



American  
Heart  
Association.

Cor Vitae  
*Society*

# The Pulse

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# CHAIRMAN'S LETTER

Volunteering with the American Heart Association for more than two decades has been an exceptionally rewarding experience. Now, in my second year as chairman of the Board of Directors, I have the continued privilege to partner with outstanding leaders to set a new strategy that aligns with the ever-changing landscape.

The work of the AHA is [deeply personal to me](#).

I lost my dad to heart disease and my first wife to stroke — both at age 52. That experience made me keenly aware of the disparate impact of hypertension and heart disease in Black, Hispanic and rural communities, and with women. It also strengthened my resolve to personally support the AHA's research enterprise.

Health equity will always be a top priority and much of my volunteer work has been focused on working directly with people in their communities to address the socioeconomic factors that imperil health and shorten lives.

Navigating the pandemic and beyond requires steadfast and nimble leadership. I am humbly proud of the AHA's extraordinary work to confront the pandemic with rapid response research, advocacy and essential education for patients, health care workers and the public. [My priorities for the new year include:](#)

- **Addressing Health Disparities** — Scientific evidence supports the link between racial disparities and overall health. COVID-19 mortality among Black Americans is more than double the rate of Hispanics, 2.3 times as high as whites and Asians, 1.7 times as high as Pacific Islanders and 1.4 times as high as indigenous people. The AHA is taking a stand to mitigate socioeconomic factors that contribute to disproportionate rates of chronic diseases.
- **Continued Focus on AHA Research Programs** — Science is at the core of everything the AHA does. We will continue to fund innovative research in cardiovascular and cerebrovascular science, with a focus on young investigators, strategic programs and health equity.
- **Leveraging Extensive Experience of AHA Boards** — As we navigate the altered landscape left by COVID-19, we will continue to partner closely with the AHA's national and regional boards to ensure we stay the course on our lifesaving mission. As advocates and thought partners, our board members represent an extraordinary brain trust that adds enormous value to our strategy.
- **Encouraging Diverse Volunteer Leadership** — I have made it a priority to share the good works of the AHA to build a strong base of supporters for our initiatives. Encouraging volunteer diversity will help connect the dots and give voice to our cause as we advocate for those who need us most.

I am proud to be a part of the Cor Vitae Society and the Paul Dudley White Legacy Society to help change the trajectory of health for future generations. Thank you for your dedication as we take this journey together.



**Bertram L. Scott**

Chairman, National Board of Directors  
Cor Vitae Society – Pulse Circle  
Paul Dudley White Legacy Society



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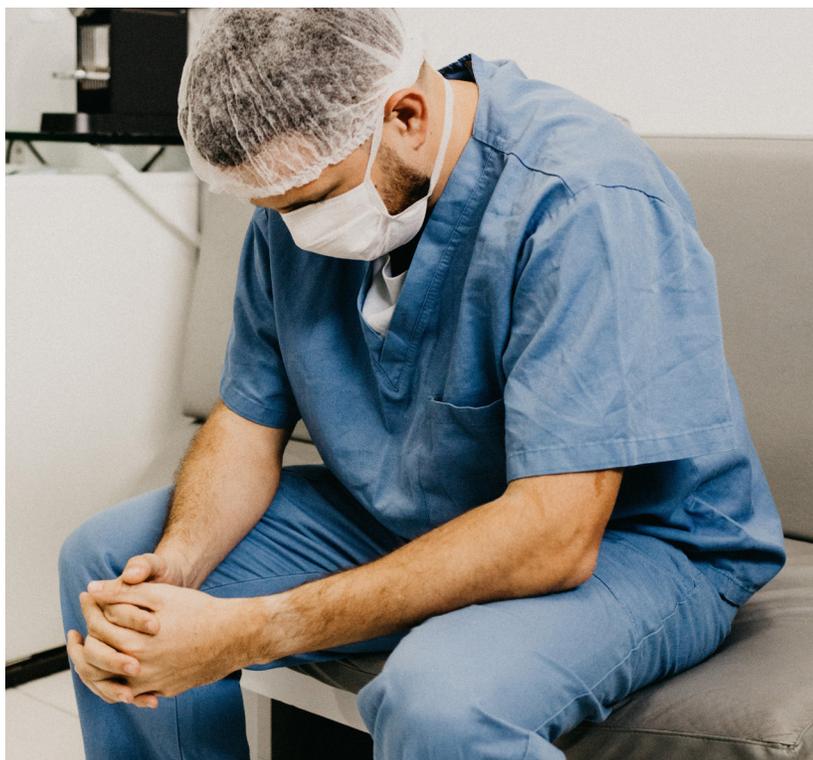
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## AHA CEO Roundtable offers strategies to tackle mental health

