek to award \$75 million over roughly the next 5 years to one visionary leader with a bold idea who will design a research program, assemble a multidisciplinary team of experts, and lead the charge to prevent and reverse coronary heart disease and thereby restore cardiovascular health. Brave ideas are being submitted this month at onebraveidea.com and you'll find more details about One Brave Idea™ in this issue of The Pulse.

It's important to emphasize that the AHA's financial commitment to this important new research enterprise is above and beyond our current research commitments. This landmark opportunity reflects our commitment to inspiring exponential gains over the incremental, and truly changing the way cardiovascular disease research is conducted. This would not be possible without the enormous generosity of Cor Vitae Society members like you. Thank you again for caring so deeply and for sharing our passion for breakthrough discoveries that impact our families. I look forward to providing updates on One Brave Idea™ in upcoming issues.



Nancy Brown
Chief Executive Officer



ONE BRAVE IDEA™

Our Mission

To build healthier lives, free of cardiovascular diseases and stroke.

MISSION IN ACTION

GO RED this month – and all year

February is American Heart Month, a time when we encourage women to make healthy lifestyle changes, mobilize communities and shape public policy to save lives. Heart disease and stroke cause one in three deaths among women each year. But 80 percent of heart and stroke events may be prevented with healthy habits, education and action.

Here are a few ways you can unite to prevent heart disease and stroke:

- **Schedule a doctor's visit today to learn about your health status and risk for diseases.**
- **Document your health habits and family health history.**
- **Encourage your family and friends to take small steps toward healthy lifestyles to reduce their risks for heart disease and stroke.**
- **Explain "What it means to Go Red" by sharing the following acronym:**

Get Your Numbers: Ask your doctor to check your blood pressure, cholesterol and glucose.

Own Your Lifestyle: Stop smoking, lose weight, be physically active and eat healthy.

Raise Your Voice: Advocate for more women-related research and education.

Educate Your Family: Make healthy food choices for you and your family.
Teach your kids the importance of staying active.

Donate: Show your support with a donation of time or money.

For more information visit GoRedForWomen.org.



After 11 heart attacks, former skater savors life

Toshawa Andrews was just 30 years old in 2004 when she felt a burning sensation in her chest. Figuring it had something to do with what she'd eaten, she swallowed an antacid.

But when she awoke at 5 a.m. the next day, she still felt the burning in her chest. So she drove to a nearby hospital. A battery of tests revealed that she may be having a heart attack.

"You must have the wrong results," she thought.

Even doctors later thought the initial tests results were wrong. An angiogram — a type of X-ray that shows how blood is flowing — showed no blockages. Doctors figured the earlier, troublesome test results may have been caused by a virus, so they sent her home.

Toshawa resumed her training in competitive ice skating.

But four years later and four months after giving birth to a son, the burning in her chest returned. She immediately went to the hospital. She suffered a heart attack that day — and 10 more between 2007 and 2010.

Toshawa eventually was diagnosed with coronary microvascular disease (MVD), which affects the walls and inner lining of tiny coronary artery blood vessels that branch off from larger ones. Coronary MVD has also been associated with an increased risk for cardiovascular events, like heart attacks. Women, especially younger women, develop coronary MVD more frequently than men, and it can be difficult to diagnose.

Now 41, Toshawa is on her fifth year without a heart attack. Tissue damage from her heart attacks has reduced her heart function to about 30 percent, and required the placement of an implantable cardioverter defibrillator in 2012.

Having heart disease took Toshawa by surprise. As an athlete, she maintained a healthy lifestyle and didn't have a family history of heart disease, high blood pressure or high cholesterol.

With three kids, Toshawa keeps her energy up and manages her illness. She continues to exercise, walking at least 30 minutes each day. But she has to listen to her body and rest more often.

"I still want to go hard and strong, but my heart can't do that," she said.

Toshawa has been an American Heart Association volunteer for the last five years. She's been particularly focused on heart disease among women and African-Americans. Her message: Heart disease can affect anyone.

"I don't look sick at all," she said. "I'm physically fit and when people see me, they're shocked that I have heart disease. You don't have to be 50 or 60 and overweight to have heart disease. I hate the pain and suffering, but I'm still alive and I'm most grateful for that." ■



Toshawa Andrews

But four years later and four months after giving birth to a son, the burning in her chest returned. She immediately went to the hospital. She suffered a heart attack that day — and 10 more between 2007 and 2010.

Cor Vitae Society members participate in Scientific Sessions 2015

Members of the Cor Vitae Society were honored guests at Scientific Sessions 2015 in Orlando, Florida in November. Members were part of more than 80 dedicated supporters from around the country who attended the AHA's largest meeting of the world's leading cardiovascular scientists and practitioners.

