Nothing that the American Heart Association achieves would be possible without the time, talent and passion so selflessly devoted by our more than 33 million volunteers and supporters. Your remarkable efforts are not taken for granted. This issue of *The Pulse* is dedicated to you, our friends and advocates, who are involved in our mission in so many important ways.

This fall, millions of you are participating in a Heart Walk as a walker, volunteer or donor—or all three. Heart Walks remind us of our tagline: Life is Why, because everyone has a reason to live a longer and healthier life. Seeing so many people come together in a community, all committed to their Whys and promoting a healthy lifestyle, is a powerful visual for any observer.

Our nationwide Heart Walks are one of the association’s top revenue generator, raising more than $130 million this past year—a 5 percent increase from the previous year. We’re humbled and deeply grateful to all of you whose generosity has allowed Heart Walk to continue making a more positive impact.

Each day, more and more people join our cause. This is largely a reflection of you, our Cor Vitae Society members, who share your Whys with friends, family members and neighbors, and engage them in our work on behalf of those who face cardiovascular diseases and stroke. Thank you again for making such an extraordinary difference in everything we do.

Nancy Brown
Chief Executive Officer
Dr. Elliott Antman Receives Paul Dudley White Award

On April 30, Dr. Elliott Antman, AHA immediate past president, received the 2016 Paul Dudley White Award at the annual Boston Heart & Stroke Ball. This esteemed award is named in honor of one of Boston’s most revered cardiologists and a founding member of the AHA. It has been bestowed annually for more than 40 years to a Massachusetts physician.

Dr. Antman is a professor of medicine and associate dean for clinical/translational research at Harvard Medical School, a senior investigator in the Thrombolysis in Myocardial Infarction (TIMI) Study Group and a senior physician in the Cardiovascular Division of Brigham and Women’s Hospital.

Dr. Joseph Loscalzo, past recipient of the Paul Dudley White Award and fellow Cor Vitae Society member, presented the award to Dr. Antman.

“Elliott is open, warm, honest, caring, and he is that way with respect to his patients, to his friends and to his colleagues,” said Dr. Loscalzo, chair of the Department of Medicine and physician-in-chief at Brigham and Women’s Hospital.
STROKE SURVIVOR FINDS A ‘NEW NORMAL’

By AMERICAN HEART ASSOCIATION NEWS

Kristen Powers was training for an upcoming half Ironman competition when she crashed off her bike.

With her forehead gashed, the then-33-year-old from St. Petersburg, Florida, was stitched up and released from the hospital.

Chatting on the phone as she sat in her car in the hospital parking lot, the phone suddenly fell from her hand — and she couldn’t pick it up. She couldn’t feel anything on her right side, her face began drooping and her speech slurred.

Kristen was having a stroke.

Her husband, Jason, rushed her back to the hospital, where it took five hours of testing for doctors to confirm a blockage was cutting off blood to her brain.

Kristen’s stroke in 2011 was caused by a piece of fibrous tissue that was removed with a clot-snaring device. Once the blockage was removed, Kristen had a long recovery to relearn how to speak and run. She set aggressive goals from the outset.

“I told my therapist that first day I wanted to run a 5K,” she said. It was a goal she would reach within three months.

“I had to rewire my brain for everything from tying my shoes to writing my name,” she said. “It was hard for me to follow conversations. By the time I could process it and come up with something to say, the conversation had already passed.”

Now 38, Kristen is more reflective about her experience, grateful that she has mostly recovered to her “new normal.” She still runs marathons and cycles, but had to back away from triathlon events after finding she tired more easily.

Kristen serves as a liaison for her company’s participation in the Tampa Bay Heart Walk. She also coordinates the company’s activities for the Go Red For Women campaign and Stroke Awareness Month.

“It was like someone had taken it away from me and I had to fight to get it back,” she said.

“I really became an activist,” said Kristen, a longtime volunteer with the American Heart Association. “I’ll take any opportunity I have to speak about my experience or raise awareness about stroke.”
Cor Vitae Society members participate in events around the country

**DENVER, COLORADO:**
Jim Postl, SouthWest Affiliate board chairman, was presented with the Society's distinguished Heart & Torch Circle pin, which recognizes cumulative, lifetime giving of $1 million or more, by SouthWest Affiliate Executive Vice President Midge LaPorte Epstein and SouthWest Affiliate Major Gifts Lead Katie Pryor.