The American Heart Association (AHA) [CEO Roundtable](#) is providing comprehensive, science-based support for employees susceptible to poor mental health — especially during the COVID-19 pandemic.

The nearly 50 CEOs representing more than 13 million employees and their families released the [Mental Health: A Workforce Crisis report](#) last year, informing international dialogue. It includes



seven strategies — developed by an expert panel — for employers to help workers manage depression, anxiety and other mental health conditions.

About one in five U.S. adults has a mental health disorder, according to the National Institute of Mental Health.

Employers have an opportunity to support the 157 million working adults, reaching them where they spend most of their waking hours.

Consequently, the report outlines strategies such as developing a mental health plan that's available

to all employees and reducing stigma associated with seeking help.

The health care industry has been hit particularly hard during the pandemic. Doctors and nurses are trained to deal with life-and-death situations, to be calm in the face of crisis. Whether it's in hard-hit areas such as California or places where COVID-19 has barely begun to surge, medical workers say their mental health is strained.

"The stress is probably 100 times what you could have imagined it was in the past," said Judy Davidson, a nurse scientist at University of California, San Diego Health.

Davidson, whose research shows nurses were at higher risk for suicide than the general population even before the coronavirus struck, said psychological support for health care workers will be as crucial as providing protective gear.

AHA president, Dr. Mitchell S.V. Elkind, professor of neurology and epidemiology at Columbia University in New York City, said much of the strain stems from uncertainty about how to fight the illness.

"We are constantly learning and updating our recommendations, and I think that makes people a bit uncomfortable," said Elkind, who is also chief of the Division of Neurology Clinical Outcomes Research and Population Sciences at Columbia.

"Mental health awareness is vital to everything we do as a relentless force for a world of longer, healthier lives," said Nancy Brown, CEO of the AHA. "Our CEO Roundtable members are driving innovations in employee health and committed to improve the lives of their employees and family members so they can live their best life." ■

[Read the full article.](#)

# SURVIVOR SPOTLIGHT

## Cardiologist and COVID-19 survivor helps Hispanics fight virus

**D**r. Samer Kottiech became a “hardcore COVID expert” the hard way. He developed symptoms he didn’t immediately recognize as COVID-19: redness and pain on the small toes of his left foot and index finger. Chills and severe muscle aches presented two days later, followed by high fever and loss of sense of smell.

“I felt horrible pain and I’m not a guy who complains,” said Kottiech, a New York City cardiologist. “As you can imagine, because of the high fever, sometimes I couldn’t even get out of bed.”



*Dr. Samer Kottiech, M.D.  
New York City cardiologist*

Kottiech tested positive in March and has now fully recovered. He believes he contracted the virus at an outreach Washington Heights medical office where he works twice a month.

Despite his illness, on the days he could get up, Kottiech screened and treated his patients via telemedicine. About 98% of his practice is Hispanic, the racial group with the **highest percentage of deaths** in New York City, according to the state’s health department.

