

## American Heart Association Joins CNN On Its Fit Nation College Tour

The American Heart Association joined CNN this spring to support the cable news network's Fit Nation campus tour with Dr. Sanjay Gupta. Dr. Gupta visited seven colleges in March and April to talk to students about the nation's battle with obesity.

The tour made stops at Spelman College in Atlanta; the University of Michigan in Ann Arbor; Drexel University in Philadelphia; Iowa State University in Ames; the University of North Carolina at Chapel Hill; the University of California at Berkeley; and the University of Texas at Austin.

At each campus, Dr. Gupta and a panel of experts, including American Heart Association spokespersons, brainstormed with students about the obesity problem and its possible



solutions, discussing everything from healthy lifestyle to public policy changes. Event panelists included former U.S. Surgeon General Dr. David Satcher, former President Bill Clinton, and American Heart Association spokespersons Barry Franklin, Ph.D., and Tim Gardner, M.D.

The CNN campaign encouraged students – as future parents, educators, lawmakers, medical personnel, journalists and leaders – to make a commitment to fight obesity. The association gave out copies of its statistical sourcebook, *A Nation At Risk: Obesity in the United States*. ♥

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Inside HeartStyle

# heartStyle

**L e a r n a n d L i v e**  
through research, education, awareness and community outreach

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# More Than 200,000 Use Heart Profilers Tool To Seek Personalized Information

The Internet can help you keep in touch with family and friends and shop for just about anything. But did you know it can also help you manage your health?

The American Heart Association's online education tool, Heart Profilers, provides free information on common heart conditions to more than 200,000 patients and caregivers nationwide.

Launched in 2002, Heart Profilers offers detailed information on coronary artery disease, heart failure, atrial fibrillation, high blood pressure and cholesterol. The information is available at [americanheart.org/heartprofilers](http://americanheart.org/heartprofilers).

Developed by Seattle-based NexCura, Inc., the tool provides information specific to each patient's condition. It includes easy-



to-understand explanations of treatment options, potential side effects and possible treatment outcomes. Heart Profilers helps patients or caregivers ask the right questions when contacting healthcare providers. It

also helps them understand the experience of others undergoing similar treatments. According to a user survey, 63 percent of the site's visitors are patients undergoing treatment and 13 percent are friends or family.

To learn more about Heart Profilers, visit the American Heart Association home page and click on the Heart Profilers icon. You'll be directed to register and complete the personal profile.

You can print out the profile and take it to your next doctor's appointment to help you ask the right questions. ♥

## Obese Teens Shed Pounds With Yoga And Breathing Exercises

A structured yoga and pranayama (breathing) exercise program decreased body mass index (BMI) among obese teens, according to research reported at the American Heart Association's 46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention in March.



"Obesity in children has more than doubled in the last decade, so the search is on for enjoyable, safe and effective weight-loss solutions for youth," said Anand B. Shetty, Ed.D., author of the study and associate professor in

the department of physical therapy at Hampton University in Hampton, Va.

"Pranayama and yoga are two potential exercise solutions that concentrate on the abdominal region," Shetty said. "They have been associated with changes in blood flow to different regions of the brain and changes in metabolic activities of the brain."

Pranayama, a form of yoga, involves "quiet, deep and forced breathing" exercises that provide oxygen to the system, Shetty said.

In the study, Shetty tried to determine the effect of a structured pranayama and yoga program on the participants' BMI. "BMI is an important weight management indicator," he said. "It shows the relationship between a person's height and weight. As the BMI increases, so does the risk of cardiovascular complications."

Shetty created a control group and a pranayama group and randomly assigned 30 high school boys and girls to each one. Control group members performed their normal activities while pranayama group members performed 40 minutes of yoga and pranayama four times a week for 12 weeks.

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***"Obesity in children has more than doubled in the last decade."***

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After measuring participants' BMI before and after the study, the researcher found that while the BMI of teens in the control group rose slightly, the pranayama group's BMI decreased by 5.7 percent.

"The average body weight reduction for the pranayama group was six pounds, with no restrictions on either group in daily caloric intake," Shetty said. "The decrease in BMI in the pranayama group could be attributed to two factors: the pranayama and yoga exercises themselves, and a possible decrease in daily caloric intake by the participants in the pranayama group because of decreased stomach size."

Shetty said his study suggests that pranayama and yoga can effectively prevent obesity in teens and should be introduced as a part of school physical activity and other programs.

