The Pulse

of the Cor Vitae Society

COR

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Society

THE HEART OF LIFE
This issue focuses on stroke — our nation’s No. 5 killer and a leading cause of long-term disability. Statistics only tell part of the story of stroke’s devastating impact on individuals and their families.

During American Stroke Month in May and throughout the year, we strive to reach as many people as we can with the vital message that stroke is preventable, treatable and beatable. Thanks to your generous support as a Cor Vitae Society member, one of the ways we’re sharing that message is through our F.A.S.T. initiative, which makes it easy to know the warning signs of a stroke and what to do if one occurs: Face Drooping, Arm Weakness, Speech Difficulty, Time to Call 911.

Donors like you also allow us to bring together the leading stroke researchers and highlight the latest, cutting-edge studies at our annual International Stroke Conference, the world’s largest meeting dedicated to the science and treatment of cerebrovascular disease. And because of you, we’re helping stroke patients to make closer, stronger connections through our online Support Network that encourages them to share their personal stories and information that may be helpful to others.

Thank you once again for everything you do on behalf of our mission to build healthier lives, free of cardiovascular diseases and stroke.

Nancy Brown
Chief Executive Officer

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

American Heart Association
In February, the AHA held the 2016 International Stroke Conference in Los Angeles, allowing the Western States Affiliate to host local Cor Vitae Society members, volunteer leaders and friends at a luncheon featuring WSA Board member and keynote speaker Bri Winkler, a stroke survivor and meteorologist for ABC 7 Eyewitness News.

Winkler led a discussion about stroke research and future treatment options that featured panelists:

- Nancy Brown, American Heart Association CEO
- Dr. Mary Ann Bauman, chair of the American Stroke Association Advisory Committee, chair of the Guideline Advantage Steering Committee and member of the AHA/ASA National Board
- Dr. Jeremy Payne, director of the Stroke Service at Banner Good Samaritan Medical Center, and WSA Board member
- Dr. Ralph L. Sacco, past president of the AHA, chairman of neurology, executive director of the Evelyn McKnight Brain Institute at the Miller School of Medicine, University of Miami, and chief of the Neurology Service at Jackson Memorial Hospital

Panelists Bri Winkler, Nancy Brown, Dr. Mary Ann Bauman, Dr. Jeremy Payne and Dr. Ralph Sacco

Ambassadors Dr. Thomas Clark and Dr. Tatjana Rundek; AHA staff members Nora Perry and Jennifer Halldorson; and Champion’s Circle member Karen Oxman watch a man wheel-chair bound for 13 years walk.

Ambassador Dr. Bob Bryan; Patron’s Circle members Drs. Vidya Kaushik and Dhana Kaushik; and Patron’s Circle member and AHA staff Shawn Casey-White at a stop during the exhibit floor tour.

Champion’s Circle member Dave Garell

Nancy Brown, CEO of the AHA, and Bri Winkler, WSA board member
On May 3, 2008, Michael Trujillo was just three weeks from high school graduation and looking forward to a great summer before enrolling at Indiana University.

But when he woke up that morning, all he wanted to do was sleep. After three more hours, he pleaded for one more hour. When his dad returned to jostle him out of bed, Michael didn’t respond. His mom called 911.

Tests showed bleeding in and around Michael’s brain. He had a hemorrhagic stroke, which occurs when a weakened blood vessel bursts. He had surgery to relieve the pressure inside his skull. Doctors didn’t expect a full recovery.

Two weeks later, Michael awoke from an induced coma — unable to talk, walk or eat on his own. His vision and hearing also were impaired. He wasn’t cleared to eat on his own until the following March, relying instead on a feeding tube.

For six months, Michael moved between hospitals and inpatient rehabilitation centers, undergoing intensive therapy. Still in a wheelchair and using a feeding tube, he returned home in December 2008 determined to walk again.

A hearing aid helped overcome a 65 percent hearing loss out of his left ear, and surgery helped correct a deviated eye.

As arduous as the physical recovery was, seeing his friends continue with their lives also was painful. “It was hard to be in such a different place as everyone else,” said Michael, diagnosed with a rare blood disorder, a form of hemophilia, when he was just 15 days old.

Pushing for independence, Michael enrolled at Illinois State University in fall 2009, about one and a half hours away from his parents.

Campus life proved to be more difficult than he anticipated. He used a walker when possible, but it left him overtired. After a semester, Michael returned home and enrolled in a local community college. He resumed therapy, and returned to Illinois State University in spring 2011.

Soon after, he reached another key milestone: He jogged a few steps outside — without the support of a safety harness. “It was a huge emotional experience for me,” he said.

Last spring, Michael shared his story through a social media platform for Illinois State University and in a local newspaper to showcase the work of the American Heart Association/American Stroke Association, informing readers that stroke is a leading cause of long-term disability.

“I just want people to know that as hard as it is, don’t give up,” Michael said. “Stay determined and keep working at it. Anything is possible.”

