

Summer 2018

COR VITAE

Society



American Heart Association | American Stroke Association®

The Pulse

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Puerto Rico's long-term health

**Five things you can do
to live longer**

**Saving lives through
community-based kiosks**

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communities across the nation**



Letter from our President,
Ivor J. Benjamin, M.D., FAHA, FACC
Patron's Circle

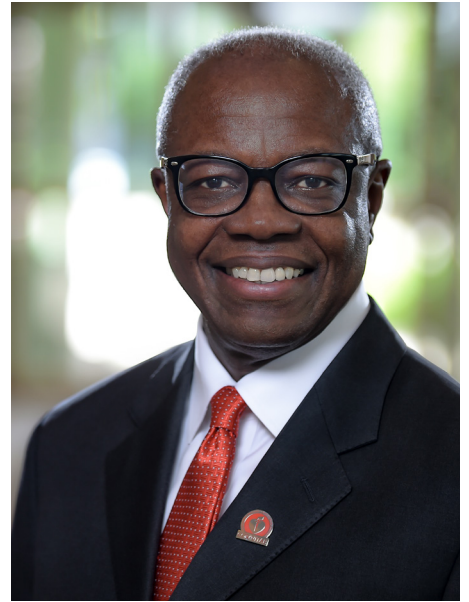
LETTER FROM THE PRESIDENT

In 1988, I began volunteering for the American Heart Association. Since then, I've served in various roles, including on the Institute for Precision Cardiovascular Medicine's Executive Committee. Thirty years later, I'm proud to be the association's president.

My passions are general cardiology, inheritable heart failure and myocardial infarction — key areas of impact for the American Heart Association that you make possible, my fellow Cor Vitae Society members.

As recipient of the AHA's Established Investigator Award, I can attest to the impact you're making and want to personally thank you. By funding researchers and investing in health initiatives, you're helping us combat heart disease and stroke and encourage all Americans to make healthier choices.

In this edition of *The Pulse*, we're delighted to profile some of our society members, as well as share some of the latest AHA news, including a recent study on lifestyle changes that can lead to a longer life, a look at Puerto Rico's health following Hurricane Maria and an update on the AHA's Hands-Only CPR Kiosk and Blood Pressure Kiosk initiatives.



Dr. Ivor Benjamin

Each day, the AHA releases new health information, findings from studies, analysis of trends and more. I encourage you to visit heart.org as well as the Cor Vitae Society website (heart.org/CorVitaeSociety) to see the impact that you are making.

I look forward to sharing more AHA news and advancements and am excited for the year ahead.

With gratitude,

A handwritten signature in black ink that reads "Ivor J. Benjamin".

Ivor J. Benjamin, M.D., FAHA, FACC
AHA President
Patron's Circle

Our Mission

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

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SOCIETY EVENTS

CHARLOTTE, NORTH CAROLINA:

Society members in Charlotte were invited to “Stop and Smell the Roses” on an exclusive VIP garden tour of Winghaven, a private three-acre garden in the heart of Charlotte.



Cor Vitae Society members in Charlotte with Winghaven board member and AHA senior advisor John Cullum who led the behind-the-scenes tour

NEW YORK, NEW YORK:

In May, Pacesetter’s Circle members Audrey and Martin Gruss opened their Park Avenue home to host the Hampton’s Heart Ball Kickoff Cocktail Party.



Dr. Michael Wolk, Patron’s Circle; Babara Poliwoda, AHA director; and Bill LaForte, Champion’s Circle and Founders Affiliate board president



Jean Shafiroff, Champion’s Circle, and Audrey Gruss, Pacesetter’s Circle

SEATTLE, WASHINGTON:

At the Seattle Heart Ball, society members were invited to a special Cor Vitae Society pre-party featuring an AHA-funded researcher who wanted to express his appreciation for their generous support.



Left to right: Chris and Kristen Bailey, Cindy and Jim Briggs, Barbara and Eric Nicholson, all Patron’s Circle members

MILWAUKEE, WISCONSIN:



AHA board member Thomas Pina Windsor, Patron’s Circle; Dr. Ivor Benjamin, AHA president and Patron’s Circle; and Kevin Harker, AHA Midwest Affiliate executive vice president, Champion’s Circle and Paul Dudley White Legacy Society, at the VIP Reception before the 2018 Milwaukee Heart Ball

Physicians in Puerto Rico worry about long-term health issues as hurricane season begins

by AMERICAN HEART ASSOCIATION NEWS

People in Puerto Rico are still recovering from the massive destruction Hurricane Maria left last year.

