

Special Promotional Supplement

The Heart of Delaware

See the faces of heart disease.

Learn how to prevent it.

Here's to your health.



American Heart
Association

American Stroke
Association

Learn and Live.

PUBLISHED BY
DELAWARE
TODAY

Lyn Bullock



This Young Mother Walks the Walk

Lyn Bullock awoke one morning with pain in her neck and jaw, and thought, "I must have slept wrong."

When her husband took her to the doctor's office later that morning, she felt faint and short of breath. She was shocked to discover she was having a heart attack. She had none of the symptoms she had expected—no pain in her chest, no pain radiating down her arm.

Lyn quickly learned that a heart attack often presents differently in women than in men, as the pain in her neck and jaw indicated. That was five years ago. She was 35.

Today Maurene "Lyn" Bullock uses her role as Mrs. Kent County 2009 to raise awareness among other women. She's been involved in the Heart Walk and Go Red luncheons and fashion shows, and she continues to raise money for the Delaware Chapter of the American Heart Association.

"It's all about education," says Lyn. "We get our Pap tests, dental check-ups, and physicals, but we don't think about our hearts. I had no idea that heart disease was the No. 1 killer of women."

Lyn brings the lessons home, too, teaching her daughter (age 14) and four sons (ages 12, 9, 7 and 5) about good heart health. Both Lyn's mother and grandmother had strokes resulting from blood clots, and her own heart at-

tack was due to clogged arteries, so Lyn has made some changes to her family's diet and exercise regimen.

"We used to eat a lot of carbs and fried food, but now we eat a lot more fruit, baked chicken without the skin, and steamed green vegetables," Lyn says. "It didn't come overnight, though. It takes time to change behaviors and can start with things like switching to 1 percent milk and low-fat cheese.

"Now after dinner, I say, 'OK, let's power walk around the neighborhood.' We get our hearts pumping, and it gives us a chance to talk and catch up on school that day," she says. "In the grocery store, I give each of the kids three things off the list and they have to power walk to find them. For me, as a busy mom, those are some of the things I do to get the exercise in."

Her boys play football, her daughter plays basketball and runs track, and Lyn does her best to keep them involved in sports year round. Involvement with the AHA now affects every part of her life, as she carries her message forward.

"We need to take time to be better informed, to take care of ourselves and break our own bad habits to set a better example for our children," she says. And so she continues to talk the talk and walk the Heart Walk. ♥



Mia Kelly, with her parents, Kevin and Cissy

The Heart of Your Community

How the AHA is Working to Build Healthier Lives

FUNDING RESEARCH

Helping fund life-saving discoveries to help doctors everywhere treat and even prevent heart disease

PROMOTING CPR

Training people across the state to perform CPR when someone needs them the most

IMPROVING THE QUALITY OF CARE

Ensuring hospitals and doctors have access to the latest science and guidelines to provide the best possible care

EDUCATING OUR COMMUNITY

Providing tips and resources to help our community make better choices in order to live healthier lives

ADVOCATING FOR CHANGE

Working with our elected officials to create a healthier Delaware

CREATING HEALTHIER FAMILIES

Giving families the support they need to make sure our youngest generation grows up to be our healthiest generation

Grateful Parents Give Back

When 10-year-old Mia Kelly sang the national anthem at the Wilmington Heart Walk in September, it was her 10th anniversary of participating in the event as a survivor. Her first walk was with her parents, Cissy and Kevin, her brother Cody and Mia's Miatas—the team named for Mia and truncus arteriosus, a complex congenital malformation of the heart.

At only nine days old, Mia underwent a dangerous surgery. "It was an emotional roller-coaster for us," says Cissy. "We asked, 'Is she going to die?' and were told either she's going to make it or she's not.

"Initially it was devastating. But then there were all of these people in the cardiac center working round the clock to save our child's life. There's just no way we could ever repay them."

Over the past decade, Mia had more open-heart surgeries. One required implanting a valve from a cow, which makes Mia one of fewer than 100 people in the country to receive one.