“I had a lot of patients that were panicking,” he said. “I’ve been trying to help my Latino community, which has been neglected. Some had symptoms; some of them had heart problems that we could not attribute to COVID-19 at the time, but we learned later there are implications of the heart from the virus. During that time, I had to diagnose and treat via video camera without a stethoscope. It was a learning process where

I had to apply both art and medicine, and sometimes all you can do is go with your gut feelings.”

The disproportionate number of COVID-19 cases and deaths among Hispanics and African Americans in New York City has highlighted economic and health care disparities that long predate the crisis.

“We know that Latinos and African Americans are more susceptible to suffer from hypertension, obesity, diabetes and coronary artery disease, which means these populations have underlying conditions that put them more at risk of developing severity of COVID,” Kottiech said.

“They don’t have access to healthy food, which is one of the reasons they have those conditions,” he said. “They also often don’t have college degrees, don’t have jobs where they can work remotely, sometimes have no insurance, and sometimes are afraid to call 911.”



*Dr. Samer Kottiech with sons*

In the early days of the pandemic, the medical community believed COVID-19 was mostly a respiratory disease, with coughing initially and pneumonia as a complication. But doctors now have evidence that the virus can impact several organs, including the heart. ■

[Read the full article.](#)

# SOCIETY MEMBER SPOTLIGHT

## Liz Elting | New York City

### HEART & TORCH CIRCLE



*Liz Elting*

A spirited entrepreneur and philanthropist, Elizabeth “Liz” Elting is an ardent advocate for equality for women and people living in under-resourced communities.

In eight years of volunteering for the American Heart Association, her goals have remained the same: Remove barriers and create opportunities so everyone has a chance for longer, healthier lives.

“Initially, I became involved with the AHA in an effort to address heart disease, recognizing it is the No. 1 killer of women and men globally,” Elting said. “As I learned more about how the AHA fulfills its mission of being a relentless force for a world of longer, healthier lives, I committed to making an impact in specific areas of need.”

Elting’s impact is evident as a passionate Circle of Red Ambassador and supporter of the AHA’s Go Red for Women®, a movement to end heart disease and stroke in women through awareness and to ensure women are included in research. She is also a member of the New York City Board of Directors.

“Through my involvement with the AHA, I discovered other nonprofits and philanthropists who share similar goals aligned with the association’s mission,”

said Elting, who launched the Elizabeth Elting Foundation in 2018 to promote public health initiatives and education that focus on lifting up women and other people facing health inequities.

“As founder and CEO, I am always looking for opportunities to collaborate with like-minded nonprofits and organizations, which supported the launch of this initiative with the AHA.”

The Elizabeth Elting Foundation Halo Fund recently launched the [AHA’s Bernard J. Tyson Impact Fund](#) to invest in social enterprises that employ evidence-based, community-led solutions in areas of New York City disproportionately impacted by COVID-19. Their goal is to improve economic resiliency, address food and housing insecurity, close the achievement gap and improve educational performance. ■



AHA’s Bernard J. Tyson Impact Fund is a national fund with a local investment focus supporting and investing in evidence-based, locally led solutions that are breaking down the social and economic barriers to health equity.

The Bernard J. Tyson Impact Fund honors the legacy of Bernard J. Tyson, the late chairman and chief executive officer of Kaiser Permanente and a member of the AHA Board of Directors and CEO Roundtable.

A health care leader for more than 35 years, Tyson was a visionary leader who cared passionately about the health and well-being of all. His quest for affordable, equitable health care and social justice improved and extended lives throughout the U.S. and around the world.

# SOCIETY MEMBER SPOTLIGHT

## Tracy and Troy Rice | Jupiter, Florida

### CHAMPION'S CIRCLE



*Tracy and Troy Rice with daughters Reagan, 10, and Haley, 7*

Just 7 days old, Troy Rice had major open heart surgery. He had been born with a congenital heart defect that doctors expected would end his life by age 5.

But he's lived much longer.

By age 28, Troy had three more open heart surgeries —

and more are inevitable, he said.

