

Everyday Heroes Gala

Saturday, April 27th, 2013

PLEASE JOIN US FOR AN EVENING CELEBRATING
& SUPPORTING ALS RESEARCH

Event Chairs

Clay and Gina Crumbliss

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Katy Jones

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Phoebe Willingham Gribben

Arch and Christine Willingham

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ALS FRIENDS: Betsy W. LaPoint • Adman Electric • FSG Bank • Tim & Lisa Strait
GreatFotos • ATG Rehab • MobilityWorks of Chattanooga • Anonymous • Jo Ann Yates •
Henderson & Gouger PLLC • UBS – The Donina Group • The Chattanooga

The Chattanooga • 6:30 PM

Cocktails • Dinner • Dancing

For Reservations and more Information go to
www.everydayheroesgala.com or email
Holly Carroll at hvaughn@mdausa.org

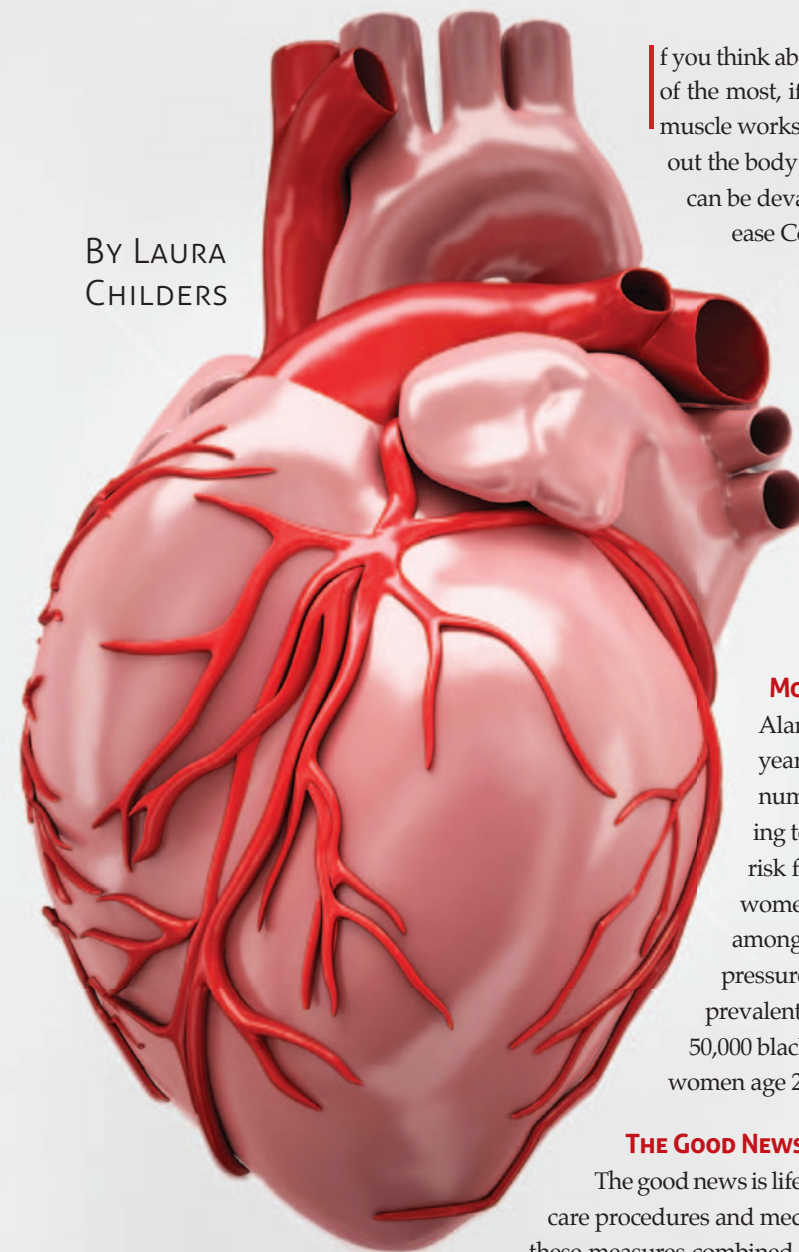


Featuring Bobby & The Aristocats!

Special Section | **HEART HEALTH**

THE HUMAN HEART

One of the Body's Most Vital Organs



BY LAURA
CHILDERS

If you think about it, the human heart is essentially just a pump, but it's also one of the most, if not, *the* most vital organ in the body. With each beat, the heart muscle works to circulate needed materials—oxygen and nutrients—throughout the body through blood. If it breaks down or becomes clogged, the result can be devastating. Consider the following report from the Centers for Disease Control and Prevention on America's heart disease burden:

- About 600,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.
- Coronary heart disease is the most common type of heart disease, killing more than 385,000 people annually.
- Every year about 935,000 Americans have a heart attack. Of these, 610,000 are a first heart attack. 325,000 happen in people who have already had a heart attack.

