A century ago heart disease patients were thought to be doomed. Thanks to countless scientists, medical professionals, dedicated volunteers and supporters, that picture has changed. Below is a small representation of the groundbreaking research the association has funded through your generous donations, as well as other major achievements that have helped save and improve lives.

1924 The American Heart Association is Founded. Six cardiologists form the American Heart Association as a professional society for doctors. One of the founders, Dr. Paul Dudley White, described the early years as a time of “almost unbelievable ignorance” about heart disease.

1948 First Research Grant Awarded. The association awards its first research grant, to Nobel Prize winner Dr. Albert Szent-Gyorgyi. The grant helped fund studies about the energy that muscles, such as the heart, need to contract.

1960 The Implantable Pacemaker. The first successful surgeries for completely implantable pacemakers are reported by Dr. William Chardack.

1960 Artificial Heart Valve Replacement. The first successful artificial heart valve replacement is performed by Dr. Albert Starr.

1964 First Female Career Investigator. Biochemist Mildred Cohn becomes our first female career investigator. Her work contributed to the development of the MRI, one of the most sophisticated imaging methods used today.

1969 Cigarette Ads Banned. The association issues a statement on cigarette labeling and advertising legislation. That same year legislation is passed banning cigarette advertising on television and radio.

1985 Donor Makes History. A grant from the Henrietta B. and Frederick H. Bugher Foundation becomes our largest gift. Three Bugher Foundation Centers for molecular Biology of the Cardiovascular System are established, each receiving up to $1.12 million over five years.

1988 Airline Smoking Ban. Our advocacy efforts play a role in banning smoking on all commercial airlines.

1992 First Heart Walk. The first American Heart Walks are conducted nationwide. Major expansion follows in the years to come, with millions of supporters raising funds to fight heart disease and stroke.

1997 American Stroke Association is founded. The Stroke Division is founded. The next year, it’s renamed the American Stroke Association and begins work raising awareness and striving to improve the understanding, diagnosis and treatment of this disease.

2003 Drug-coated Stent. The FDA approves the first drug-coated stent to keep blocked arteries open while also releasing medications. Dr. Andrew Marks developed drug-coated stents to prevent the tiny wire tubes from accumulating fatty plaques.

2004 Go Red For Women Begins. The educational campaign raises women’s awareness that heart disease is their No. 1 killer and helps them take action to prevent it.

2007 Mission: Lifeline Launches. The program seeks to improve emergency systems of care for people who suffer STEMI, severe heart attacks that require urgent care.

2007 Healthy Donation. The Robert Wood Johnson Foundation donates a record $20 million for the Healthy Schools Program.

2011 Nobel Prize Awarded. Dr. Ralph Steinman wins the 2011 Nobel Prize in Physiology or Medicine for his discovery of how the immune system responds to infection.

2015 $3.8 Billion Investment. After 65 years of funding research, our investment in heart disease and stroke research totals more than $3.8 billion. The association is the leading funder of heart disease and stroke research outside the federal government.
Kay Machyniak, 63, of Wausau, Wisconsin, was working to reduce her risk for heart disease. While she could do nothing about her family history, she quit her heavy smoking habit and lost weight. Still, she was often short of breath, unusually tired and had unexplained arm pain.

Kay shared her concerns with her daughter, Karla Lodholz. She mentioned how excited she was about a trip to Las Vegas with her fiancé. Upon arrival, Kay called Karla to say she had made it safely. At 3 a.m., Karla’s phone rang again. Her mother was at the hospital. She’d suffered a heart attack. She needed a bypass operation.

Surgery went well. Recovery didn’t. An hour later, Kay’s heart went into distress, failing to beat for approximately three minutes.

Slowly but surely, Kay improved. She went to intermediate care to begin walking and rebuilding her strength, then after six weeks returned home. Three months after completing her cardiac rehabilitation, Kay took part in the Wausau Heart Walk.

This episode added to a long list of heart-related scares for Karla. When she was 31, her favorite uncle died of a heart attack at the age of 49. This became a factor in her career path. Karla joined the American Heart Association and is now regional vice president for field operations in Wisconsin.

Karla knows all about the organization’s status in the realm of cardiovascular research, providing more funds than any organization outside the federal government. The association has invested in excess of $3.8 billion, including more than $100 million annually since 1996.

Now that her mom has been on the receiving end, Karla’s connection to the mission is deeper, stronger. “As much as I thought I knew so much about it, I saw the science come out of that hospital room and knew it was because of work we’ve done at the American Heart Association,” she said.

Karla has long tried to be conscientious about following a healthy diet and exercising. She’s redoubled her efforts since her mom’s heart attack because she knows that 80 percent of heart disease and stroke can be prevented with lifestyle changes.

“The thought of not having my mom really shook me to my core,” Karla said. “I’m so happy to be working for the American Heart Association because I know we played an instrumental role in saving my mom’s life.”