Now 41, Troy and his wife, Tracy, credit AHA research and advancements for helping save his life from his congenital heart defect, or CHD. CHDs result when the heart, or blood vessels near the heart, don't develop normally before birth. More than 1.3 million Americans living today have a congenital heart defect.

"Thanks to God's blessing and the American Heart Association's efforts, I have had the opportunity to live a wonderfully full life with very few limitations," Troy said.

The Rices have been ardent AHA volunteers for more than a decade, especially championing AHA research. In addition to their recognition as Cor Vitae Society members, Troy has served on the Palm Beach Heart Walk Cabinet for the past three years and chaired the Executive Challenge two years ago. Tracy is a member of Circle of Red, a society committed to awareness of and better outcomes from heart disease in women.

"Our family supports the American Heart Association because we are passionate about impacting future generations and believe in the vision of a future free of heart disease," Troy said. ■

The AHA funds **Strategically Focused Research Networks (SFRN)** to uncover new and innovative ways to use research to address key strategic issues. Specific SFRNs focus on the understanding, prevention, diagnosis and treatment of a particular research topic of interest.

Four SFRN centers are focusing on children's heart health and tackling critical issues with resources totaling nearly \$15 million:

- **Congenital Heart Disease** — Led by Dr. Martin Tristani-Firouzi, University of Utah, Salt Lake City, the team is using machine-learning datamining algorithms to predict or prevent congenital heart disease and improve decision making for parents and physicians.
- **Childhood Obesity** — Led by Dr. Jennifer Li, Duke Center for Pediatric Obesity Research, Durham, North Carolina, the team is investigating whether gut bacteria affect a child's chance of becoming obese and how obese children respond to weight-loss therapy.
- **Early Life Origins of Cardiovascular Health** — Led by Dr. Bradley Marino, Northwestern University, Chicago, Illinois, the team is working to preserve ideal heart health in children.
- **Rheumatic Heart Disease** — Led by Dr. Craig Sable, Children's Research Institute, Washington, D.C., the team is working to strengthen health systems' response to rheumatic heart disease and is developing evidence-based prevention strategies.

In addition, the AHA recently announced more than \$14 million in scientific research grants to create its SFRN on Health Technologies and Innovation. Teams are working on developing breakthrough technology solutions to improve outcomes related to heart and brain health, including special projects that will focus on issues related to the COVID-19 pandemic. The American Heart Association has now invested more than \$190 million to establish **12 Strategically Focused Research Networks**.

# SOCIETY MEMBER SPOTLIGHT

## Andréa and Kenneth C. Frazier, Esq. | Newtown, Pennsylvania

### PRESIDENT'S CIRCLE



*Andréa and Ken Frazier*

Andréa and Ken Frazier's mission to encourage others to learn about heart health is personal.

In 1989, days after giving birth to her first child, Andréa developed a severe headache. When the pain wouldn't respond to over-the-counter medicine, she sought the advice of her doctors. Even after meeting with her OB-GYN and neurologist, the pain continued to get worse.

She hurried to the emergency room, where tests revealed a slow bleed in her brain called a subarachnoid hemorrhage, a type of stroke.

"At the time, I didn't know I had hypertension that had spiked and contributed to the hemorrhage," Andréa said. "The pain I was feeling was from the blood causing swelling in my brain."

After two months of treatment, Andréa returned home — committed to treating her hypertension through diet, exercise and stress management and determined to urge other women to take ownership of their health.

"Live a heart-healthy lifestyle in between regular doctor visits and stay educated about heart disease," Andréa said. "We can't predict or prevent every heart problem, but we can reduce the risks."

As chairman of the board and CEO of Merck & Co., Inc., Ken serves on the American Heart Association's CEO Roundtable, a coalition formed in 2013. It brings together CEOs from many of the world's largest companies. Fueled by the AHA's mission, members help create solutions and systemic change for companies to build a healthier workforce and healthier communities.

