Bonita Jefferies was relaxing in her bedroom when her husband, Jay Jefferies, walked into the room. Jay, a TV meteorologist in Augusta, Georgia, was struggling to say the word “nightstand.”

Suddenly, the words from an Ad Council radio message about spotting the signs of stroke echoed in her mind. The ad listed symptoms like sudden headache, arm numbness and confusion and said to immediately call 911 if experiencing such symptoms or noticing them in a loved one.

She rushed Jay to the hospital, where an evaluation confirmed he was having a TIA, or a transient ischemic attack, sometimes called a “warning stroke.”

Jay began having health problems in 2001. First it was an ulcer; then he was diagnosed with a heart murmur. In 2012, he began coughing. The cough persisted for months. He was given a breathing treatment and steroids.

After many tests, Jay was diagnosed in May 2013 with endocarditis, an infection of the inner lining of the heart chambers and valves. He was given IV antibiotics and spent a week and a half in the hospital, after which he moved to a long-term care facility where he spent another six weeks. Ultimately, Jay had mitral valve replacement surgery.

Not one to stay away from work, Jay returned to the TV station on Oct. 14, 2013. Everything seemed to return to normal until Feb. 25, 2014. That’s when he had trouble saying “nightstand.”

Stroke is the fifth-leading killer of Americans and a leading cause of adult disability. Stroke is beatable, treatable and largely preventable. Know how to recognize a stroke F.A.S.T. – Face drooping, Arm weakness, Speech difficulty, Time to call 911. The sooner care is given, the better the chances for recovery.

After the warning stroke, a cardiologist told Bonita that the new heart valve was doing an excellent job, but blood was coagulating in one of the chambers of Jay’s heart. After a week in the hospital, Jay went home on additional medications and wearing an external defibrillator, or heart-monitoring device, for three months. Within a week, Jay fully regained his ability to speak and communicate clearly.

Looking back, Bonita is so grateful that she heard – and took notice of – the public-service announcement about recognizing the signs of stroke.

“Thank God for the Ad Council for putting that spot on,” Bonita said. “That’s what made me keep going to the hospital and react so fast.”

To learn more about stroke, visit strokeassociation.org or call 1-888-4-STROKE.
Thousands of the world’s leading cardiovascular scientists, researchers, and practitioners flocked to the American Heart Association’s Scientific Sessions this November in Orlando, Florida. Their mission – to learn about the latest breakthroughs in heart disease and stroke research and treatments. As one of the association’s dedicated supporters, we’d like to share with you a few of the highlights.

The four-day conference kicked off with a major announcement from CEO Nancy Brown and Verily (formerly Google Life Sciences) CEO Andy Conrad. The two organizations are investing $25 million each, over the next 5 years, to create a single research team tasked with finding a cure for coronary heart disease. Since this announcement, AstraZeneca has committed an additional $25 million, for a total of $75 million. Interested research teams will submit their vision for solving the world’s deadliest health challenge, which claims approximately 7 million lives each year, by February 2016.

Among the many scientific breakthroughs presented at Scientific Sessions were the results of a study that found a few minutes of light activity a day, such as walking, can lower blood pressure for people with Type 2 diabetes. Another study about high blood pressure supports an aggressive reduction of systolic pressure from the common target of 140 to 120 with the use of additional medication. The Systolic Blood Pressure Intervention Trial, or SPRINT, included more than 9,300 people with high blood pressure who were over the age of 50 and had at least one other risk factor for heart disease and stroke. The study found that lowering the systolic pressure to a target of 120 reduced the risk of dying from cardiovascular causes by 43%.

There were a number of announcements regarding leveraging advanced technology in heart disease treatments. The first is a 3D modeling system that can improve a surgeon’s ability to select and match the best sized donor heart for a child receiving heart transplants. Another, uses 3D printing to produce customized pills based on a patient’s clinical characteristics such as weight, race, kidney and liver functions, which will increase the pill’s effectiveness and decrease negative side effects.

Although the American Heart Association and American Stoke Association have made great strides in the fight against heart disease and stroke, there is much more work to be done. Initially focused on the treatment of heart disease and stroke, the association has found a balance between innovative research, advances in treatment and preventing cardiovascular episodes from occurring. Dedicated supporters and volunteers, like you, are helping the association take bold steps in our mission to transform and improve the health of people everywhere.

To learn more about the information presented at Scientific Sessions, go to blog.heart.org/scientific-sessions-2015-summary/
New Research: Eating more fruits & vegetables may lower world's stroke risk

1. Eat 4-5 servings
The average adult should eat

4-5 SERVINGS
of both fruits and vegetables per day based on a 2,000-calorie diet.

2. Get important nutrients
Diets rich in a variety of colors and different fruits and vegetables can help you get nutrients that are good for your heart and brain health.

3. Improve health
Increased fruit and vegetable consumption may decrease stroke risk by lowering blood pressure and improving small vessel function.

4. Prevent stroke
Boosting fruit and vegetable consumption worldwide may reduce the global impact of stroke.

Learn more at StrokeAssociation.org/prevent

1 Fruits and Vegetables Consumption and Risk of Stroke: A Meta-Analysis of Prospective Cohort Studies, American Heart Association's Journal Stroke – Yan Gu, May 2014

American Heart Association
American Stroke Association
Together to End Stroke™
**Planning from the Heart**

**Q:** What’s the difference between using a Will and a Revocable Living Trust to distribute my assets after life?

**A:** The two biggest differences are speed and control. In theory, a trustee should be able to distribute funds from a trust to your beneficiaries fairly quickly after your death as they aren’t constrained by probate requirements and timelines. Depending on what type of non-cash assets are held in the trust, the time to distribute often ends up being about the same for wills and trusts. Most will bequests are “straight” bequests in that the beneficiary gets all of the funds at one time. Distributions from trusts to beneficiaries often times are “staggered” so that a beneficiary gets an annual distribution or a distribution upon reaching certain milestones (e.g. age, graduation, marriage). The other difference is privacy because a will must be probated and the probate case is public record – unlike a trust administration. On the flip side, there is more accountability in the probate process (i.e. using a will) because a probate judge will review and sign off on your executor’s handling of the estate; while the only check on a trustee is typically the beneficiary.