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Michael’s bachelor’s degree was conferred in spring 2015 in international business and marketing from Illinois State University.
LOCAL EVENTS

Cor Vitae Society members participate in events around the country

NASHVILLE, TN:

Cor Vitae Society members gathered at the home of Ashley and David Dill, 2016 Nashville Heart Gala chairs, for the inaugural Heart of Nashville Songwriter Evening. Guests enjoyed hearing about the AHA’s work in middle Tennessee and were entertained by award-winning songwriters Casey Beathard, Wendell Mobley and Neil Thrasher.

Hosts and Pacesetter’s Circle members David and Ashley Dill

Champion’s Circle members (L to R) Jane Ann and Mike Cain, Angela Humphreys and Joe Cashia

Champion’s Circle members Keith Wolken and Kim Coakley

Songwriters (L to R) Neil Thrasher, Wendell Mobley and Casey Beathard

Champion’s Circle members Mike and Lisa Wiechart
IN CHICAGO, IL:

The Chicago Heart Ball welcomed several Cor Vitae Society members, including Heart & Torch Circle members Joan and Paul Rubschlager. The Heart & Torch Circle recognizes people who give a minimum of $1 million in their lifetime.

Champion's Circle members Bob and Judy Litt

This year’s Chicago Heart Ball co-chairs, Dan Walsh, a Patron’s Circle member, and Larry Goldberg, a Champion’s Circle member

Heart & Torch Circle members Joan and Paul Rubschlager celebrate their winning bid at the live auction.

Heart & Torch Circle members Joan and Paul Rubschlager
Stroke patients treated at hospitals participating in a guidelines-based program are more likely to be discharged home and less likely to die within 30 days and one year, according to a new study. The study, published in the American Heart Association journal Stroke, showed that patients who received treatment at hospitals participating in Get With The Guidelines-Stroke were 10 percent more likely than those in non-participating hospitals to be discharged home, rather than to a rehabilitation center or other facility.

More than 1,600 hospitals have registered to receive patient management toolkits, access to workshops, decision support and many other resources.

Furthermore, 30 days and one year after discharge, patients from participating hospitals were 7 percent to 8 percent less likely to have died.

The findings mean that participating hospitals would discharge 12 more stroke patients home for every 1,000 patients than non-participating hospitals, and 34 fewer patients would have died within one year.

Get With The Guidelines-Stroke, established by the AHA/American Stroke Association in 2003, helps hospitals provide stroke patients with the latest, most effective treatment for stroke. More than 1,600 hospitals have registered to receive patient management toolkits, access to workshops, decision support and many other resources.

“We know that in the past the Get With The Guidelines-Stroke program was associated with improved processes of care, such as appropriate medications and other interventions to prevent complications,” said Sarah Song, M.D., lead author of the study and an assistant professor in neurology at Rush University Medical Center in Chicago, Illinois. “Now we know that this improved care translates into improved clinical outcomes.”

For the study, researchers analyzed data from the Centers for Medicare & Medicaid Service for 366 hospitals participating in Get With The Guidelines-Stroke and 366 non-participating hospitals. About half of the 173,985 Medicare stroke patients in the study received treatment at hospitals participating in the program.

A stroke is a medical emergency that occurs when a blood vessel bursts or is blocked by fatty substances or a blood clot, interrupting blood flow to the brain. Without immediate treatment, cells in the brain begin to die, resulting in brain damage, paralysis or even death.

Stroke is the fifth-leading cause of death in the United States, killing someone about every four minutes. The F.A.S.T. acronym is used to help people recall key symptoms of a stroke: Face drooping, Arm weakness, Speech difficulty, Time to call 911.
My Dad is Why — Blake R. Grossman

Blake Grossman is a dedicated Cor Vitae Society member and American Heart Association champion. For more than five years, he has volunteered in San Francisco through the Celebrate with Heart Gala. In 2011, he joined the Executive Leadership Team, and the following year served as Heart Gala chair.

In 2015, in addition to his generous support and leadership through the gala, Blake and his family made a restricted gift to fund a post-doctoral grant, in honor of his parents, Dixie and Richard Grossman. The Grossman family’s gift is supporting a researcher at the Stanford University School of Medicine whose work focuses on the intersection of high blood pressure, diabetes and the kidney. The family’s gift ensures this lab can further study a potential benefit for treating high blood pressure.

We are grateful to Blake for his generous support of the American Heart Association, and for being an inspiration to others.

Family and Friends are Why — Melissa and Steve Grimshaw

“We are passionate because we know that our donation helps fund critically needed research, innovative programs and educational tools that not only help prevent heart disease before it starts, but will one day eradicate it entirely,” says Melissa and Steve Grimshaw. “This year we are honored to chair the 25th year of the Côtes du Coeur Gala, where we aim to make an impact on the culture of health in Dallas. We are thankful for the opportunity to help make this direct impact in our community and know that our investment in the AHA helps create transformational change.”

Family is Why — Richard and Helen DeVos

“I can tell you from personal experience that a heart transplant can save your life — it saved mine. That’s why I support transplant centers,” Richard DeVos says. Richard and Helen DeVos have been supporters of the AHA for more than two decades, and are proud Heart & Torch Circle members of the Cor Vitae Society, which recognizes cumulative lifetime giving of a minimum of $1 million.

