



American
Heart
Association.

American Heart Association.



Reclaim Your Rhythm

Go Red for Women® Luncheon

June 8, 2022

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Welcome

Thank you for joining us at the 2022 Go Red for Women Luncheon. Today we will raise awareness of and funds to fight every woman's greatest health threat – heart disease. It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so we hope you've grabbed a co-worker, friend or a family member and to Go Red with today!

Cardiovascular disease (CVD) is the No. 1 killer of women. It claims more women's lives than all forms of cancer combined. Women experience unique stages through their lives which affect both overall health and cardiovascular health. Unique risk factors specific to women are:

Pregnancy

Pregnancy can lead to cardiovascular conditions (including peripartum cardiomyopathy, stroke, heart attack) as well as adverse pregnancy outcomes (gestational hypertension, preeclampsia and gestational diabetes) that can increase a woman's risk for CVD later in life. Therefore, it's vital that women are healthy before, during and after their pregnancy, both for themselves and their baby.

Menopause

While menopause does not cause cardiovascular disease, a woman's CVD risk is higher following menopause, making it vital for women to take charge of their health in the years leading up to and during menopause.

Women, especially Black and Hispanic women, are disproportionately impacted by heart disease and stroke and research shows heart attacks are on the rise in younger women. Yet younger generations of women, Gen Z and Millennials, are less likely to be aware of their greatest health threat, including knowing the warning signs of heart attacks and strokes. That's why it's important for all women to take charge of their heart health and encourage others to do the same. Losing even one woman to cardiovascular disease is too many.



Go Red for Women is the American Heart Association's signature women's initiative and is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

Thank you for uniting with us today as together we take a stand to fight for women's health, because losing even one woman is too many.

TODAY'S PROGRAM

WELCOME

Hayley Minogue, WHAS11

SPONSOR REMARKS

Gretchen Leiterman, Baptist Health Louisville

Dr. Bianca Ummat, Baptist Health Louisville

GO RED FASHION SHOW

Featuring survivors of cardiovascular disease and stroke

OPEN YOUR HEART

Story of Christine Cosby-Gaither

KEYNOTE SPEAKER

Tori Murden McClure, M. Div., J.D., M.F.A.

President, Spalding University

CLOSING

MENU

Spring Mix Salad

Burgundy poached pears, caramelized walnuts, dried cranberries
and Stilton blue cheese and balsamic vinaigrette

Bruschetta Chicken with Garden Fresh
Green Bean Medley



Letter from the 2022 Go Red for Women Chair

Gretchen Leiterman, Chief Operating Officer, Baptist Health Louisville

Welcome to this year's Go Red for Women Luncheon. It is great to be back in person after several years of virtual events. I hope you enjoy today's event and leave feeling inspired and empowered.

Since 2004, the Go Red for Women movement has been working tirelessly to:

- Ensure all women are aware that cardiovascular is the No. 1 killer of women
- Help women take charge of their health through education and healthy lifestyle tips
- Engage more women in research and STEM careers
- Address the inequities women face in access and quality of care

And this work is happening right here in Louisville.

Getting involved with Go Red for Women was an easy decision for me... Personally, I have been touched by heart disease in my family. My beloved father suffered from heart disease. As a healthcare administrator at Baptist Health Louisville, I also see firsthand the devastating effects of heart disease and stroke, but in comparison, I also am fortunate to see the amazing technology and procedures that our cardiologists, surgeons and nurses provide on a daily basis to restore patients to better health.

It's easy to be passionate about the mission of the American Heart Association and its efforts to raise awareness, fund research, and improve cardiovascular health for all. One of the most important AHA initiatives is improving health equity. As champions for health equity, by 2024, the American Heart Association has a goal of advancing cardiovascular health for all, including identifying and removing barriers to health care access and quality. Simply put, the American Heart Association knows that good health is not just about telling people how to be healthy. It's about ensuring that everyone can be healthy and have access to quality care, regardless of who they are or where they live.

This year, one of our main priorities, and something I'm concerned about, is promoting food and nutrition security. Food security is consistent access to food, whereas nutrition security is consistent access to healthy foods, along with the knowledge and skills to fuel the body and brain to promote good health and reduce the risk of chronic disease. You'll hear more about this during our program.

I want to give a special thank you to the Circle of Red members, our many volunteers, my co-workers at Baptist Health and the AHA staff for making this wonderful event possible. As we enjoy today's program, I challenge you to make one goal – make yourself a priority. Get that annual check-up from your physician. Know your blood pressure and cholesterol numbers. Stress less. Move more.

Thank you for being here today. It matters. You matter.

With heart,

Gretchen Leiterman
Chief Operating Officer
Baptist Health Louisville
2022 Go Red for Women Chair

Reclaim Your Rhythm

**GET BACK INTO
THE GROOVE
WITH THESE TIPS**



MELLOW OUT & REDUCE STRESS

Managing stress means managing your health, so reclaim control of your schedule and build in time to invest in a healthier “you.”