**PHILADELPHIA, PENNSYLVANIA:**
On June 2, Philadelphia Cor Vitae Society members attended a Heart of Life dinner at the Union League, hosted by Barbara and Charles Kahn, Jr., 1924 Circle members. American Heart Association President Dr. Steven R. Houser spoke to 35 guests, and Barbara and Charlie were awarded the 1924 Circle pin, which recognizes cumulative, lifetime giving of more than $500,000 by Great Rivers Affiliate Executive Vice President Dr. Nicole Aiello Sapio.

(L to R) Katie Pryor, Jim Postl (National Board Chairman-elect) and Midge LaPorte

(L to R) Charlie Kahn, Jr. with son Jeffrey Kahn and Barbara Kahn, and Dr. Nicole Aiello Sapio

(L to R) Cor Vitae Society members Nick and Linda Palczuk (board member), with Kori and Dr. Richard Snyder (board chair)
Donna Arnett, Ph.D., M.S.P.H., was on her way to work as a clinical nurse at the beginning of her career when she had a stroke at age 27. That was 20 years ago, when treatment options for stroke were much different than they are today. But Dr. Arnett was fortunate, she had no long-term paralysis, regained her speech and relearned the things she “lost.” The stroke also influenced Dr. Arnett’s long and successful career.

“Often times when diseases occur at a young age, they can have a genetic origin,” she said. “So I got really interested in genetics after that, and ended up specializing in genetic epidemiology, which wasn’t even a field when I had my stroke.”

Today, Dr. Arnett is dean of the University of Kentucky College of Public Health. She also was the first epidemiologist to serve as president of the American Heart Association in 2012.

“I’ve spent my career in genetics, and I know that heart disease and stroke are 90 percent preventable by following health metrics and knowing your numbers.”

In 2014, she received a $500,000 grant from the American Heart Association to study the impact of high blood pressure on African-Americans’ hearts and kidneys. Research focused on genetics and its influence on diseases is a relatively new and innovative area of funding for the American Heart Association, and made possible with private gifts from donors, including Cor Vitae Society members.

“At this time, we’re on the cusp of truly revolutionizing the prevention and treatment of cardiovascular diseases and stroke,” Dr. Arnett said. “The area of precision medicine, which can use the genetic profile of an individual to better understand how drugs, treatment or diet could be targeted to lead to better health and cardiovascular options, is within our grasp.”

“We still have a lot of work to do to get us there. We have the technology in place, and now we need the money to study large groups of people to translate that knowledge into the critical practice.”
Albert Pylinski | Edmeston, New York

Albert Pylinski has been a donor to the AHA for 20 years, helping his friends and family achieve heart health by sharing the AHA mission, vision and his story as a heart disease survivor.

Albert also comes from a long line of family members who have suffered and died from coronary artery disease. Thus, he has made good nutrition, exercise and education his passion. “I have made life changes, which have and will add years of enjoyment with the people who mean so much to me,” he said.

Shirley and Skip Allen | Houston, Texas

Shirley and Skip Allen have been longtime supporters of the AHA, including Skip’s service on Houston’s Board of Directors. Their passion for heart research is in large part because both their fathers died of heart attacks before their daughter was born. The Allens’ interest in heart research expanded further when the couple attended Scientific Sessions in Orlando last November.

“Much of our desire to get involved came from seeing the amazing progress in cardiovascular research that the AHA is making, and our desire to support the great work that the AHA is doing,” Skip said.

The Allens’ interest in heart research became even more personal when Skip underwent open heart surgery in March. Their most recent gift to support the Houston Heart Ball is the largest individual gift for the campaign to date. Their gift will support CPR in Schools and Check. Change. Control. in the Houston community. The Allens are working with AHA staff to select the schools that will receive funding for these programs. They hope this gift will inspire others to give generously and help find a cure for heart disease and stroke. Skip and Shirley are an inspiration to us all and we thank them for their incredibly generous gift.
Dr. Derrill Crowe and Mrs. Cameron Crowe | Birmingham, Alabama

Dr. Derrill Crowe and Mrs. Cameron Crowe, 2017 Birmingham Heart Ball honorees, have made significant contributions to Birmingham as well as the state. Marking the 30th anniversary of the Heart Ball, they want to collaborate with the American Heart Association to promote two key messages for the next generation: the importance of giving back and the critical value of prevention as a way to save lives. Their generous Cor Vitae Society support is a testimony to their commitment.

Having been affected by heart disease in their family, the Crowes wish to set an example and help educate our children on the benefits of a healthy lifestyle. Dr. and Mrs. Crowe are avid prevention and exercise enthusiasts in their daily lives, and we are grateful for the support of such a remarkable couple. The Birmingham and Greater Southeast Affiliate teams are humbled by the Crowes’ tremendous dedication, which helps the AHA accomplish its lifesaving mission.