This past year, the Fraziers generously supported the AHA through local programs including the Philadelphia Healthier Together Initiative, a health and wellness series that fulfills a growing demand for affordable, fresh fruits and vegetables and increases access to resources for healthy living – an initiative they can both stand behind.

"As the survivor of a major cardiovascular event, I greatly value the important work of the American Heart Association, especially regarding prevention and raising awareness in women," Andréa said.

Earlier this year, the Fraziers supported the AHA by contributing to COVID-19 relief and by launching the Frazier Family Health Equity Fund, which prioritizes healthy food access for under resourced neighborhoods. ■



*Ricardo Lugo and Star Jones with Andréa and Ken Frazier following Star and Andréa speaking on a panel at Scientific Sessions in Philadelphia in November 2019. Photo credit: Darnell A. Barnes/DSQPhotography.com*

# SOCIETY MEMBER SPOTLIGHT

## Marie and Bob LoPresto | Saratoga, California

### CHAMPION'S CIRCLE



**Bob and Marie LoPresto**

When Marie LoPresto was born with a congenital heart defect in the 1940s, doctors told her parents that she wouldn't live.

But she survived.

Marie spent her first 13 years of life in bed. Then, as a teenager, she underwent a procedure to fix her heart defect, becoming one of the first patients on a heart-lung machine during open heart surgery.

Marie flourished after surgery.

In 1965, she was crowned Miss Iowa and used her platform to share the work of the American Heart Association — beginning a lifelong passion to volunteer and champion our mission.

As a member of the IBM Corporation marketing team for 24 years, retiring in 2000, Marie continued to volunteer for the AHA. Through her volunteer efforts, she met prominent AHA figures including Rome Betts, the association's executive director in 1949-1968, and Dr. Paul Dudley White, one of the association's six founders and the namesake for the Paul Dudley White Legacy Society, who presented Marie with the Heart and Torch award in 1967. Marie also received the AHA Volunteer of the Year award, and was celebrated in a ceremony at the White House where she received the award from Lady Bird Johnson.

More than a decade ago, Marie and close friend Anita Del Grande founded the Silicon Valley Circle of Red, which includes more than 60 local members. The Silicon Valley Circle of Red has tirelessly championed the work of the AHA, reaching out to women and families touched by cardiovascular disease while raising awareness and pivotal funds for cardiovascular research, education and community outreach.

Last year, the Bay Area Go Red for Women movement raised more than \$2.7 million, thanks largely in part to the Circle of Red.

In response to COVID-19, many of the AHA's large gatherings are going virtual. This year, Marie joined the first National Circle of Red virtual event. ■

The American Heart Association is proud to honor donors through our national giving societies: Cor Vitae Society, Paul Dudley White Legacy Society and Circle of Red. Members can be recognized across multiple societies, celebrating the many ways they support the AHA mission.

**The Cor Vitae Society** recognizes individuals who make generous annual gifts to support local work in our communities nationwide, as well as those who make direct gifts for bold new initiatives with national impact. Members are the heartbeat of the association, driving maximum impact in equitable health and well-being in the United States and around the world.

**The Paul Dudley White Legacy Society** celebrates donors who've included the AHA in their will, trust or other type of estate plan. Members help save lives today while ensuring their impact continues for their lifetime and beyond.

**Circle of Red** is a society of dedicated supporters who have the passion, motivation and inspiration to drive change in their community regarding the heart health of women. They're devoted to amplifying the reality that heart disease is the leading cause of death in women by supporting Go Red for Women with their time, influence and financial resources.

# CITY WIDE EXECUTIVE CHALLENGE

Heart Challenge is the American Heart Association's comprehensive approach to partnering with companies to build a happier, healthier, engaged workforce while raising critical funds to save more lives.

One way the AHA's Heart Challenge engages with community leaders is through the annual City Wide

Executive Challenge (CWEC), an opportunity for C-Suite Executives to harness their collective power – together raising more than \$13M this year alone.