For more information on the study, visit [americanheart.org](http://americanheart.org). ♥

# Few Seek Prompt Treatment For 'Mini-Stroke'

Less than half of people with symptoms of a transient ischemic attack (TIA), also called a mini-stroke, sought medical attention promptly and only 10 percent went to an emergency room, according to a British study reported in the March 31 issue of *Stroke: Journal of the American Heart Association*.

“In light of recent research showing a particularly high risk of stroke soon after a TIA, these figures are a cause for concern,” said lead study author Dr. Matthew F. Giles, M.R.C.P, a research fellow in clinical neurology at Radcliffe Infirmary and the University of Oxford in Oxford, U.K.

A TIA occurs when blood flow is temporarily blocked to an area of the brain, causing temporary stroke symptoms such as:

- ***sudden numbness or weakness of the face, arm or leg, especially on one side of the body;***
- ***sudden confusion, trouble speaking or understanding;***
- ***sudden trouble seeing in one or both eyes;***
- ***sudden trouble walking, dizziness, loss of balance or coordination; or***
- ***sudden, severe headache with no known cause.***

Having a mini-stroke greatly increases the odds of having a stroke, which may occur days, weeks or months later.

The study’s findings indicate a need for better public education about the symptoms and seriousness of TIA, especially since the growing elderly populations in many westernized countries could result in an increased number of attacks, Giles said.

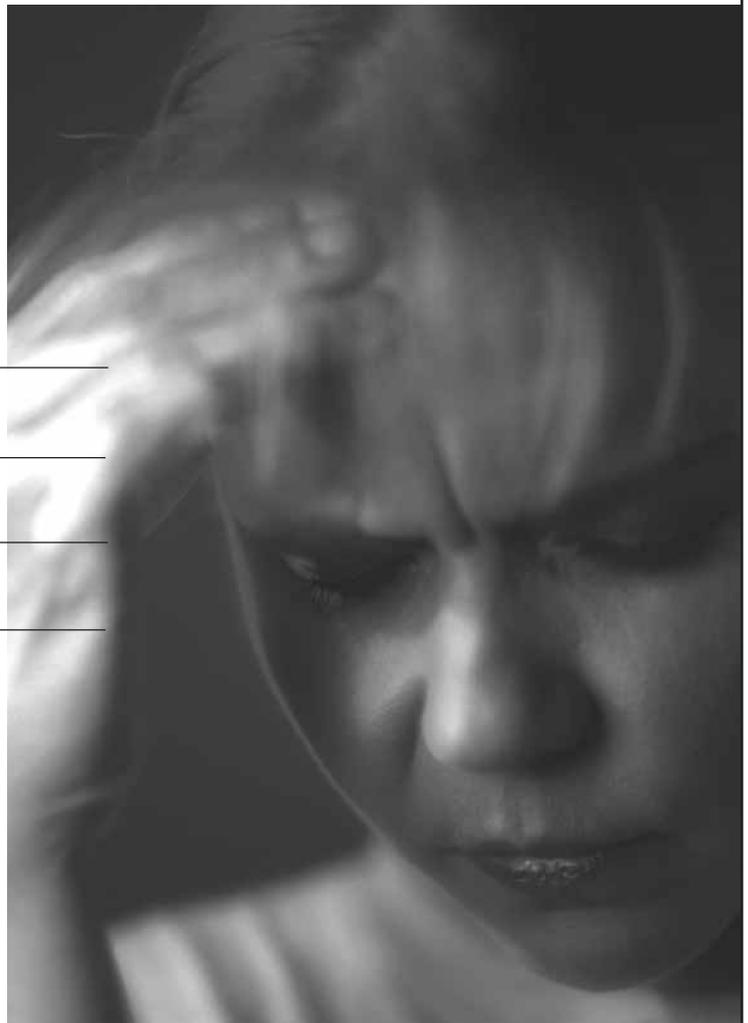
Giles and his associates studied 241 people (average age 71) with documented TIA. Each was interviewed about his or her initial perception of the cause of the symptoms, immediate response and the timeline from symptom onset to presentation for evaluation and treatment.

Overall, only 10 percent of patients sought treatment in an emergency department, while most (86.7 percent) initially sought care from a family physician.

Researchers noted that correct recognition of TIA did

not increase the likelihood that a patient would seek emergency care.