MORE STAGGERING STATISTICS – WHAT WOMEN MAY NOT KNOW

Alarming, heart disease causes 1 in every 3 women's deaths each year. It kills approximately 1 woman every minute, making it the number 1 killer of women over all forms of cancer combined. According to the American Heart Association, 90% of women have 1 or more risk factors for developing heart disease, and an estimated 43 million women are affected by it in the U.S. each year. A risk factor common among Hispanic women is carrying extra weight (leading to high blood pressure), while diabetes, another risk factor, is almost two times more prevalent in black women than non-Hispanic white women. An estimated 50,000 black women die from cardiovascular disease each year, and of black women age 20 and older, 49% have heart disease.

THE GOOD NEWS

The good news is lifestyle changes, regular check-ups, and advancements in health care procedures and medications can all work together to fight heart disease. In fact, all of these measures combined contribute to the fact that from 1999 to 2009, the cardiovascular disease (CVD) death rate declined by 33% in the U.S.

If you have a history of heart disease in your family, don't wait to contact your doctor, begin making healthy life decisions, and learning everything you can about how to stay heart-healthy. Begin now by reading this special heart section, which includes pertinent information on several important issues associated with heart disease, as well as tips for living a heart-healthy life. ♥

Women & Heart Disease:

A Deadly Combination

By POONAM PURI, MD

It's startling, but true: Heart disease kills more women every year than the next three leading causes of death combined, including all forms of cancer. But few people realize the symptoms of heart disease can be different in women as compared to men. Worse yet, women's symptoms are often misunderstood and not recognized early—leading to delay in diagnosis, treatment, and a higher risk of death.

Did you realize heart disease is the number one killer of women age 20 and over?

Here are some more shocking statistics:

- Since 1984, more women than men have died each year from heart disease.
- Heart disease causes one in three women's deaths each year, killing approximately one woman every minute.
- One in three American women die of cardiovascular disease, compared to one in 30 from breast cancer.
- Currently, some eight million women in the U.S. are living with heart disease, yet only one in six American women believes that heart disease is her greatest health threat.
- Only slightly more than half of women are likely to call 911 if experiencing symptoms. And yet, 79 percent of women said that they would call 911 if someone else was having a heart attack.

We at Erlanger understand women and heart disease. We take the time to educate women about heart disease and the unusual warning symptoms of a heart attack, and we provide



information about the disease and the support women need to make heart-smart changes in their lives.

We have the tools to detect heart disease in the early stages, including calcium scoring, stress tests, and echocardiograms. One diagnostic tool, cardiac calcium scoring, is a non-invasive method that can accurately identify the presence of early coronary artery disease. In calcium scoring, a CT scan



checks for the buildup of calcium on the walls of the arteries of the heart, which is a marker of coronary artery disease. Calcified plaque can narrow the coronary arteries,

affect blood flow to the heart, and can result in angina or a heart attack.

But we need everyone's help in increasing awareness of the dangers of heart attack in women. In contrast to men, less than one-third of women have typical chest pain or discomfort during a heart attack. Women are more likely to have nausea, vomiting, feel faint, black out, or experience excessive fatigue as the dominant symptom. Other unusual or atypical symptoms in women may include unexplained shortness of breath, pain in the shoulder, arm, mid-back or upper abdomen or simply heartburn. Some elderly women even experience stroke-like symptoms or confusion. According to the national registry database, even after recognition of a heart attack, women are less likely to receive life-saving therapy such as taking aspirin or receiving a heart catheterization.

We at Erlanger Health System recognize the unusual signs of heart attack in women early and work wonders in the Cardiac Catheterization Lab to provide prompt care, using the latest state-of-the-art technology to save heart muscle and hence lives.

In short, women's hearts really are different, from the size of their arteries to the effects of cholesterol and plaque buildup. These differences can sometimes lead to misdiagnosis, making women more vulnerable to the silent and hidden condition known as heart disease.

Help us spread the word that heart disease is the number one threat to women's health—and that we have the power, tools, and knowledge to fight this deadly disease. It's time to take a stand against heart disease in women. It's time to focus on finding and becoming the solution.

Poonam Puri, MD, interventional cardiologist with UT Erlanger Cardiology, is helping to lead the region's fight against heart disease in women. Dr. Puri and fellow cardiologist Dr. Carol Gruver are armed with unique knowledge and experience in treating female heart disease. To make an appointment with or learn more from the region's first cardiologists with a distinct focus on women's heart health, call 423-778-DOCS.



Because they really are different.

Meeting Women's Unique Cardiology Needs.

Women's hearts really are unique—from the size of their cardiac arteries, to the way blockages develop in those critical vessels. Even symptoms of a heart attack are different, often masquerading as simple nausea or fatigue. Good reasons for women to trust UT Erlanger Cardiology, and Drs. Carol Gruver and Poonam Puri, the region's first providers with a distinct focus on women's cardiology. Together, they're leading the fight against heart disease, the no. 1 threat to women's health. It's a different approach—because your heart is different. For an appointment, call 778-DOCS.