We are humbled by the support and efforts of these and all of our CWEC members, especially as we face the ongoing challenges of COVID-19 and its effects.

The AHA is proud to recognize the top fundraising members within the City Wide Executive Challenge from 2019-2020:

- Tom Greco, Raleigh, NC, Heart & Torch Circle
- Pete Watson, Dublin, OH, Pulse Circle
- Heath Ashenfelter, Hubertus, WI, Champion's Circle
- Tom Van Berkel, Jacksonville Beach, FL, Pulse Circle
- Paul Jacobson, Atlanta, GA, Pacesetter's Circle
- Tash Elwyn, St. Petersburg, FL, Pacesetter's Circle
- Mike Roffler, San Francisco CA, President's Circle
- Greg Weaver, Austin, TX, Champion's Circle
- Chris Tsakalakis, San Francisco, CA, Pulse Circle
- Arnie Harris, Highland Park, IL, Pulse Circle

To lend your leadership support to the [Heart Walk](#), please contact your local AHA office.

## CLEVELAND, OHIO

### Greater Cleveland Heart Walk



**Jan and Tom Hablitzel**  
Cleveland, Ohio,  
President's Circle

*"We are thrilled to continue our support of the AHA, even in a virtual environment, and are encouraging others to participate in our upcoming Heart Walk from the convenience and safety of their neighborhoods. Now, more than ever, we feel it is important for people to demonstrate their passion for the causes that mean the most to them. This cause is incredibly meaningful to our*

*family, because we have lost several family members to cardiovascular diseases, including my mom, Jo Ann Hablitzel, due to complications with blood thinning medications. We are committed to supporting the AHA's lifesaving research to help find future protocols and treatment guidelines. The work of the AHA is vital to helping so many people live longer, healthier lives, and we have been happy to be involved for many years."*

## MINNEAPOLIS, MINNESOTA

### Twin Cities Heart Walk



**Tim Herbert, CEO**  
of Inspire Medical  
Systems and  
2020 Twin Cities  
Heart Walk Chair,  
Minneapolis,  
Minnesota,  
Champion's Circle

*"I am proud to be involved with the American Heart Association and was honored to serve as the 2020 Twin Cities Heart Walk chair. As the CEO of Inspire Medical Systems, collaborating with the AHA gave me the chance to share my passion with the Twin Cities community. Helping to raise critical, lifesaving funds during this unprecedented time has been incredibly rewarding — I have been blown away by others' generosity. To have the opportunity to lead by example, and to inspire others to do the same, was a privilege, and to do*

*it for an organization whose work improves the lives of our families, our friends, our neighbors, our coworkers and our community brings me joy and a great sense of purpose."*

Did you know you could give to your local Heart Walk using more than just gifts of cash?

- Donating shares of stock is a great way to save lives! [Start the process today](#)
- [Learn about giving through the AHA Donor Advised Fund Program](#) offering mission-aligned investing
- Already have a Donor Advised Fund? [Simply give using DAF Direct](#)
- Learn how to use your IRA to make a tax-savvy gift. [Talk to our staff today about the benefits](#)

## Pets can support mental health during social distancing

**W**ith social interactions limited during the COVID-19 pandemic, the bond between humans and their pets can be powerful in staying emotionally and mentally well.