Find tips



MOVE TO THE GROOVE

One of the keys to better health and mental well-being is getting back into the rhythm of an active lifestyle.

Start today



STAY ON BEAT WITH YOUR BLOOD PRESSURE

Self-measure and manage your blood pressure to prevent strokes and heart attacks.

Know your numbers



LEARN HOW TO 2-STEP

Help your community reclaim their rhythm by learning the 2 simple steps of Hands-Only CPR.

Learn the steps



FEED YOUR SOUL, ROCK YOUR RECIPES

Eat meals as a family or with friends to connect and decompress, reduce stress and boost self-esteem.

Find healthy recipes



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SURVIVOR FASHION SHOW

Our Survivor Fashion Show will debut an exciting collection of the latest spring fashions. The models featured are all local survivors of either heart disease or stroke. It's our hope that their stories will inspire you to lead a heart healthy lifestyle, help you understand your risk factors, encourage you to know your family history, and allow you to recognize signs and symptoms so you will take action quickly. We thank them for their participation and hope you enjoy the show!



Amy Perpich



Christine
Cosby-Gaither



Carly Fonda



Yvette Sutherland



Anita Stringer



Silas Daniel



KEYNOTE SPEAKER

Tori Murden McClure is an explorer, author and, since 2010, the President of Spalding University in downtown Louisville, Kentucky. During her career, she has worked as a chaplain at a Boston hospital, as the director of a Louisville women's shelter, as a policy assistant in the Louisville Mayor's Office, and as the first full-time employee of the Muhammad Ali Center in Louisville.

Tori is perhaps best-known as the first woman and first American to row a boat solo across the Atlantic Ocean, having accomplished the feat in 1999 after 81 days at sea. A decade earlier, she became the first woman and first American to ski to the geographic South Pole during a 50-day, 750-mile expedition.

She is a former Board Chair of the National Outdoor Leadership School, and she is a former Vice Chair and Interim Chair of the NCAA Board of Governors – the top governing body in collegiate athletics. Under her leadership, Spalding was certified as the World's First Compassionate University.

Tori holds a bachelor's degree from Smith College, a Master of Divinity from Harvard University, a law degree from the University of Louisville and a Master of Fine Arts in writing degree from Spalding. She is author of the memoir, *A Pearl in the Storm: How I Found My Heart in the Middle of the Ocean*, which details her life and journey across the Atlantic. The book is the basis of a stage musical, called, *Row*, which made its world premiere at the prestigious Williamstown Theatre Festival in Massachusetts in the summer of 2021.



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Go Red for Women® movement**
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supporting women's heart health by
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research and education.

CVS Health is proud to serve as a national
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[CVS.com/Content/GoRed](https://www.cvs.com/Content/GoRed)



BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

USE A VALIDATED MONITOR. ASK YOUR HEALTH CARE PROVIDER OR PHARMACIST FOR HELP.

IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING.
- NO EXERCISE.
- NO CAFFEINATED BEVERAGES.
- NO ALCOHOL.

FOR 5 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- SIT STILL IN A CHAIR.

RIGHT BEFORE:

- MAKE SURE THE CUFF IS THE RIGHT SIZE.
- WRAP IT JUST ABOVE THE BEND IN THE ELBOW.
- WRAP IT AGAINST SKIN, NOT OVER CLOTHING.

WHILE YOUR BLOOD PRESSURE IS BEING TAKEN:

- RELAX.
- DON'T TALK.
- REST THE CUFFED ARM COMFORTABLY ON A FLAT SURFACE (LIKE A TABLE) AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

AFTER:

- IF AT HOME, WAIT ONE MINUTE AND TAKE A SECOND READING. AVERAGE THE READINGS.
- CONSIDER A THIRD READING.

RECOMMENDATIONS:

- KEEP A JOURNAL. BRING IT TO EVERY CHECKUP.
- HAVE YOUR HEALTH CARE PROVIDER CHECK YOUR MONITOR ANNUALLY.

GoRedforWomen.org

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



*Wait five minutes and take your blood pressure again. If your readings are still high, contact your health care provider immediately.

LEARN MORE AT HEART.ORG/HBP

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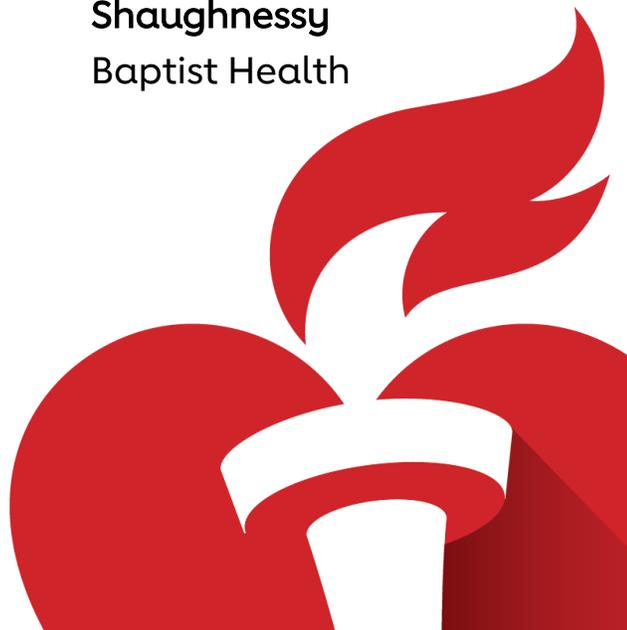
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A healthy heart starts with a healthy smile.