Answer provided by Andrew M. Fussner, Esq. Vice President of Estate Settlement, American Heart Association

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

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**Save on Taxes with a Gift Through YourIRA**

On December 18, 2015, the President signed into law the Protecting Americans from Tax Hikes Act of 2015 (PATH). The new law makes the charitable IRA rollover permanent.

Donors 70½ or older are eligible to make a charitable gift up to $100,000 per year through their IRA without paying income tax. Your charitable gift is tax-free, can be applied against your IRA required minimum distribution amount and is not included in your adjusted gross income.

Your gift helps you save taxes, while also helping save lives. To speak to one of our representatives call 1-888-227-5242 or email us at plannedgiving@heart.org.

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**Open Mind & Full Heart Fill in the Blank Game**

To find the solution to the phrases below, fill in the missing blanks! Each number corresponds with a letter from the alphabet.

1. G____T____E__I__T__T__T__SA____S
   9 22 5 8 7 6 8 1 22 5

2. F____HT____I____HE____T
   9 7 23 20 8 1 18

3. __A__&IN____ME__B____N____S
   20 24 3 15 5 5 6 20

4. L__FE__I____H___
   9 19 23 25


I give the gift that saves a life with heart

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**Keep Hearts Healthy**

And feel good about your own. Donate your vehicle to the American Heart Association and support our mission to build healthier lives, free of cardiovascular diseases and stroke.

Visit OneCarHelpsHeart.com or call 1-888-242-2271 to donate today.
Inge Gaiss and Oscar Richter were together for more than 60 years. They met as friends at choral practice in New York soon after Oscar immigrated to the United States from Germany. Inge’s family was also from Germany, and perhaps that’s why they got along so well.

Or maybe Inge was attracted to Oscar because he enjoyed helping others, including her parents. “If they ever asked him to do one thing for them, he was right there,” she recalls.

An only child, Inge had a special bond with her parents, but particularly with her dad, who passed while on vacation with her mother from coronary thrombosis—the formation of a blood clot inside a blood vessel of the heart.

It was her father’s heart condition that lead to Inge’s decision to support the association. “My mother lived to be 93 with a pacemaker,” she says. “That was when I realized the importance of the American Heart Association and how our gifts make a difference.”

When Oscar became sick with liver cancer, he wanted to leave Inge his estate to help provide for her. “I really felt the money could have a better purpose, so I told Oscar that God had always taken care of me, and I asked him to consider giving it to our three favorite charities, one being the American Heart Association.”

Whether it was Oscar’s love for Inge, or simply his benevolence, Inge says it didn’t take much convincing. “It was a simple conversation, and it was in his heart to change his will,” she says.

Inge planted a tree outside her window as a memorial for Oscar after he passed in March 2015. She also placed two statues of a boy and a girl looking down to represent his two children that passed prior to him. In addition to the comfort that the memorial provides Inge, is the knowledge that Oscar’s legacy of helping others continues through his estate gift to the association. “All the years that Oscar worked so hard, those funds went toward good things.”

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If you would like more information on how you too can make a difference through your will or estate plan, fill out the information below. We’d love to send you our FREE Will & Estate Planning Kit.

Mail to: American Heart Association, Charitable Estate Planning, 7272 Greenville Avenue, Dallas, Texas 75231-4596
Or email us at plannedgiving@heart.org or call 1-888-227-5242.

☐ I would like to receive a FREE Will & Estate Planning Kit. (XCA)
☐ Please have a representative contact me to discuss my will and estate plan. (XCD)

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

Name: ___________________________________________________________________________________

Address: ________________________________________________________________________________

City: __________________________ State: __________ Zip Code: __________________________

Daytime Telephone: ( ____ ) __________________________ Email: ____________________________

Date of Birth: ____________________________________________________________________________

16-PCBB All Information will be kept strictly confidential.
Zesty Pecan-Crusted Tilapia
Serves 4 / 3 ounces fish per serving

4 tilapia fillets (about 4 ounces each), rinsed and patted dry
1/4 cup ground pecans (about 1 ounce)
1 tablespoon snipped fresh parsley
1 teaspoon grated lemon zest
1/4 teaspoon salt
1/8 teaspoon cayenne
1 medium lemon, cut into 4 wedges

Preheat the oven to 450°F. Line a baking sheet with aluminum foil. Arrange the fish on the baking sheet.

In a small bowl, stir together the remaining ingredients except the lemon. Using your fingertips, gently press the pecan mixture so it adheres to the top side of the fish.

Bake for 8 to 10 minutes, or until the fish flakes easily when tested with a fork. Serve with the lemon wedges to squeeze over the fish.

Cook’s Tip: You can replace the tilapia with other thin mild white fish, such as sole, walleye, or cod.

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NUTRITION ANALYSIS (per serving)
Calories .................................................................159
Total Fat ..............................................................7.0 g
  Saturated Fat .................................................1.0 g
  Trans Fat .........................................................0.0 g
Polyunsaturated Fat ...........................................2.0 g
Monounsaturated Fat .........................................3.5 g
Cholesterol .........................................................57 mg
Sodium ................................................................205 mg
Total Carbohydrates .............................................2 g
  Dietary Fiber ......................................................1 g
  Sugars ................................................................1 g
Protein ..................................................................24 g
Dietary Exchanges: 3 lean meat