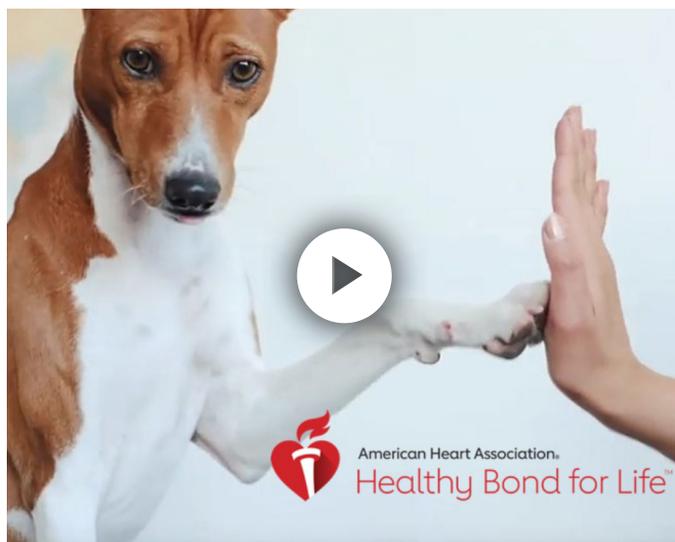
The American Heart Association's Healthy Bond for Life shares five ways pets may help our mental health:

- 1. Pets can reduce work-related stress.** About 2 out of 3 employees say work stresses them out, while 40% say their job gets in the way of their health. Studies show that pets in the workplace may help reduce stress, increase productivity and improve employee satisfaction.
- 2. Pets can help increase productivity, wherever that is.** When a dog joins a collaborative setting — even if that's a virtual meeting — group members rank their teammates higher in trust, team cohesion and camaraderie.
- 3. Companion animals help manage anxiety.** As many people feel anxious or struggle with mental health, pets provide companionship and unconditional love. The American Heart Association's Scientific Statement on Pet Ownership and Cardiovascular Risk highlighted how a pet can combat stress and improve mental health and well-being.



- 4. Pets help keep their owners active.** Dog owners are more likely to fit in the recommended physical activity than those who aren't. While social distancing is keeping people in their

homes, pets give a reason to get outside, get some fresh air and get active. Studies also show that physical activity has many benefits for mental health.



- 5. Pets provide a sense of togetherness.** The bond with a pet helps the owner to not feel alone. When owners see, touch, hear or talk to their companion animals, it brings a sense of goodwill, joy, nurturing and happiness. At the same time, stress hormones are suppressed.

Studies show that stress may affect behaviors and factors that increase heart disease risk, such as high blood pressure, high cholesterol levels, smoking, physical inactivity and overeating.

According to a Harris Poll online survey on Employees' Perceptions and Attitudes on Mental Health in the Workplace, commissioned by the American Heart Association, about 3 out of 4 employees (76%) indicate they have struggled with at least one issue that affected their mental health.

So, while Healthy Bond for Life emphasizes adopting a pet to give it a loving home, a pet may also help its owner have a healthy home. ■

[Learn more about American Heart Association's Healthy Bond for Life™](#)

# MISSION IN ACTION

## AHA prioritizes healthy behaviors to support kids' well-being

The American Heart Association is encouraging parents and caregivers to re-prioritize healthy routines for their children during the COVID-19 pandemic.

“During this unprecedented time, parents and caregivers have been the primary caretaker, teacher,



coach, nutritionist, psychologist and entertainer while navigating their own pandemic challenges,” said Dr. Thuy Bui, a pediatric emergency medicine physician with Pediatric Emergency Medicine Associates LLC and associate medical director of the Emergency Department at Children’s Healthcare of Atlanta.

“Many households have made significant changes to accommodate new lifestyles in response to COVID-19. However, kids need a path to reset daily routines to best support their mental and physical health.”

A consistent healthy routine can help kids feel better, improve mental health and decrease and prevent conditions such as anxiety and depression, according to the U.S. Department of Health and Human Services’ Physical Activity Guidelines for Americans.

The AHA’s pediatric healthy behaviors framework is based on scientific evidence supporting the

connections between health and well-being, disease prevention and quality of life.

Based on individual family circumstances and local rules, the association encourages parents and caregivers to set small, achievable, short-term goals to re-prioritize three key areas: physical activity, nutrition and screen time:

- **Physical activity** – Preschool-age children should engage in active play as well as structured movement. A goal is about three hours per day of a variety of activities (light, moderate and vigorous). School-age kids and teens should try to get at least 60 minutes per day of moderate-to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.
- **Nutrition** – Children should consume a variety of foods daily, including vegetables, fruits, nuts, whole grains, low-fat or fat-free dairies, lean



vegetable or animal protein, and fish. They should limit intake of trans fats, processed meats, refined carbohydrates and sweetened beverages.