Karen and Bob Lind | Raleigh, North Carolina

Karen and Bob Lind became involved in the AHA in 2013 when Bob agreed to serve on Raleigh’s Division Board as well as becoming the community’s inaugural Cor Vitae Society co-chair. Bob and Karen’s passion is fueled by their love of philanthropy as well as deep family ties to heart disease. Bob lost his mother and father at a young age to a heart attack and stroke, respectively, and Karen’s father recently underwent a quadruple bypass.

On December 28, 2015, their lives took an unexpected turn when Bob suffered a massive cardiac arrest. His life was taken far too soon, and the importance of family took another poignant step in Karen and her family’s heart. As Karen re-evaluates life and where her passions are, which includes her work as a cardiac nurse, she remains committed to supporting the American Heart Association and the Cor Vitae Society, knowing this honors Bob’s tremendous legacy and helps save lives.
SUE AND JEFF GALBRAITH
Society Member Spotlights

Sue and Jeff Galbraith | Sammamish, Washington

Sue and Jeff Galbraith believe in leading by example. Their 24-year involvement with the AHA perfectly aligns with their commitment to healthy lifestyles, their desire to be good role models for their daughters, and because they’ve both lost family members to heart disease.

They’ve also witnessed Jeff’s 86-year-old father avoid heart disease because of his active lifestyle, and the lifesaving surgeries that Sue’s father and brother underwent to avoid heart attacks. Given their family history, Jeff and Sue want to ensure that their daughters and extended families are free of the complications of heart disease.

Today, Jeff and Sue enjoy running, golfing, bicycling and other physical activities. Jeff has been a participant in every Heart Walk in Seattle, and Sue is an active volunteer with the Heart Ball.

“The lifesaving procedures Sue’s father and brother had are a direct result of the progress the AHA has made by sponsoring research to advance the cure for heart disease,” Jeff said. “For us, family is Why!”

JILL WYANT
Society Member Spotlights

Jill Wyant | Saint Paul, Minnesota

Jill Wyant’s passion is championing women’s health and leadership. For her, Go Red For Women is critical to these issues.

“I considered it my responsibility to step up and help out,” she said. “Once I got involved, I was incredibly inspired by the stories of women whose lives have been impacted by heart disease as well as the women across our community working to raise money and awareness about the issue. My involvement with Go Red has been rewarding, educational and fun.”

“Heart disease remains a ‘silent killer,’ and it still amazes me that one in three women are impacted. We must continue shining a light on the issue to promote awareness so women get the care they need to protect heart health. In addition, funding research is key to ensuring we put an end to heart disease and stroke in women once and for all.”

Sue and Jeff Galbraith

Jill Wyant
What can we do to get active?

Start with these 3 steps.

1 Track Where You Are.

The first step to getting active is to consider how much activity we’re currently getting. Using an activity tracker can help us identify places and times throughout our day and week that we could fit in 10 minutes more here or 39 minutes more there. Track online or offline, whatever works best!

Track Online Heart360.org

Track Offline Heart.org/Trackers

Get Text Reminders Heart360.org

2 Learn the AHA Recommendations for Physical Activity in Adults.

For Overall Cardiovascular Health:

At least 30 minutes of moderate-intensity aerobic activity per week for a total of 150 minutes OR

At least 5 days per week of aerobic activity
At least 25 minutes of vigorous aerobic activity per week, or a combination of the two, and at least 3 days per week of muscle-strengthening activity for a total of 75 minutes per week for additional health benefits.

For Lowering Blood Pressure and Cholesterol:

An average of 40 minutes of moderate- to vigorous-intensity aerobic activity per week.

3 Tips For Success:

1. Learning our resting heart rate will help us determine our target heart rate which tells us if we are doing too much or not enough during activity. Our target heart rate for exercise changes as we age and depending on our physical fitness level. heart.org/TargetHeartRate

2. Go for a walk! There are countless ways you can get active, but walking has the lowest dropout rate of them all! It’s the simplest positive change you can make to improve your heart health. heart.org/Walking

3. No time for exercise? Try our top 10 tips to get move! heart.org/Take10

4. Don’t like to exercise? Try our 5 steps to loving exercise... or at least not hating it! heart.org/LovingActivity

Learn more at heart.org/MyLifeCheck and heart.org/PhysicalActivity.
Dr. Paul Dudley White was a founding member of the American Heart Association. The Legacy Society was created in his name to honor and thank the generosity of donors who have given through their will or trust. For more information on how to make a charitable estate gift or to learn about gifts that provide income for life, contact us.

1-888-227-5242
plannedgiving@heart.org

“Everyone should give back a little bit of what they’ve been given.”

John & Anita Casazza