They heard CEO Nancy Brown and chairman of the board Alvin L. Royse, JD, CPA, speak on topics like the use of technology in healthcare and the AHA's role in preventing, treating, and beating heart disease and stroke.

Supporters also engaged in one-on-one conversations with many of the association's top science leaders and volunteers about a wide range of topics, including precision medicine, quality of care, and women's and children's health.

Our honored guests' experience at sessions culminated with a dinner at Disney's Atlantic Dance Hall. They heard from Rikki and Greg Myer and their son, Skylar, who was born with a rare and serious heart defect that led to a heart transplant when he was 3 months old. Thanks to advances in identifying and treating congenital heart disease, Skylar is living a "typical" 7-year-old life. He is in the first grade and loves hip hop, gymnastics and tennis. ■



Verily (formerly Google Life Sciences) chief executive Andy Conrad and CEO Nancy Brown announce the \$50 million collaboration to end coronary heart disease during the Opening Session.



Cor Vitae Society members Melissa and Steve Grimshaw at Monday night's dinner.



Cor Vitae Society member Chelby Sanders with her mother Gay Folmar at Monday night's dinner.



Skylar Myer with his parents, Rikki and Greg, on stage at Monday night's dinner.



Cor Vitae Society members Joan and Paul Rubschlager at Sunday's brunch.

LOCAL EVENTS

Cor Vitae Society entrenched in communities

American Heart Association affiliates occasionally hold invitation-only events for Cor Vitae Society members in their communities. Some events feature an association expert as a speaker, include a pinning ceremony to welcome new Society members, or invite members to a special VIP reception prior to a larger AHA event. Below are highlights from local Cor Vitae Society events in 2015:

IN PHILADELPHIA, PA:

On Dec. 17, Philadelphia held a Heart Ball Preview Party that included a Cor Vitae Society pinning ceremony for members.

AHA staff pinning Heart Ball chair William R. Sasso, Esq.



Cor Vitae Society members pose after receiving their pins. Pictured from L to R are: Heart Ball and Open Your Heart chair James J. White, IV; Heart Ball chair William R. Sasso, Esq.; Donald R. Shauger, Sr. and Lisa Shauger; Philadelphia board member Elliot S. Barnathan, M.D.; and past AHA president Timothy J. Gardner, M.D.

IN CHARLOTTE, NC:

Cor Vitae Society members, Heart Ball sponsors, auction committee members and other donors are treated to the annual Chef Challenge, held as a kickoff to the Greater Charlotte Heart Ball campaign. To connect with the 2015 Heart Ball theme of *Viva o Heart*, the Chef Challenge was held at the Latin American Contemporary Art Museum and featured healthy and nutritious foods from South America.



Courtney Ramey, with Cor Vitae Society member and 2016 Heart Ball chair David Jones, and Cor Vitae Society member and last year's Heart Ball chair Donna Burnell.

LOCAL EVENTS

IN BOSTON, MA:

Cor Vitae Society members in Boston were treated to dinner and a presentation about the future of precision medicine by some of the association's top leaders and industry experts: Bernie P. Dennis, immediate past chairman of the board; Elliott Antman, M.D., FAHA, immediate past president; and Joseph Loscalzo, M.D., PhD, M.A., FAHA. Most importantly, Cor Vitae Society members were thanked for their commitment to saving and improving lives.



Local Cor Vitae Society members pose for a group photo.

Elliott Antman, AHA immediate past president, 2016 Paul Dudley White Award recipient and Cor Vitae Society member, presents about how the AHA invests in research advances in the fight against heart disease and stroke through the continued support of Cor Vitae Society members. The Paul Dudley White Award is given nationally to a Massachusetts physician who embodies the integrity and values of the AHA.



AHA immediate past chairman of the board and Cor Vitae Society member Bernie Dennis speaks about the importance of philanthropy and being a proud Cor Vitae Society member.



Dr. Emelia Benjamin, 2015 Paul Dudley White Award recipient, receives her Cor Vitae Society pin from Founder's Affiliate staff member Vinny Vecchiarello.



American Heart Association

American Stroke Association

life is why™

COR VITAE Society

THE HEART OF LIFE

National Center
7272 Greenville Avenue
Dallas, TX 75231
www.heart.org



For the first time in its 91-year history, the American Heart Association joined the Tournament of Roses Parade with its “Union of Hearts” float. The float was a gift from Union Bank, celebrating the company’s 30-year partnership with the association and promoting the importance of a healthy lifestyle. Heart disease and stroke survivors and advocates rode on and walked alongside the float.

Photo credit: Gina Esparza

Join The Conversation



@American_Heart



Facebook.com/AmericanHeart



Instagram.com/American_Heart