Yet, as this hurricane season begins, physicians worry how the risk of heart disease, stroke and other health problems could worsen for the island's 3.3 million people — compounding longstanding health concerns.

“The priority is to survive,” said Dr. Angel M. Dávila, medical director of the emergency department at Hospital HIMA San Pablo Cupey in San Juan. “What they care about is that they don't have power, that they can't do things. Many don't even have access to water.”

Low-income and elderly people in rural areas where the storm caused some of the heaviest damage are the most vulnerable.

Three days after the storm destroyed hospitals, clinics and pharmacies, more than 70 percent of the island's municipalities qualified for disaster funding. Many hospitals and clinics have reopened since the storm, but some for only a few hours a day.

Dr. Juan C. Sotomonte, a cardiac electrophysiologist in San Juan, said he worries most about people with chronic conditions such as high blood pressure and diabetes.

“Primary care, from a cardiac standpoint, determines the necessity for higher-level care,” said Sotomonte, medical director of the Cardiovascular Care Center of Puerto Rico and the Caribbean. “We don't want to have any of

those patients readmitted constantly for heart failure or any of the other conditions.”

Diet is another concern. Fresh fruits and vegetables are hard to come by in some rural areas. The storm wiped out plantains, bananas and other crops. Even after grocery stores reopened, many people lacked transportation or experienced debris blocked roads.

Carmen M. Vélez, a public health researcher at the University of Puerto Rico, said she's worried that prolonged consumption of processed foods provided through relief efforts, without other healthy foods, could contribute to high blood pressure, diabetes and high cholesterol.

Diabetes and obesity are more prevalent in Puerto Rico than in some mainland states, according to the Centers for Disease Control and Prevention. High blood pressure-related death rates among adults older than 35 are also among the highest.

Almost 50 percent of adults 50-64 have high blood pressure, more than a third have diabetes and about 42 percent have cholesterol problems, according to the territory's health department.

Doctors should work with community leaders to coordinate medical care in the event of a crisis, Sotomonte said.

“Just be prepared,” Sotomonte said. “Don't leave anything to luck.” ■

AHA employees deeply care about their local communities, and following disasters, staff members come together to support those in need. In 2017, after wildfires devastated parts of California, AHA employees volunteered at the local food bank to help those who lost everything. In Houston Gulf Coast, AHA employees rallied together to form their own “Harvey Heroes” group, helping colleagues, volunteering at churches, community centers, food banks and more.

AHA staff Katie Pryor, Jimmy Comerota and Kayla Buckler deliver supplies collected by the Houston Gulf Coast staff to Beaumont, Texas after the devastation of Hurricane Harvey



SURVIVOR SPOTLIGHT

Son's quick action helps save Kansas City dad — for a second time

by AMERICAN HEART ASSOCIATION NEWS

Sean Summers was sitting on the couch while his dad, Terry, nursed a bad headache. The two had just returned from an arduous drive back to Kansas City, Missouri, from California. While watching TV, Terry tried to ask Sean a question. But his words came out garbled.

"It was like I was talking in slow motion," said Terry, who was 61 at the time. "I knew they weren't coming out right, but I just thought, 'I must be really tired.' Sean looked at me and said, 'You're having a stroke, I'm calling 911.'"

The stroke symptoms became more obvious while Sean was on the phone with emergency dispatchers.



Terry and Sean Summers

"The only reason I'm around to tell my story," Terry said, "is because my son saw and knew the signs of a stroke..."

"I had heard the F.A.S.T. signs so many times, I knew as soon as I heard him trying to talk that it was a stroke," said Sean, 26.

Growing up, he'd heard tales of stroke patients who recovered after quick medical treatment from his mom, Debbie Summers, a longtime nurse and American Stroke Association volunteer.

Emergency medical teams arrived quickly and took Terry to the nearest hospital where he received alteplase, a clot-busting medication, before being transferred to another hospital where doctors performed a procedure in which a device retrieves a clot from the brain.

The American Heart Association later recognized Sean with a Brain Saver Award alongside the first responders and medical team who treated Terry.

It was the second time Sean saved his dad's life by calling 911. In 2007, Terry had a heart attack and needed two stents to reopen blocked arteries.

FAST
FACE ARM SPEECH TIME

"The only reason I'm around to tell my story," Terry said, "is because my son saw and knew the signs of a stroke and had the gumption to call the ambulance even though I was telling him not to." ■

For more information, please visit StrokeAssociation.org

SOCIETY MEMBER SPOTLIGHT

Bertram “Bert” L. Scott | Charlotte, North Carolina

PULSE CIRCLE

PAUL DUDLEY WHITE LEGACY SOCIETY



Bert Scott

Bert Scott’s deep connection to the American Heart Association began more than 25 years ago, and his impact continues today as chairman-elect of the National Board of Directors.