Mia's Miatas—now 35 members strong—have done the Heart Walk each year since, raising an estimated total of \$18,000 for the local chapter of the American Heart Association.

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Cissy appreciates that the money stays with the Delaware chapter to help people locally. She was grateful for the help and information she and Kevin received from the Delaware AHA, which helped them to understand truncus arteriosus and how to care for their daughter. Cissy now uses that information to help other parents.

Mia will need more surgeries as she gets older, but she is living a happy, full life with only a few limitations. She can't do isometric exercises and when she does cardio, she needs to know when to take breaks, which makes playing team sports a challenge.

"We try to raise her as normally as we can, though," Cissy says, "and to not give her the feeling of being a victim."

Now a fourth-grade student at MOT Charter School in Middletown, Mia also takes piano and voice lessons at the Premier Center for the Arts. She has performed in "High School Musical 2," "Beatles Café," "Hairspray," "Annie" and more. Perhaps the most meaningful performance to date, though, was singing the national anthem last fall. It was truly one from the heart. ♥

Change is Good



Liz Graves

While training to become a firefighter, Liz Graves carried cumbersome equipment while running with a 40-pound air pack and 20 pounds of gear on her. In the Smoke Divers program, she learned to ascend ladders, then enter burning buildings, and she learned skip-breathing with her air pack for self-preservation.

But no training could have prepared her for what would come several years later. "I'm 35 and I'm in the ICU," she says. "Are you kidding me?"

Liz had always been an athlete, so she was slow to accept that she had become "the youngest person by about 30 years" on the cardiac floor. But the athlete had gained 40 pounds in the year after knee surgery, which contributed to high blood pressure. When it spiked one day, her EMT coworker rushed her to the hospital, where she spent the next five days.

As a single mom, her first concern is caring for her daughter. "She's the reason I want to be around," says Liz. So she pledged to change her diet and increase her activity. She works out three times a week for nearly two hours, watches her salt, eats more turkey, chicken and fish, and drinks a lot of water. She has since lost 30 pounds.

"I feel so much better," she says. "In the beginning it feels really hard, but if you just persevere for a month, at the end it's not so hard to make the right choices. You find you want the water instead of the soda."

When changing your ways, Liz suggests having a main goal, but breaking it down into smaller, more easily attainable goals. "Each day is a new day," she says. "You can't kill yourself over what you did yesterday, but you can make today a good day."

Liz's daughter Kirsten is proud of her. "She'll say, 'Mom you look great. I think you lost 10 more pounds,' even if I didn't," says Liz. Her friend Wendy Wintersgild, a nurse at Christiana Care, is proud of her, too. Wendy nominated Liz for the Delaware American Heart Association's 2009 Lifestyle Change Award.

As the proud recipient of the award, Liz wants to use her story to help co-workers and others in her field.

"There is a high rate of obesity in the EMT and firefighting world," Liz says. "I feel like maybe I can help them change their lives and get a lot of good information from the American Heart Association, as I did. It's easier for me to be an advocate now." ♥

Delaware Calendar of Events

Go Red For Women Luncheon and Fashion Show

Join women from across the state as we stand together to raise money and awareness to fight the No. 1 killer of women: heart disease.
Southern Delaware, February 5, Sheraton Dover Hotel

Heart Ball

Join leaders from the medical, business and civic communities for a festive night of dining, bidding and dancing—all to help fund heart disease research and education.
Wilmington, March 6, Longwood Gardens
Southern Delaware, March 20, Sheraton Dover Hotel

Start! Heart Walks

Help raise awareness and funds to help fight heart disease and stroke while celebrating your own steps toward living a heart-healthy life.
Wilmington, September 12, Dravo Plaza on the Riverfront
Kent County, September 18, Mirror Lake Park, Dover
Sussex County, October 2, Delaware Tech Owens Campus, Georgetown

For more information and to get involved, call (302) 286-5702.