To learn more about living with heart disease, join our Support Network today at heart.org/supportnetwork or contact us at 1-800-AHA-USA-1.
Eva Dover is a World War II survivor. She and her husband fled their home in Hungary to escape the Russian invasion, moving to several countries before settling in the United States. But that wasn’t the scariest time in Eva’s life. That came when she was forced to consider how to provide for her adult son Peter, who lives with disabilities, after she passes.

Eva’s husband passed away after 51 years of marriage, and her sister still lives in Hungary. Peter receives social security benefits and lives in a subsidized home.

“My son is alone,” she said. “I became worried about what will happen after I pass away. I’m his only living relative in this country.”

That’s when Eva attended a business seminar where she met a Charitable Estate Planning Director for the American Heart Association. It was there that Eva learned about the benefits of a Charitable Gift Annuity (CGA).

“I thought maybe I could establish a charitable gift annuity that would benefit him for his lifetime, while not interfering with his social security benefits,” she said. “It gave me peace of mind knowing that he will have at least a little additional money every month that no one can take away from him.”

Eva receives the monthly income from her annuity until she passes, at which time it will automatically transfer to Peter for the rest of his life. “My main motive was to take care of my son,” she said. “I tried to find a good trustee who could help, but I couldn’t find someone whom I trusted.”

“I had never thought about this before, and sometimes you have a thought coming from God. When I was sitting in that seminar, it hit me that a few hundred a month would really help my son.”

Interested in information about charitable gift annuities and how they can benefit you and your loved ones? Please fill out the information below and mail to:
American Heart Association, Charitable Estate Planning, 7272 Greenville Avenue, Dallas, TX 75231-4596.
Or email us at plannedgiving@heart.org or call us at 888-227-5242.

- [ ] I would like to receive the American Heart Association’s free charitable gift annuity brochure. (XAA)
- [ ] I would like to see an illustration of the financial and tax benefits of a gift annuity for a person born on _____/____/____ and (optional) another person born on _____/____/____. (XAE)

Gift Amount: [ ] $50,000 [ ] $25,000 [ ] $10,000 [ ] Other $___________

- [ ] I’m pleased to let you know that the American Heart Association is in my will/estate plan. (XAB)

- [ ] Mr. [ ] Mrs. [ ] Ms. [ ] Dr.

Name: __________________________________________________________________________________________________________________
Address: _______________________________________________________________________________________________________________
City: _______________________________________________________________State: ______________ Zip Code: _______________________
Daytime Telephone: ( ____ ) _______________________________Date of Birth: __________________________________________________
Email: __________________________________________________________________________________________________________________
The Paul Dudley White Legacy Society honors our generous donors that have supported us through their estate and financial plans. The American Heart Association and American Stroke Association thanks the following recognized donors, and those wishing to remain anonymous, for their continued partnership in the fight against cardiovascular disease and stroke.

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Robin L. McDougal  
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and Carole L. Mendelsohn  
In loving memory of Carola P. Mendenhall, her son Robert  
Karen Mendez  
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and Stephen Milioti  
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William Pratt and John Newsom  
In honor of my father, Samuel T. Nicastro, Jr, Arleen Nicastro  
Mrs. Dorothy C. Nickel  
Adoracion Nitro-Taylor  
Ervin Nold  
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Steven Bradley & Betty Nordin  
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Phyllis Peterson  
Mrs. Bonnie Peterson  
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Stuart D. Thomas
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Betsy Hamilton Young, in loving memory of my father
Webber Hamilton Jr.
In loving memory of
Bernard Everett by Diane Young
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I would like to support the American Heart Association and American Stroke Association in their fight against heart disease and stroke.

☐ I have made a provision through (please check one box below) in support of the American Heart Association.

☐ Bequest in my will
☐ Life insurance
☐ Trust
☐ Gift Annuity
☐ Retirement Fund
☐ Real Estate
☐ Other

As part of your membership, you will receive a Paul Dudley White Legacy Society pin, a certificate of recognition, your name printed in our Legacy of Heart newsletter and a discount to shopheart.org, the official store of the association.

☐ I would like to remain anonymous.

I understand this letter is NOT binding and I may change my mind at any time.

Please print:

Name(s) __________________________________________________________________________________________________

Address __________________________________________________________________________________________________

City ___________________________ State ________________ Zip ________________

Phone ___________________________ Email ___________________________

Signature(s) ___________________________ Date ___________________________

Signature(s) ___________________________ Date ___________________________

Date of Birth ___/___/____   Date of Birth ___/___/____   Date of Birth ___/___/____

16EPAEE

All information shared will be treated as confidential.

PG 2015-2016 MRC TM LOH PDW 11/15
Q: If I want to avoid estate tax and protect my assets, I have heard that I should never own anything in my name. Is that correct?