“Even though a minority of patients (42.4 percent) correctly recognized the cause of their symptoms as a TIA or mini-stroke, there was no increase in the likelihood of taking emergency action,” Giles said. “The implication here is that there is public ignorance of both what a TIA is and the fact that the condition is a medical emergency.”



Of those who didn’t recognize the cause of their symptoms, 21.4 percent incorrectly attributed the symptoms to other causes such as stress, fatigue, “eye problems” or migraine.

Co-authors were Enrico Flossman, M.R.C.P., and Peter Rothwell, M.D., Ph.D.

**For more information on stroke, visit the American Stroke Association Web site: [strokeassociation.org](http://strokeassociation.org).** ♥

# Women And Weightlifting: New Study Shows Twice-Weekly Regimen Helps Slow Midsection Weight Gain

**Think weightlifting is just for toning and building muscle?**

**Think Again.**

Women who lift weights twice a week can prevent — or at least slow — the “middle-aged spread” in the abdominal region, according to researchers who presented their findings at the American Heart Association’s 46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention.

A study of 164 overweight and obese (BMI 25–35) Minnesota women ages 24 to 44 found that strength training with weights dramatically reduced the increase in abdominal fat in premenopausal participants compared to similar women who merely received advice about exercise.

“On average, women in the middle years of their lives gain one to two pounds a year and most of this is assumed to be fat,” said study lead author Kathryn H. Schmitz, Ph.D., assistant professor, Center for Clinical Epidemiology and Biostatistics at the University of Pennsylvania in Philadelphia. “While an annual weight gain of one to two pounds doesn’t sound like much,

over 10 to 20 years the gain is significant.”

Strength training is a fairly time-efficient method to prevent the small increases in weight that come with aging and that may increase the risk of heart disease and diabetes, Schmitz said.

The Strong Healthy and Empowered (SHE) study examined whether twice-weekly strength training would prevent increases in intra-abdominal and total body fat in women who were overweight or obese. Researchers found that body fat decreased by 3.7 percent, while body fat percentage remained stable in the controls. The strength training reduced intra-abdominal fat, which is more closely associated with heart disease and metabolic disturbances.

According to Schmitz, strength training can also increase muscle strength to allow aerobic activity in overweight people. “Making women stronger and more confident behaviorally may serve as a gateway to getting overweight women to be more active,” she said.

For more information on this study, visit [americanheart.org](http://americanheart.org) ♥

## Heart-Check Mark Helps You Identify Whole-Grain Foods In Your Grocery Store

Anyone familiar with the food pyramid knows that whole grains are good for you. But which foods really contain whole grains? How do you know the whole-grain content is enough? By looking for the American Heart Association’s familiar red heart with a white check mark on food packages, you can shop for whole grains with confidence!

The heart-check mark already appears on hundreds of supermarket products, helping shoppers quickly identify foods low in saturated fat and cholesterol. Now, based on repeated scientific studies showing that diets rich in whole grains can help protect against coronary heart disease, the association has expanded its Food Certification Program to include a second category specifically for whole-grain products. So far, more than 15 products already bear the whole-grains certification mark and we anticipate more products to apply for certification in the coming year.

Adults should consume at least three one-ounce servings of whole-grain foods daily, according to the federal government’s *Dietary Guidelines for Americans 2005*.

“Yet, identifying products that qualify for the whole-grains food claim is confusing, even for dietitians,” said Penny Kris-Etherton, R.D., Ph.D., professor of nutrition at Pennsylvania State University. “This simple, new whole-grains certification

mark is an easy and reliable tool consumers can use when shopping for foods that can be part of a heart-healthy diet.”

The association’s second certification category meets the FDA’s specifications for the “Whole-Grain Foods with Moderate Fat Content and Coronary Heart Disease” health claim. To the association’s knowledge, the heart-check mark is the only third-party symbol that requires a whole-grain product to be at least 51 percent whole grain by weight and meet minimum dietary fiber content criteria.

Why both? The association wants consumers to get the maximum nutritional effectiveness of whole grain and fiber. Fiber, in fact, is a marker in indicating whole-grain content and adds to the cardio-protective aspect of whole-grain foods.

As with other products in the association’s certification program, whole-grain foods must meet criteria for being low in saturated fat and cholesterol. For additional information and to see a complete list of the American Heart Association’s 800 certified foods, visit [heartcheckmark.org](http://heartcheckmark.org). ♥

**American  
Heart  
Association**



Meets American Heart Association  
food criteria for saturated fat,  
cholesterol **and whole grains**  
for healthy people over age 2.