“Both Helen and I are staunch believers that education and research, such as that conducted by the American Heart Association, are the real keys in preventing heart disease and living a full, active life,” Richard says.
The Next Generation is Why – Joe T. Miller, Sr.

As a young man, Joe T. Miller, Sr. learned the value of hard work, honesty and nurturing good relationships while working alongside his father in the family construction business in southwest Louisiana. These values helped build a legacy in the community that Joe is passing on to the next generation.

His awareness of the AHA began when he saved his father’s life by performing CPR one late night in the office. When the opportunity presented itself, Joe joined the local board and with his wife, Mary, became involved in the Heart Ball.

Now, 30 years later, Joe is building a legacy with the next generation by investing in Teaching Gardens for the youth of Lake Charles. “Their smiles and excitement about the gardens warm my heart,” he says. The Teaching Gardens provide hands-on learning experiences in a real-life laboratory where students learn how to nurture growing plants, and develop good eating and physical activity habits. The gardens also provide lessons of responsibility and life skills, helping mold more than a thousand young children in the community.

The Future is Why — Patrick O’Gara, M.D.

Patrick O’Gara, M.D., this year’s Boston Heart and Stroke Ball medical co-chair, has been involved with the AHA for more than 20 years. His passion is seeing early-career investigators receive AHA funding to help move them into more senior level positions. He is senior physician at Brigham and Women’s Hospital and professor of medicine at Harvard Medical School.

In addition to being named one of the Top Doctors in Boston and the United States every year since 2001, Dr. O’Gara is past president of the American College of Cardiology and served as the chair of the Council on Clinical Cardiology for the American Heart Association (2003-05). The Founder’s Affiliate is proud to have Dr. O’Gara as a Cor Vitae Society member, as he inspires others to support the AHA through his personal commitment.
Research is Why – Lydia and Keith Vaughn

Cor Vitae Society members Lydia and Keith Vaughan are passionate about the mission of the American Heart Association/American Stroke Association — because both their fathers suffered from heart disease. And 22 years ago, a cardiac surgery team stood ready to save Keith’s brother, Stewart, who experienced a cardiac arrest at age 39. Initially, he underwent surgical repair to unblock his coronary artery. Later, a percutaneous coronary intervention procedure that involved placing a stent in his artery was performed. AHA-funded research has led to important new discoveries over the years, including the stent that was placed in Stewart's heart. Fortunately, he is alive and well today.

Lydia and Keith co-chaired one of the most successful Winston-Salem Heart Balls three years ago in honor of their fathers and Stewart. Accelerating and improving treatments for patients who suffer heart attacks is possible because of the extraordinary philanthropy by Cor Vitae Society members such as Lydia and Keith.

Our Children are Why – Kerry and John Mongelluzzo

Supporting the AHA is a family affair for the Mongelluzzos. Kerry and John were the 2016 co-chairs for the Heart Ball in Cincinnati, and both of their daughters served on the Heart Ball After Party Committee. Kerry and John also served on the Executive Leadership Team for Cincinnati and are proud members of the Cor Vitae Society.

The Mongelluzzos are passionate about the AHA mission because heart disease runs in their family. John’s mother had three blockages resulting in three stents and suffered a stroke last year. His father had open heart surgery after blockages were found in his heart. John suffered a heart attack and subsequently had three stents. John, Kerry and their family are grateful for the doctors, scientists and clinicians who are involved in the research and programs that come out of the AHA’s efforts to fight heart disease and stroke.
Excess levels of sodium/salt may cause:

- Increased water retention, leading to:
  - Puffiness
  - Bloating
  - Weight gain

9 out of 10 Americans consume too much sodium.

WHERE DOES IT COME FROM?

- 65% from supermarkets, convenience stores
- 25% from restaurants
- 10% from other sources

3,400 milligrams: the amount of sodium the average American consumes in a day

1,500 milligrams or less: recommended daily allowance of sodium

HIGH BLOOD PRESSURE is a leading risk factor for death in women in the United States, contributing to nearly 200,000 female deaths each year.

That’s more than five times the 42,000 annual deaths from breast cancer.

77.9 million American adults have high blood pressure.

Kids who have a high-sodium diet are twice as likely to develop high blood pressure as kids who have low-sodium diets.

Your HEALTH

Excess levels of sodium/salt may put you at risk for:

- Stroke
- Heart failure
- Osteoporosis
- Stomach cancer
- Kidney disease
- Kidney stones
- Enlarged heart muscle
- Headaches

Your APPEARANCE

Excess levels of sodium/salt may cause:

- Increased water retention, leading to:
  - Puffiness
  - Bloating
  - Weight gain

heart.org/sodium

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Announcing the launch of our new Cor Vitae Society website page at heart.org/corvitaesociety. Here you will find digital versions of The Pulse, the official newsletter of Cor Vitae Society, as well as photos from exclusive Cor Vitae Society events. We hope you will take a moment to visit the website, and provide your feedback!

heart.org/corvitaesociety

Cor Vitae Society webpage is now here!