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2022 Louisville Go Red for Women

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Circle of Red Society is a dynamic, committed group of women and men who are rallying their resources to fight heart disease and stroke. They are standing behind the women they care about wives, mothers, daughters, sisters and friends while influencing and inspiring communities.

Circle of Red™

Members of Circle of Red raise awareness and commit a personal gift of \$2,500+ for lifesaving programs and research that fuels the development of medications, surgical innovations, treatments and recommendations for preventing heart disease.

Circle of Red Members

- | | |
|----------------------------|------------------------------|
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A woman's work is unstoppable

CEOs, inventors, entrepreneurs, artists, teachers, doctors, bankers, innovators and trailblazers. Women have proven themselves in all of these and countless other roles. As we continue to lift barriers that can hold women back, there's no stopping what they can do in the workplace and beyond. That's why we're proud to sponsor the 2022 Louisville Go Red for Women.



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OPEN YOUR HEART

Our Open Your Heart moment is an opportunity to make a life-saving donation. Chances are you know a woman, man or child who has suffered from heart disease or stroke. Your donation honors these survivors and the loved ones we have lost. The proceeds raised today will fund cardiovascular research, preventative education and advocacy efforts in the Kentuckiana community. Together we can make it our mission to fight heart disease and stroke. Thank you to those below who have already made an Open Your Heart donation of \$250 or more.

Thank you to our Open Your Heart survivor, Christine Cosby-Gaither, and her family for sharing their inspiring story with us today!

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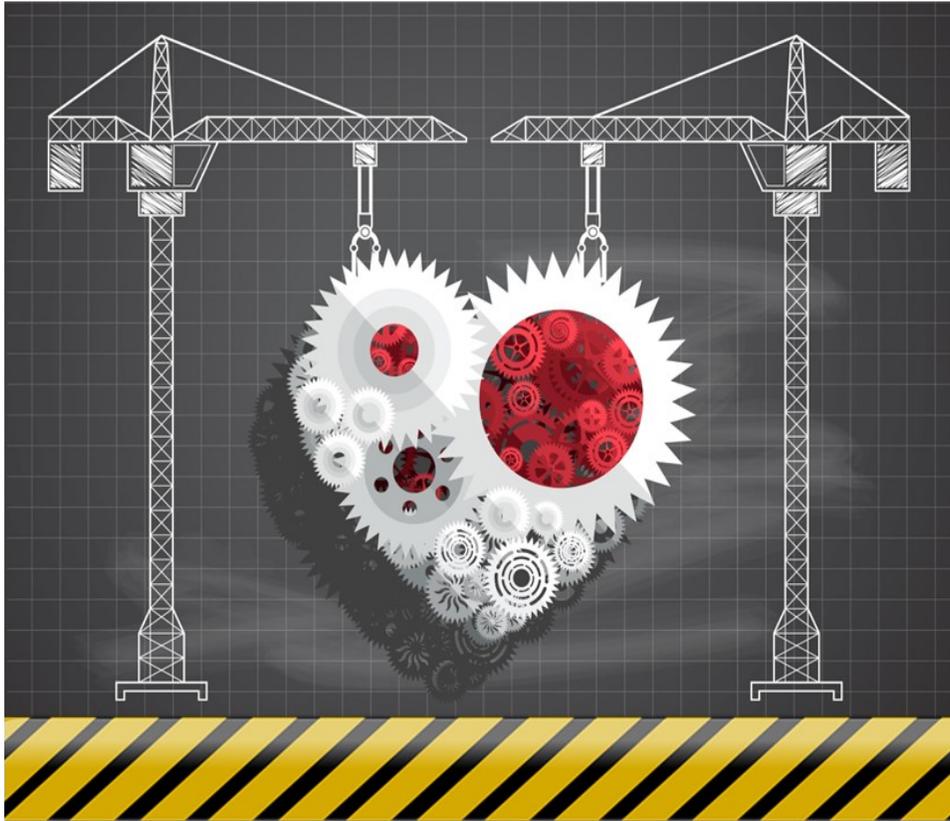
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SAVE THE DATE

APRIL 2023

MORE INFORMATION TO COME

CHAIR: ANDREW BOYD, BOYD CONSTRUCTION

[HEART.ORG/HARDHATSLOU](https://heart.org/hardhatslou)

Contact Marla.Moore@heart.org for more information.

SAVE THE DATE

Louisville Heart Ball

FEBRUARY 2023

MORE INFORMATION TO COME

CHAIRS: JOHN WALSH & DR. TONI GANZEL

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