A: If your assets are less than $5.43M at your death, in most cases you won’t owe any federal estate taxes – some states also have estate taxes. To avoid having assets above that exempt amount taxed, you must gift them away at least three years before your death.

If Medicaid is your concern for nursing care, many states require gifts be made five years before you require nursing home care in order to be covered.

Several assets are already creditor-protected, like retirement accounts and life insurance. Such funds, though, are still generally subject to nursing home costs.

The problem with transferring assets out of your name is losing control over your assets, which often trumps creditor or tax concerns.

Answer provided by Regina L. Rathnau, JD CPA of the Law Office of Regina L. Rathnau LLC in Chicago, Illinois.

To submit a Planning from the Heart question, email plannedgiving@heart.org or call 1-888-227-5242.
The American Heart Association Research Enterprise

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The newest development in AHA’s commitment to cutting-edge CV research. Provides access to genomic and phenotypic data from major population studies, creating a unique network of data and biosamples to generate new insights toward personalized cures. Research support provided via CVGPS (Cardiovascular Genome-Phenome Study) programs: Pathway Grants, Grand Challenge Awards and Discovery Grants.

Strategically Focused Networks

Multi-institutional, multidisciplinary collaboration directed toward a key strategic issue.

- Hypertension
- Disparities
- Prevention

- Basic
- Clinical
- Population

Strategically Focused Networks

- $30M OVER THE FIRST 5 YEARS

- $135M OVER 5 YEARS

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The newest development in AHA’s commitment to cutting-edge CV research. Provides access to genomic and phenotypic data from major population studies, creating a unique network of data and biosamples to generate new insights toward personalized cures.

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- FOUNDBATIONAL GRANTS Multiple grant programs at the association-wide and affiliate levels, comprising approximately 69% of all research funding in 2015.
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- $3M IN 2015
- $225K IN 2015
- $2M IN 2015-2016

Prevention

Basic
Clinical
Population

Disparities
Hypertension
Prevention

PORTFOLIO

1. Develop novel funding models
2. Fund investigator-initiated & strategically focused research
3. Support all areas of CV and stroke research driving to 2020 goals & mission
4. Identify key questions with extraordinary potential impact

INVESTIGATOR

5. Fund investigators at all career stages and across disciplines
6. Expand investigator skills
7. Fund individuals and projects

ACCOUNTABILITY

8. Develop best practices
9. Involve key stakeholders
10. Expand collaborations

OPTIMIZATION

11. Report outcomes to all stakeholders
12. Expand collaborations

AHA has provided $3.8 billion in research funds since 1949 and launched the careers of many of this country’s most prominent cardiovascular scientists, including 13 Nobel Prize winners.

American Heart Association

life is why
**Chicken Tortilla Soup**

Serves: 4; 1½ cups per serving  
Slow cooker size/shape: 3- to 4½-quart round or oval  
Slow cooking time: 6 to 8 hours on low, or 3 to 4 hours on high  

A garnish of avocado bits, thinly sliced red bell pepper, and crisp tortilla strips adds texture and color to this popular soup.

- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into ½-inch cubes  
- 2 cups frozen whole-kernel corn, thawed  
- 2 cups fat-free, no-salt-added chicken broth  
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained  
- ¼ cup finely chopped onion  
- 1 teaspoon sugar  
- 1 teaspoon ancho powder  
- 2 medium garlic cloves, minced  
- ¼ teaspoon salt  
- 2 6-inch corn tortillas, cut into ¼-inch-wide strips, and 1 6-inch corn tortilla, torn into pieces, divided use  
- 2 to 4 tablespoons snipped fresh cilantro  
- ¼ cup finely chopped avocado  
- ¼ medium red bell pepper, cut into matchstick-size strips

In the slow cooker, stir together the chicken, corn, broth, tomatoes with liquid, onion, sugar, ancho powder, garlic, and salt. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours.  

Meanwhile, preheat the oven to 350°F. Arrange the tortilla strips in a single layer on a baking sheet. Bake for 8 to 10 minutes, or until crisp. Transfer the baking sheet to a cooling rack. Let the strips stand for about 15 minutes, or until cool. Transfer to an airtight container and set aside.  

When the soup is ready, transfer 1 cup to a food processor or blender. Stir in the tortilla pieces. Let the mixture stand for 1 minute so the tortilla pieces soften. Process until smooth. Stir the mixture into the soup. Stir in the cilantro.  

Ladle the soup into bowls. Sprinkle with the avocado, bell pepper, and reserved baked tortilla strips.

**NUTRITION ANALYSIS (per serving)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
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<tr>
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<td>8 g</td>
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<tr>
<td>Protein</td>
<td>30 g</td>
</tr>
</tbody>
</table>

Dietary Exchanges: 1½ starch, 2 vegetable, 3 lean meat  

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