Start! Fit Friendly Companies

Congratulations to our Delaware companies that have received Fit Friendly Recognition from the American Heart Association. These companies have met criteria established by the AHA to demonstrate that they are investing in the health of their employees. From walking trails and meetings to healthy snacks and lunches, these businesses are having an impact on the health of their employees and their bottom lines.

PLATINUM LEVEL
AstraZeneca
Crown Holdings

GOLD LEVEL
Christiana Care
Delmarva Power



Delaware Heart & Vascular, P.A.

Eden Hill Medical Center
200 Banning Street • Suite 340 • Dover, DE 19904
(302) 734-1414



Judith Rippert, DO, Kristen McLaughlin, PA-C,
Vincent Abbrescia, DO, Sanjeev Patel, MD

Drs. Abbrescia, Rippert & Patel are board certified fellowship trained Cardiologists with added board certifications in Echocardiography, Interventional, and Nuclear Cardiology. They provide the following comprehensive Cardiac services at their nationally accredited state-of-the-art facility.

Echocardiography Services

Adult Echocardiography
Adult Exercise
Stress Echocardiography

Vascular Services

Carotid Duplex
Upper & Lower Venous Duplex
Lower Arterial Duplex
Abdominal Aorta Duplex
Upper & Lower Arterial Doppler/PVR
ABI/PVR

Nuclear Medicine Services

Persantine Myoview Stress Test
Exercise Myoview Stress Test
Exercise Stress Test
Resting MUGA

Arrhythmia Center

24 HR/48 HR Holter Monitoring • Loop Monitoring
Tilt Table Study • Cardionet Mobile Monitoring
Pacemaker Evaluation • ICD Evaluation
Transtelephonic Monitoring

Coumadin Care Center

Comprehensive
Anticoagulation Management
On-Site Fingertstick Prottime/INR Monitoring

Eight Myths About Heart Disease

♥ **Myth No.1 Heart disease is for men.** Cardiovascular disease is the No. 1 killer of women age 20 and over. One in three has some form of cardiovascular disease. Nearly as many females die each year of cardiovascular disease than the next five causes of death combined, including all cancers.

♥ **Myth No.2 If heart disease is in my family, there's not a lot I can do to prevent it.** Unlike many other forms of disease, heart disease is largely preventable. Know your numbers, visit your doctor once a year, get 30 minutes of exercise a day, stop smoking and eat healthfully.

♥ **Myth No.3 If I start to have heart attack symptoms, it's best to make sure they persist before I panic and call an ambulance.** The longer the delay before treatment, the greater the damage. If you have significant chest discomfort, shortness of breath or other symptoms that suggest heart attack, call 911 immediately. The operator should ask questions that determine next steps, whether summoning an ambulance or taking an aspirin. Never drive yourself to the hospital.

♥ **Myth No.4 I'm too young to have heart disease.** You're never too young. Family history is always with you. If you're overweight, if you smoke, or if you have high blood pressure or high cholesterol, your youth does not outweigh your risk factors.

♥ **Myth No.5 If I am thin, my heart is healthy.** You don't have to be overweight to have high cholesterol or blood pressure. If either of your numbers are high, you have heart disease. You must know your numbers to know if you're at risk for heart disease.

♥ **Myth No.6 It's OK to be overweight if you're fit.** There's evidence that it's better to be overweight and fit than overweight and not fit. But the ideal is to be fit at a normal body weight. Fitness does not overcome risks associated with excess weight, so get your weight in a normal range.

♥ **Myth No.7 My healthcare professional will automatically perform heart-health checks during my annual checkup.** You must be proactive. Ask to have your critical numbers run—cholesterol, blood pressure, glucose, weight and more—because they are not always part of your yearly screening protocol.