- **Screen time** – Less is better, and kids should get no more than one to two hours of TV/computer/video games a day to reduce sedentary behaviors that contribute to overweight and obesity. In homeschool environments, be intentional separating leisure screen time and school screen time. ■

[Read the full article.](#)

### Additional Resources:

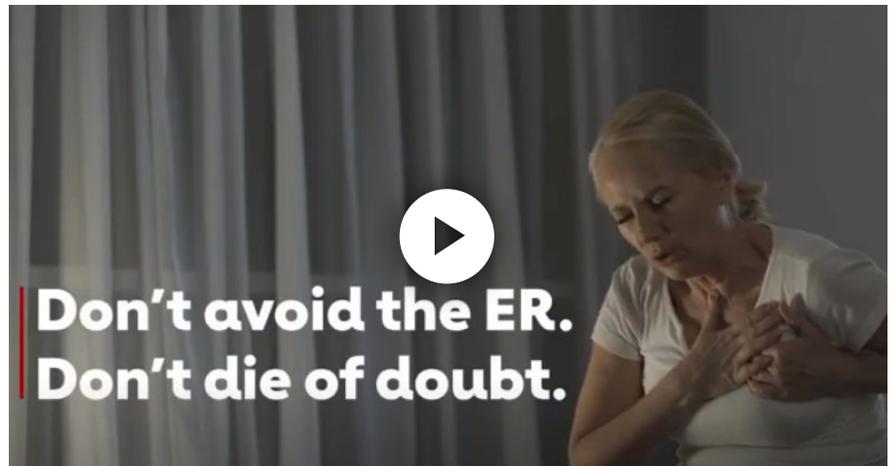
- [Heart.org/kids](https://www.heart.org/kids)
- [25 Ways to Move at Home](#)
- [Kick Cabin Fever to the Curb – 10-Day Family Activity Challenge](#)
- [Kid-Friendly Recipes](#)

# Don't Die of Doubt campaign encourages response to emergencies

Emergency room visits and 911 calls have decreased dramatically during the pandemic, according to the Centers for Disease Control and Prevention and ImageTrend Collaborate™ data.

But heart attacks and strokes don't stop for COVID-19.

To combat this trend, the American Heart Association's new education and awareness campaign, Don't Die of Doubt™, reminds people that the hospital is safe if they have symptoms of heart attack or stroke.



## [Here's why the coronavirus shouldn't make you hesitate or doubt you need emergency help:](#)

1. Hospitals are following infection control protocols to sanitize, socially distance and keep infected people away from others.
2. Calling 911 immediately is still your best chance of surviving an emergency.
3. Emergency room workers know what to do, even when things seem chaotic.
4. Heart disease and stroke are the top two killers worldwide.
5. Fast care is the key to survival.

So call 911 if you or a loved one experience heart attack warning signs: chest discomfort; discomfort in other areas of the body such as your arms, back, neck, jaw or stomach; shortness of breath; and other possible signs, such as breaking out in a cold sweat, nausea or lightheadedness.

For an easy way to identify stroke symptoms and act fast, remember **F.A.S.T.:** **F**ace drooping, **A**rm weakness, **S**peech difficulty, **T**ime to call 911.

[Download your free Spot a Stroke F.A.S.T. poster now.](#)



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## Our Mission

*To be a relentless force for a world of longer, healthier lives.*

**Editor's note:** Because of the rapidly evolving events surrounding the coronavirus, the facts and advice presented in this story may have changed since publication. Visit [heart.org](http://heart.org) for the latest coverage, and check with the Centers for Disease Control and Prevention and local health officials for the most recent guidance.

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