As senior vice president of population health and value-based care at Novant Health, Bert is focused on achieving health equity and preventing stroke, particularly in his hometown of Charlotte. North Carolina is one of 11 states with the highest mortality rates of stroke in the country, also known as the “stroke belt.”

Bert takes stroke personally: He lost his first wife, Kathleen, to a stroke in her early 50s — leaving him to care for their four young children. Because of the higher prevalence of stroke among minorities, he’s engaging more African-Americans in the work of the association.

“I have a significant passion for making healthcare equitable for all — not just urban communities, but all communities,” Bert said.



Bert Scott with his mother and five children

His passion for advocating for healthier communities extends to his five children, ages 13 through 43. Twenty-eight-year-old son Sean previously worked for the American Heart Association in New York City as the grassroots advocacy director and is currently a member of the AHA’s Young Professionals group in Washington, D.C.

Bert is also a member of the National Institute for Precision Cardiovascular Medicine Executive Committee, 2018 co-chairman for Charlotte’s Go Red For Women luncheon and a member of Circle of Red. A longtime member of the Cor Vitae Society, Bert joined the Paul Dudley White Legacy Society in 2018 by making a generous bequest to the American Heart Association.

The relationship between volunteering and health is telling.

Those who volunteer have lower mortality rates and experience lower rates of depression later in life than those who don’t volunteer, according to a 2007 Corporation for National and Community Service report.

The American Heart Association — the nation’s oldest voluntary organization devoted to building healthier lives free of cardiovascular disease and stroke — depends on its 40 million volunteers and supporters who help create a healthier world by working tirelessly to eliminate these diseases.



In 2015, Bert Scott was awarded the AHA’s Meritorious Achievement award. Pictured: Al Royse, Patron’s Circle and AHA immediate past chairman; Pegui Mariduena and Bert Scott.

SOCIETY MEMBER SPOTLIGHT

Dr. Christopher and Tracie LeSar | Chattanooga, Tennessee

PRESIDENT'S CIRCLE



Dr. Christopher and Tracie LeSar

Dr. Christopher and Tracie LeSar's connection to the American Heart Association is both professional and personal.

Christopher is a surgeon at the Vascular Institute of Chattanooga and Tracie is vice president of operations for Vascular Growth Services. A normal work day puts them both in contact with people dealing with debilitating cardiovascular issues.

The LeSars are steadfast supporters of the AHA, generously devoting their time

and philanthropy. Tracie credits her friend, Jennifer Deal, for bringing Christopher and her into the association's fold. In 2015, Tracie joined the Executive Leadership Team for Go Red For Women, and is now a Circle of Red member. She's committed to serve as the GRFW chair in 2019. Christopher is also a proud member of Circle of Red.

Through their philanthropy, community involvement and patient education, Christopher and Tracie have helped create a healthier Chattanooga.

"We're thrilled to support the American Heart Association," said Tracie. "We know it is critical to fund innovative research and education so that we can continue to make breakthroughs in cardiovascular health. Our patients are our why."



In January, the AHA announced four teams that will lead a strategically focused research network charged with unlocking mysteries of vascular disease.

Teams from Brigham and Women's Hospital/Dartmouth-Hitchcock Medical Center, Northwestern University, University of Kentucky and Vanderbilt University were awarded \$3.7 million each to leverage the strength of research to prevent, treat and ultimately improve outcomes in vascular disease.

"This work is vitally important, because vascular disease is expected to increase as the population ages and as diabetes and obesity become more prevalent," said Steven Houser, Ph.D., FAHA, immediate past president of the AHA. "The lives of millions of men and women from all walks of life can benefit.

"Funding new breakthroughs through this targeted research program can provide more answers — ultimately helping prevent vascular disease or identify it earlier and determine more therapies and best practices to help patients live longer, stronger lives."

SOCIETY MEMBER SPOTLIGHT

Bob Shapard | Dallas, Texas

CHAMPION'S CIRCLE



Bob Shapard

Oncor's support of the AHA makes good business sense to Bob Shapard, Oncor chairman of the board — it benefits employees' well-being.

Oncor has implemented healthy initiatives that are closely aligned with the AHA's Workplace Health Solutions, which provides guidelines for employers to implement quality health programs in a workplace environment.

Bob believes that helping employees focus on fitness and nutrition is great for the company's culture. And it's working.

"Employees know we care about them and their health," Bob said. "We want them to be strong, healthy and happy while they work at Oncor. We also want them to head into retirement with a heart-healthy lifestyle, so they are able to spend time with their grandkids, play golf, travel or whatever they desire."