[heartcheckmark.org](http://heartcheckmark.org)



# Association Volunteer Shares ‘Heart’ To Make A Difference

Clinton “Bud” Beaver has a powerful, personal reason for being a leader “at heart” in Hurricane, W.V.

Twenty years ago, at age 49, he was playing basketball with a friend after work. When the game was over, he felt a pain in his arm. After it spread to his shoulders, he went to the emergency room — and that’s where Bud learned he had heart disease.

Since then he has had open-heart surgery and several stent procedures. Today, Bud is quick to tell you that he has been blessed, and he’s grateful to the American Heart Association for contributing to lifesaving research and education.

Bud, a teacher and principal for 18 years, and Xylphia, his wife of 48 years, enjoy being involved with important causes. They express their gratitude by volunteering for the American Heart Association and giving back through a special trust established with the Planned Giving Division. Bud also lobbies for American Heart Association causes on Capitol Hill and during legislative sessions in West Virginia.

Bud and Xylphia walk every day, make sound nutrition choices, take their medicine and see their doctors regularly. They also model their lives after their favorite Bible parable.



*Xylphia and Clinton “Bud” Beaver*

“The parable is about vineyard workers and how the man that came in first and the one that came in last received the same compensation,” Bud says.

“The parable teaches that it’s not the amount that is most important, but by giving what you can, everyone wins.”

Bud is the youngest of seven children, and two of his brothers died of cardiovascular disease. His mother developed heart disease in her early 50s but lived to be 80

— because of advances in medical research, Bud says.

Now 69, Bud says he is fortunate that cardiovascular research is offering new solutions. “That is why I give back,” he says.

The American Heart Association’s newest brochure — Sharing Your Values — explains how you can pass your ideals to loved ones to make a difference for others. To receive this free brochure or for more information on how to prepare a will that shares your values, please return the attached form to the American Heart Association or call your planned giving representative listed on the back page of the newsletter.

You can also visit us at [americanheart.org/plannedgiving](http://americanheart.org/plannedgiving) or e-mail us at [plannedgiving@heart.org](mailto:plannedgiving@heart.org) ♥

Please send to: American Heart Association, Planned Giving Department,  
7272 Greenville Ave, Dallas, TX 75231-4596

- Please send me your free brochure, Sharing Your Values. (ICA)
- Please put me in touch with an American Heart Association representative. (ICD)
- I am considering a gift to the American Heart Association through my estate plan. (ICC)
- I have included the American Heart Association in my estate plan. (ICB)

Name:  Mr.  Mrs.  Ms. \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Daytime Telephone: (     ) \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_



**Note:** We urge you to consult with a qualified advisor before making a final decision regarding any planned gift for the American Heart Association.

## *American Heart Association Helps Women* **CHOOSE TO MOVE**<sup>SM</sup>

The weather is warmer and the kids are out of school — it's the perfect time to get outdoors and get moving! Signing up for Choose To Move is an excellent way to get started. Choose To Move is the American Heart Association's fitness program that helps busy women find the time to exercise and eat right to feel better and improve their health.

Launched in 1998, Choose To Move was created with the help of the renowned Cooper Center for Aerobics in Dallas. Since then, more than 180,000 people have enrolled in the program.

The free 12-week program offers many practical ideas for women who want to make time for physical activity and learn to eat healthier.

### **Choose To Move recommends the following tips to get started:**

- *Enjoy the beautiful weather by taking a short walk on lunch breaks. If you want to eat at a nearby restaurant, walk.*
- *Stay motivated by focusing on specific, realistic short-term goals that you can build on each week. Reward yourself as you reach your daily and weekly goals.*
- *Watch what you eat. If you tend to grab a candy bar on the run, plan ahead. Carry a healthy snack instead, such as a handful of roasted almonds, fruit or homemade snack mix made with a salt-free seasoning blend.*
- *Get your spouse to go on a play date with you, or throw the ball around with the kids after dinner. Fitting in fitness is great for togetherness.*

**For more information or to join the Choose To Move program, visit**  
**[americanheart.org/choosetomove](http://americanheart.org/choosetomove) or call 1-888-MY-HEART (1-888-694-3278). ♥**