♥ **Myth No.8 I must exercise at a gym at least an hour to gain heart-health benefits.** Small steps add up. Start with 10-minutes of moderate exercise, then build up. Walk the stairs in your building before and after lunch. Circle the block twice before dinner. All adults 18 to 65 years need moderate aerobic activity for at least 30 minutes five days each week or vigorous aerobic activity for at least 20 minutes three days each week. ♥

SATURDAY, FEBRUARY 20, 2010



**Dover Downs Hotel
& Conference Center**

Delaware Breast Cancer Coalition, Inc. presents

*Southern
Lights of Life*
An Evening of Living & Giving



Celebrating Life and Courage

**Fashion Show
Live & Silent Auctions
Hors d'oeuvres
Cocktails
Entertainment**

Sponsorships available
Reservations start at \$100
Please call: 302-672-6435 ext. 3
www.debreastcancer.org

PREMIER BREAST CANCER EVENT!

10 Ways to Take Charge of Your Health

1 Make a date—and keep it Each year on your birthday, schedule a check-up with your doctor. Have your blood pressure checked and ask your doctor to help you reach a healthy weight.

2 Tone up as you tune in Step, march or jog in place for at least 15 minutes a day while watching TV. Increase your activity by five minutes each week until you get at least 30 minutes most days.

3 Grab H2O when you go Take a water bottle everywhere. You can get plenty of water and the bottle's weight will strengthen your arms.

4 Keep out of sight, out of mouth Keep unhealthy food hidden. Put raw veggies and fruits in the front of your refrigerator. Keep healthy snacks in the front of your pantry. And look for the American Heart Association's heart-check mark on food labels to identify foods that can be part of a sensible eating plan.

5 Eat right to control cholesterol Foods high in saturated fat and/or trans fat can lead to high cholesterol, so eat foods low in saturated and trans fat, such as lean chicken or turkey roasted or baked with skin removed, fruits and veggies, low-fat or fat-free dairy products, and whole grains. Look for American Heart Association cookbooks in your bookstore for delicious recipes.

6 Shake the salt habit Help lower high blood pressure by watching your sodium intake. You'll often find it disguised in food labels as sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate and sodium citrate.

7 Kick butts If you smoke, quit. Try this four-step way to snuff your habit. Day 1, cut the number of cigarettes you smoke by half. Day 3, cut the number of cigarettes in half again. Day 5, cut in half again. On quit day, quit.

8 Be a good loser Excess weight increases your risk of heart disease, stroke and diabetes. To achieve steady, painless weight loss, take it easy. Eat 200 to 300 calories less each day, and exercise at least 30 minutes on five days a week or more and you'll get closer to your goal.

9 Don't let a slip keep you down If you get off your exercise schedule, have a cigarette or mess up on a meal, just get back on track immediately with more determination to establish a healthy lifestyle.

10 Say "Yay for me" Track your achievements in exercising, losing weight or quitting smoking. When you reach a goal, reward yourself by doing something you enjoy.♥

We don't miss a beat.



At Cardiology Physicians, we realize that quality care begins with the relationship that the patient develops with his or her healthcare provider. In turn, we are committed to providing you and your healthcare provider with the resources you need to make informed decisions about your medical care. We look forward to serving you and your cardiovascular care needs with our expertise, knowledge and compassion.

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SERVICES

- Exercise Stress Echocardiogram
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- Dobutamine Cardiolute
- 2D Echocardiogram w/Doppler
- 12 Lead EKG
- 24 Hour Holter Monitor
- 30 Day Loop Monitor
- Cardionet Monitor
- Muga Scan
- Mycardial Viability Study
- Carotid Doppler Ultrasound
- Renal Artery Duplex Ultrasound
- Ankle-Brachial Index
- Arterial Duplex Ultrasound
- Abdominal Aortic Duplex Ultrasound



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We're building healthier lives in Delaware.



Join us on our mission.



American Heart Association | American Stroke Association
 Learn and Live.

Go Red For Women Luncheon and Fashion Show
 February 5 - Dover
 Heart Ball
 March 6 - Wilmington
 March 20 - Dover

To get involved, call us at 302.286.5723.