Bob's support of the AHA is also fueled by his concern for escalating costs of health care in America and the profound impact of heart disease on families.

Since 2012, Bob has participated in the Dallas Heart Walk to raise awareness and funds. He also joined the Heart Walk's City Wide Executive Challenge to champion the walk in Dallas. His fundraising efforts landed him among the top 10 executives across the country.

"It's rewarding to be a part of Heart Walk," he said.



The Oncor Team at the 2017 Dallas Heart Walk



The American Heart Association recently announced a new program — Health Screening Services™ — for employers making employee health and well-being a priority.

This enhancement of the association's workplace health initiative combines health assessment with screening, followed by actionable encouragement to promote behavior change, with an end goal of higher participation in employer health and wellness programs.

AHA health screenings — whether conducted in the workplace or at community-based health events — make consumers aware of their personal health risk factors, motivate them to make behavior changes on their own or seek support for lifestyle changes and follow-up medical care.

The new service blends the simplicity and effectiveness of the association's evidence-based science of Life's Simple 7®, the seven most important predictors of heart health that people can influence through diet and lifestyle changes.

When the health screening is completed, profile information and lab values are automatically incorporated into My Life Check Enhance®, the association's online health assessment that helps people measure, improve and monitor their heart health status.

SOCIETY MEMBER SPOTLIGHT

Jean C. Tamura | Honolulu, Hawaii

1924 CIRCLE

PAUL DUDLEY WHITE LEGACY SOCIETY



Jean Tamura

Jean Tamura has a passion for helping children live healthier.

Thanks to the ongoing generosity of the James Haruji Tamura and Fumiko Tamura Foundation, since 1993, Jean and her family have supported the mission of the American Heart Association.

Since 2013, the Tamura Foundation has contributed to the AHA's "keiki care initiative" with the Kapio'lani Medical Center for Women and Children (KMCWC) in Honolulu. The

center includes the only emergency room with specialists in pediatric emergency medicine and the only intensive care unit to treat critically ill children in the Pacific region. As part of the initiative, KMCWC provides CPR training and CPR-Infant kits upon discharge to families whose babies have the most critical need.

"When I first learned about the 'keiki care initiative' with Kapiolani Medical Center for Women and Children, I knew I needed to be involved. My parents have always valued education and children's health and well-being, which are the priorities of our family foundation. This initiative addressed a real need in our local community for families who needed to care for their critically ill children. I am pleased to continue supporting the good work of the American Heart Association, which helps care for the better health of our children and families."

A longtime supporter of the AHA, Jean's passion for children's and women's health stems from her mother's lifelong battle with heart disease. Jean believes in women supporting women and sharing knowledge and information about heart health, living longer and healthier, and preventative well-being.

In more recent years, her generosity has extended to the Côtés du Coeur wine auction gala in Dallas.



Infant CPR Anytime[®], co-branded with the American Academy of Pediatrics, is a self-directed, personal learning program in an all-in-one-solution. It's for new parents, grandparents, babysitters, nannies and anyone who wants to learn lifesaving infant CPR and choking relief skills but does not need a course completion card to meet a job requirement.

The kit can also be used in hospital labor and delivery programs, including neonatal intensive care units. Skills are taught with the AHA's research-proven practice-while-watching technique, which allows people to practice on a manikin while observing a demonstration of the skills in the video.

Each kit contains:

- Bilingual Infant CPR Anytime DVD
- Mini Baby[®] CPR personal manikin
- Bilingual Infant CPR Anytime Skills Reminder Card
- Mini Baby replacement lung

MISSION IN ACTION

Americans could live up to 14 years longer by doing five things

Modest lifestyle changes could increase Americans' lifespan by as long as 14 years, according to a new study.

The study, published in the AHA journal *Circulation*, examined how lifestyle factors might raise life expectancy among Americans. Although the United States is one of the world's wealthiest nations, it ranks 53rd in the world for life expectancy at birth, according to 2015 data from the World Health Organization.

Researchers at Harvard University studied data from 123,219 patients compiled during 34 years of the Nurses' Health Study and 28 years of the Professionals Follow-up Study.

They then focused on patients with five low-risk lifestyle factors:

- **Never smoked**
- **Exercise for 30 minutes a day at a moderate to vigorous level**
- **Normal body mass index**
- **Eating a healthy diet**
- **Consuming a moderate level of alcohol, defined as no more than one drink a day for women and two drinks a day for men**

The researchers found that 50-year-old women who engaged in all five low-risk factors live to an average 93.1 years — 14 years longer than women who adopted none of the lifestyle factors. Men at age 50 who adopted all five factors lived to an average 87.6 years, or 12.2 years longer than men who had none of the five low-risk factors.

"If more Americans adopted healthy lifestyles, it could have quite a big impact on life expectancy," said Dr. Yanping Li, a research scientist at Harvard University's T.H. Chan School of Public Health.

The average lifespan has been steadily increasing in the United States, from 62.9 years in 1940 to 76.8 in 2000 to 78.8 in 2014, a rise attributed partly to a steady decrease in smoking.

Dr. Donald Lloyd-Jones, a cardiologist at the Northwestern University Feinberg School of Medicine in Chicago, Illinois who was not involved in the study, said he'd like to see future research that pinpoints the best ways to get people to adopt the five low-risk lifestyle factors examined in the study.

"Behavior change is one of the hardest things for adults to accomplish," he said. "We need to find ways to help people adopt changes for the long haul."

The new findings show that takings small steps — like a brisk 30-minute walk five times a week — can add up to a longer "healthspan," a term for how long people are healthy, not just how long they live, Lloyd-Jones said.

"What encouraged me the most about this data is it does not take perfection to be healthy," he said. "These were not people who were running marathons or adopting vegan diets. You just need to adopt small goals — like eating more fruits and vegetables — achieve them, and move on to another step. Even modest changes can have a big impact in the long term." ■



My Life Check

The AHA's My Life Check® educates the public on how to live healthy. Anyone can make the changes; the steps are not expensive to take and even modest improvements to your health will make a big difference. **Visit heart.org/MyLifeCheck to learn more.**

MISSION IN ACTION

Community-based kiosks saving lives through blood pressure readings, CPR trainings

Check. Change. Control. Blood Pressure Kiosks

The American Heart Association's Check. Change. Control. Blood Pressure Kiosk is giving thousands of people easier access to monitor their blood pressure.

As of June, 17 blood pressure kiosks have been funded for placement in 17 communities, allowing people to know their numbers and control their blood pressure.

Hands-Only CPR Kiosks

Imagine a world in which no one dies from cardiac arrest.

The American Heart Association is pursuing that very goal — building a comprehensive system of care to save more lives through its interactive Hands-Only CPR Kiosk.

The interactive kiosk features a brief “how-to,” followed by a practice session and a 30-second CPR test. With the help of a practice manikin, each kiosk provides real-time feedback about the depth and rate of compressions and proper hand placement — factors that influence the effectiveness of CPR.

As of June, 30 Hands-Only CPR Kiosks are located in high-traffic areas across the country, including airports, malls, sports arenas and hospitals. Each kiosk can teach thousands CPR, creating lifesavers in communities across the country.

Each year, about 475,000 people die from cardiac arrest in the United States. Yet, if high-quality CPR is performed immediately, it can double or triple a cardiac arrest victim's chance of survival. ■



To learn how you can help bring a Check. Change. Control. Blood Pressure Kiosk or Hands-Only CPR Kiosk to your community, contact your local AHA office or email corvitae@heart.org.

MEMBERS IN ACTION



George Weber, President's Circle, at the CPR Kiosk unveiling in St. Louis

In 2016, with advocacy from the AHA, Missouri Senate Bill 711 passed requiring CPR and AED training skills as a high school graduation requirement. Today, Missouri is one of 38 states plus the District of Columbia to enact such legislation.

George “Skip” Weber was determined to be part of this lifesaving education. For the next two years, he sponsored several Hands-Only CPR kits for area high schools, personally presenting each kit to the local school board and sharing the importance of CPR in schools.

In 2017, Skip heard about a University of Dayton student who saved the life of a fellow student struck by lightning by using the skills he learned from a Hands-Only CPR Kiosk in the DFW Airport. Once again, Skip saw another opportunity to continue his involvement with lifesaving education and committed to sponsoring the very first Hands-Only CPR Kiosk in St. Louis. Located at West County Center, a large shopping mall, the kiosk has the potential to train 10,000 people a year.



American Heart Association | American Stroke Association®

COR VITAE Society

THE HEART OF LIFE

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Each year, the AHA proudly holds more than 380 local Heart Ball and Go Red For Women Luncheon events. Of our more than 4,500 Cor Vitae Society members nationally, 3,300 joined the society through their generous support of these local campaigns — making an impact in countless communities across the country.



2018 St. Louis Heart Ball

Larry and Karen Anfin, Pulse Circle members and 2018 Tarrant County Go Red For Women Luncheon chairs, at the GRFW Luncheon in Fort Worth, Texas

Join The Conversation



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